



HEBREW UNION COLLEGE - JEWISH INSTITUTE OF RELIGION

KALSMAN INSTITUTE
on Judaism & Health

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Infertility Resources from the Kalsman Institute

Books

1. Cardin, Rabbi Nina Beth. *Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss*. Jewish Lights Publishing, Woodstock, VT, 1999.
2. Gold, Michael. *And Hannah Wept: Infertility, Adoption, and The Jewish Couple*. Jewish Publication Society, 1993.
3. Orenstein, Rabbi Debra. *Life Cycles: Jewish Women on Life Passages and Personal Milestones, vol. 1*. Jewish Lights Publishing, Woodstock, VT 1994.
 - a. Including: Dinitz, R. and T., *Prayers and Poems for Pregnancy, Childbirth and Afterbirth: A Holy Moment –Pregnant or Not*, p.16.
4. Weintraub, Simkha Y., Ed., *Healing of the Body, Healing of the Soul: Spiritual Leaders Unfold the Strength and Solace in the Psalms*. Jewish Lights Publishing, Woodstock, VT, 1994
 - a. The book's introductions describe ideas for how to use psalms in prayer and reflection (p. 11 and p. 17). Also note the final chapter, *A Prayer for Prayer*, p. 101
5. Levy, Naomi. *Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle, and Celebration*. New York, NY: Doubleday Publishing, 2003

Websites/Organizations

<http://www.ncjh.org/tools.html#Prayers>

The National Center for Jewish Healing. This page, in particular, lists many Jewish spiritual resources

<http://www.ritualwell.org/lifecycles/pregnancyinfertility/infertility/>

Ritual Well: Ceremonies for Jewish Living. This page has several resources, including prayers, articles and poems

<http://www.atime.org/>

Orthodox advocacy and education resource

Secular resources:

<http://www.resolve.org>

RESOLVE: The National Infertility Association

<http://www.asrm.org>

The American Society for Reproductive Medicine

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Infertility Resources from the Kalsman Institute

Articles/Booklets

Infertility and Assisted Reproduction, Study Guide XI, UAHC Dept. of Jewish Family Concerns, Autumn 1999 (available in Kalsman office, or through URJ)

Events

“A Loss Worthy of Grief: Jewish Approaches to Bringing Comfort After Miscarriage, Stillbirth and Neonatal Death,” April 23rd, 2009 at UJA-Federation of NY, NYC

<http://www.ncjh.org/conference042309.html>

Resources will be posted on site.

Sources

*I cry aloud to God
I cry to God to give ear to me
In my time of distress I turn to the Almighty,
with my hand uplifted;
my eyes flow all night without respite;
I will not be comforted.
I call God to mind, I moan,
I complain, my spirit falls (excerpt Psalm 77)*

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*O Lord, my God,
I cried out to You,
And You healed me...*

*One may lie down weeping at night
But joy comes in the morning...(excerpt Psalm 30)*