



Birkat Emunah: Thoughts and Tefillot

A Mikveh Resource Guide for Women Facing the Challenge of Infertility and Pregnancy Loss

Background

One in every six couples struggles with infertility and one in every four pregnancies ends in loss. With each unsuccessful attempt and with each pregnancy loss, an observant Jewish woman finds herself directly engaging with her grief as she enters the *mikveh*. When a woman arrives at the *mikveh* carrying the pain of a pregnancy cut short, a birth that sent her home empty handed, or yet another cycle of intense hope followed by deep disappointment, it can be a source of comfort and new beginnings, but it can also rub salt into her very fresh wounds.

[The Eden Center](#) recognizes the need to acknowledge the mikveh visit as a powerful and difficult moment for women experiencing loss/infertility and wishes to provide women with a resource that holds space for them and guides them with thoughts and prayers that can help them through their *mikveh* immersion. As a center founded upon the belief that the *mikveh* is uniquely suited to act as a source for Jewish women's health, empowerment and education, we believe it is crucial to provide materials that can enhance this sensitive, spiritual moment of ritual observance.

The Eden Center, in collaboration with [Yesh Tikva](#), is creating *Birkat Emunah*, a printed resource containing traditional and modern prayers, thoughts for inspiration, personal reflections and practical guidance to frame a woman's immersion. In addition to providing a framework to transform potentially alienating *mikveh* experiences into meaningful ones, the guide promotes self care and healing, as well as giving voice to the various needs of women in these difficult times.

Impact

- Reach hundreds of thousands of women annually;
- Access women in different geographic locations, and from all socio-economic sectors;
- Raise awareness about infertility and pregnancy loss;
- Affect thousands with distribution through synagogues for Infertility Awareness Shabbat.

Partnership Opportunity

Sponsorship of *Birkat Emunah* will allow us to publish and distribute it to *mikvaot* that serve more than 750,000 immersions regularly in Israel and the US. Printed copies will also be distributed to each synagogue participating in Infertility Awareness Shabbat (March, 2018). Donations will be recognized by a printed inscription in the booklet.

For more information please contact:

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<i>Birkat Emunah</i> Mikveh Guide on Infertility and Pregnancy Loss EXPENSES	
Production	\$900
Translation & Editing	\$1,700
Administrative Costs	\$1,150
Graphic Design	\$1,850
Printing	\$2,750
Distribution	\$1,500
TOTAL EXPENSES	\$9,850

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