

# MISCARRIAGE & LOSS RESOURCES



enkindle

Navigating the emotional journey of miscarriage can be a challenging and isolating experience. This collection of resources aims to provide helpful information, spiritual support, and a sense of community for individuals and families who have faced the heartbreak of pregnancy loss.

We pray you know the Church sees you in this grieving process and that you know you are deeply loved by a Good Father.



FIND THE COMPLETE LIST:  
[bit.ly/STL-loss-resources](https://bit.ly/STL-loss-resources)



## SPIRITUAL RESOURCES

### rites and blessings

The Catholic Church seeks to offer comfort through prayer with special blessings and liturgical rites for those who have experienced the loss of a child. Check the website for a complete list.

Churches around the Archdiocese host special Naming and Commendation Rite Services periodically. Visit [bit.ly/RLA-Masses](https://bit.ly/RLA-Masses) for upcoming dates around the Archdiocese.

### FORGET-ME-NOT SYMPATHY PRINTS

Send one of our specially designed sympathy cards or watercolor prints to someone impacted by miscarriage or infant loss. Order here: [bit.ly/NFP-Enkindle](https://bit.ly/NFP-Enkindle)



## SUPPORT GROUPS

Finding support from others who have experienced loss can help you in your grief. There are several support groups in the area sponsored by the Archdiocese, local parishes, area hospitals, and more.

*Visit the website for a current listing.*



## MEDICAL RESOURCES

### CREIGHTON MODEL FERTILITYCARE SYSTEM + NaProTECHNOLOGY

Through charting and research of the biomarkers tracked with Creighton Model FertilityCare System, NaPro Technology has been able to identify and develop medical protocols related to miscarriage.

*Visit the website to find an introductory session or trained physician.*



## BURIAL RESOURCES

Most area hospitals can make arrangements for your child's remains, offering a thoughtful and respectful approach to the sensitive matter of farewell. Additionally, some area funeral homes extend their compassion by providing services such as transporting any remains from the hospital, preparing your child for burial, and transporting the casket to the cemetery free of charge.

*Visit the website for a current listing.*



## BOOK RECOMMENDATIONS

There are many books written from a Catholic perspective about how miscarriage and infant loss impacts every aspect of our lives - physically, emotionally, and spiritually.

*Check website for our frequently updated list of book recommendations.*



## VIRTUAL RESOURCES

We have found various resources accessible virtually - retreats, support groups, communities, and more.

*Visit the website for a current listing.*



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Office of Natural Family Planning



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