

יהי רצון מלפניך, יי אלהינו ואלוהי אבותינו ואמותינו...

*"Y'hi ratzon milphanecha, Adonai Eloheinu v'elohai avoteinu v'emotainu..."*

Eternal our God and God of:

- Abraham, who received outside help to conceive his first child
- Sarah, who laughed upon hearing that she would become a mother as an older woman
- Isaac and Rebecca whose prayer for children was answered with twins
- Jacob who fathered many children
- Rachel and Leah, for whom fertility was a source of conflict
- and Michal, who bore no children

May it be your will that all of your children find blessing as they make family planning decisions. May we be blessed with many options and have the freedom to choose amongst them. May we be blessed with support when we find fewer options than we imagined we would have, and may we be blessed with satisfaction in the choices that we make. God, we know from the experience of our ancestors that these experiences are filled with instants of joy, pain, disappointment, celebration, and contentedness. As we pass through some or all of these instants may we find comfort and reassurance in the words of the Psalmist, "Those who sow in tears will reap in joy." And let us say Amen.