

## What is St. Catherine's Heart?

St. Catherine's Heart Ministry of St. Francis provides support and resources to families experiencing Reproductive Loss, which includes miscarriage, infant loss, and infertility, while asking St. Catherine of Sweden to always keep all who are experiencing these struggles in her prayers.

We are not doctors, counselors, or theologians; just people who have been there.

### The number of babies who die from pregnancy loss every year is extremely high:

- Approximately 1 in 4 pregnancies end in miscarriage
- In the United States, there are well over one million deaths of infants through miscarriage each year
- There are over 26,000 stillbirths in the U.S. each year
- In the U.S., about 11,300 newborns die within 24 hours of birth
- Approximately 19,000 newborns die in their first month
- Approximately 39,000 infants die in their first year
- Worldwide, more than 1 million babies die during their first day
- Newborns account for 4 in 10 under age 5 deaths

**St. Catherine's Ministry**  
**"Acknowledging the grief that has gone unacknowledged for too long."**

# St. Catherine's Heart

Support and Resources for Reproductive Loss



ST. CATHERINE'S HEART  
Reproductive Loss Support

*"A tiny flower lent, not given, to  
bud on earth & bloom in heaven"*  
~ Unknown

*"If Plan A fails, remember that  
you have 25 letters left."*  
~ Chris Guillebeau



**St. Catherine of Sweden, patron saint for miscarriages.** (Photo credit - <https://www.britannica.com/biography/Saint-Bridget-of-Sweden/media/79367/116331>)

## Why are we doing this?

St. Catherine's Heart is a Ministry that offers support to families who are going through or have gone through Reproductive Loss, which includes miscarriage, infertility, or infant loss. We want to offer support from a Catholic perspective; approaching these issues at any time, especially from a Catholic perspective, can be challenging.

We never want anyone to feel alone as they travel the painful terrain of infertility, miscarriage, and infant loss.

## What do we do?

We have several ways to offer support, resources, and of course prayers, to anyone who might be struggling with Reproductive Loss:

- Meetings – We will meet on a monthly/quarterly basis in order to provide support for anyone who wants to meet and discuss their challenges in a group setting.
- Facebook page/community – We run a closed Facebook group page where people can share their stories and offer support to one another in a private forum.
- Resource list – We have developed a list of people/organizations that can provide additional help. This list includes doctors, counselors, funeral options, and adoption resources.

## Contact Us

We encourage anyone to reach out to us via our ministry email address: [Stcatherinesheart@gmail.com](mailto:Stcatherinesheart@gmail.com)

Please visit our Facebook page and request for an administrator to add you: <https://www.facebook.com/groups/StCatherinesheart/>

