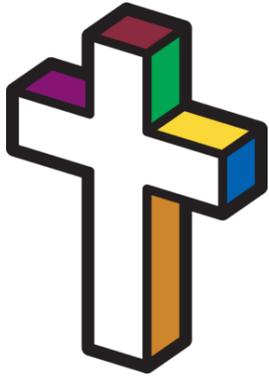


## Grieving Parents Prayer

© Bernadette Zambri  
(Morning Light Ministry)



I feel unable to pray - I need Your insight in new ways to pray.

I feel abandoned - I need Your warmth.

I feel isolated from You - I need courage to take steps closer to You.

I feel hurt – I need Your Healing..

I feel so sad – I need Your Closeness and Humour.

I feel anger, resentment and bitterness – I need Your Peace.

I feel afraid – I need Your Strength.

I feel anxious – I need Your Patience.

I feel that I can never trust You again – I need to feel Your Love.



**DIocese of Hamilton**

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Family Ministry Office, Diocese of Hamilton



## Grief After a Miscarriage: Be Gentle with Yourself

## After a Miscarriage: Recovery takes time and patience

It can be difficult to imagine until it happens to you, but grief after a miscarriage is very real and often very painful. You may experience one or more of the following:

- \* Trouble eating and/or sleeping
- \* Crying a lot, or not at all
- \* Many and varied emotions is such as: sadness, anger, resentment
- \* Angry at, or let down by God
- \* Confusion; difficulty concentrating and/or completing tasks

Most people who experience a miscarriage also experience one or more of the above grief symptoms. Be patient with yourself.

The Lord who wept at the death of his friend Lazarus (Jn 11:35), is the same Lord who says, "Blessed are those who mourn, for they shall be comforted."

### When you are grieving:

- \* Turn to your spouse for support and share your feelings - you are both grieving
- \* Grieve as little or as much as you feel you need; grieving will help you to heal
- \* Speak to your pastor about having a small blessing or ceremony for your baby; it can be private for just the two of you, or include others
- \* If you are struggling, reach out for support for your grief from family and friends, some of whom may also have experienced a miscarriage, to your doctor, or to one of the groups below.



### Where to Find Support:

1. Morning Light Ministry  
E-mail: [morninglightministry@yahoo.ca](mailto:morninglightministry@yahoo.ca)  
<http://morninglightministry.org/>
2. Bereaved Families of Ontario  
[info@bereavedfamilies.net](mailto:info@bereavedfamilies.net)  
<http://www.bereavedfamilies.net/>
3. Office for Family Ministry, Diocese of Hamilton  
905-528-7988 ext. 2250  
[thartnett@hamiltondiocese.com](mailto:thartnett@hamiltondiocese.com)

### About Miscarriages:

- \* Many women experience at least one miscarriage during their childbearing years; it is not always known why this occurs
- \* The first signs of a miscarriage are often cramping, back and/or abdominal pain, bleeding (often heavy)
- \* Always contact your medical practitioner if these or other symptoms that do not feel normal to you occur
- \* If you are indeed having a miscarriage, medical practitioners will discuss the correct course of action for you; remember you have the right to the final decision on how to proceed
- \* Your doctor will let you know when it is best to resume normal activities; it is important to follow their recommendations
- \* Deciding when to get pregnant again is an important conversation to have with your spouse and your doctor, since recommendations will vary depending on your circumstance
- \* Most women will have a normal pregnancy and healthy baby after a miscarriage.

