



Our Springs in the Desert Team wants to thank you for all you do to serve within the Diocese or Eparchy in which God has placed you. We are so honored to assist you in serving those who carry the cross of infertility. One of the easiest ways you can do this is to offer resources on your website, and we have provided exactly what you need to do just that below. The following format has been made after our years of serving those on the path of infertility, but do adjust as is necessary for your community.

A few notes:

- We recommend creating a separate page for infertility and loss rather than grouping it under marriage prep, NFP, or the like. This indicates to those within the diocese that your office sees those who carry the cross of infertility, wants to serve their needs, and recognizes that NFP may not be the “solution” to their infertility.
- As you make your page, just double check that it is easily accessible on the menu or the search bar.
- Although we suggest quoting the Catechism and the USCCB, some of those statements can come off coldly, so just keep this in mind as you sift through the quotes and select the ones you would like for your website.
- We suggest a two pronged approach: pastoral and practical.

Layout:

- To begin pastorally, it will be important that couples hear from you, so include a message on behalf of your office and the diocese that gives comfort and assurance to the couples who will visit this page. Feel free to peruse our website for wording suggestions! For example, we use phrases such as "the path of infertility," "this season of infertility," or "those who carry the cross of infertility" rather than "infertile couples/person," "infertile life," etc.
- Next, we recommend using some quotes from the Catechism (see Paragraphs [2360-2379](#)), quotes from the USCCB (see their page [here](#)), and quotes from Scripture (you can choose from among those listed in the Catechism and on the USCCB website). Our suggestions can be found below.
- It may be helpful to include the definition of primary infertility, secondary infertility, and miscarriage/pregnancy loss next.
- To end practically, you can next embed [our video](#) made specifically for diocesan websites.
- Finally, you can then link to our [website](#), [blog](#), [podcast](#), [Facebook page](#), or whatever resources on our website that you think would be helpful for your diocese.

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Catechism Suggestions:

- 2360 Sexuality is ordered to the conjugal love of man and woman. In marriage the physical intimacy of the spouses becomes a sign and pledge of spiritual communion. Marriage bonds between baptized persons are sanctified by the sacrament.
- 2362 "The acts in marriage by which the intimate and chaste union of the spouses takes place are noble and honorable; the truly human performance of these acts fosters the self-giving they signify and enriches the spouses in joy and gratitude."¹⁴⁴ Sexuality is a source of joy and pleasure:
The Creator himself . . . established that in the [generative] function, spouses should experience pleasure and enjoyment of body and spirit. Therefore, the spouses do nothing evil in seeking this pleasure and enjoyment. They accept what the Creator has intended for them. At the same time, spouses should know how to keep themselves within the limits of just moderation.¹⁴⁵
- 2365 Fidelity expresses constancy in keeping one's given word. God is faithful. The Sacrament of Matrimony enables man and woman to enter into Christ's fidelity for his Church. Through conjugal chastity, they bear witness to this mystery before the world. St. John Chrysostom suggests that young husbands should say to their wives: I have taken you in my arms, and I love you, and I prefer you to my life itself. For the present life is nothing, and my most ardent dream is to spend it with you in such a way that we may be assured of not being separated in the life reserved for us.... I place your love above all things, and nothing would be more bitter or painful to me than to be of a different mind than you.¹⁴⁹
- 2374 Couples who discover that they are sterile suffer greatly. "What will you give me," asks Abraham of God, "for I continue childless?"¹⁶³ and Rachel cries to her husband Jacob, "Give me children, or I shall die!"¹⁶⁴
- 2379 The Gospel shows that physical sterility is not an absolute evil. Spouses who still suffer from infertility after exhausting legitimate medical procedures should unite themselves with the Lord's Cross, the source of all spiritual fecundity. They can give expression to their generosity by adopting abandoned children or performing demanding services for others.

USCCB Quote Suggestions:

- Struggling with infertility and miscarriage is a great burden for couples, especially when they so deeply desire to live out their vocation to welcome the gift of children from God. All may seem hopeless. In moments such as these, remember that despite infertility, couples "can have a married life that is filled with love and meaning" (see [Married Love and the Gift of Life](#)).
- The Church, with sincere compassion and empathy for couples struggling with infertility, offers guidance and hope through her teachings on how to understand and approach infertility in a way that reverences and protects the dignity of the human person and respects God's divine plan for married love.

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- Throughout this struggle, the husband and wife can turn to the Lord God of all creation and ask that His will be done. This great act of faith, accompanied by striving to seek ways to live the fruitfulness of their conjugal union, including prayerful discernment about adoption or foster parenting, will fortify spouses and help them live their vocation in the love of the Holy Spirit.
- [Dignitas Personae \(On Certain Bioethical Questions\)](#) 2008, Congregation for the Doctrine of the Faith
- [Donum Vitae \(Instruction on Respect for Human Life\)](#) 1987, Congregation for the Doctrine of the Faith

Scripture Suggestions:

- *Though the fig tree does not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food . . . yet I will rejoice in the Lord, I will joy in the God of my salvation. // Habakkuk 3: 17-18*
- *I can do all things in Him who strengthens me. // Philippians 4:13*
- *More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. // Romans 5:3-5*
- *Rejoice in hope, be patient in suffering, persevere in prayer. // Romans 12:12*
- *He gives the barren woman a home, making her the joyous mother of children. Praise the Lord! // Psalm 113:9*
- *For it has been granted to you that for the sake of Christ you should not only believe in Him but also suffer for His sake. // Philippians 1:29*
- *For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. // Romans 8:18*
- *We know that in everything God works for good with those who love Him, who are called according to His purpose. // Romans 8:28*

If you have any questions at all, please do not hesitate to reach out to our team. We are here to serve you! A great next step would be to look into hosting a retreat. We would be happy to send over a proposal with estimated cost, a suggested layout, and address any questions you may have. In the meantime, we recommend you take a look at our [shop](#). We have several resources (and more coming!) that may be helpful to make available to pastors and couples while we work toward a plan to come visit in person! We are praying for your work, and we look forward to talking to you soon!