



# Calm



## Fruit of The Womb

**Prayer Guide for women experiencing infertility**

*This prayer guide has been approved and endorsed by*

*Bishop Alan McGuckian*





## Foreword

Throughout my journey with infertility, I made a heartfelt promise to God: that I would do everything within my power to support other women facing this challenging experience. This commitment is deeply personal to me, and it has driven me to create this prayer guide. Having been blessed with the gift of a child once again, many years after my first-born, my resolve to fulfil this promise has only strengthened.

As someone who has endured the pain of secondary infertility, I intimately understand the struggles associated with this condition. To offer support to others on this path, I have become a fully qualified and accredited Natural Fertility Practitioner. My approach is rooted in compassion, adheres to the ethical teachings of the Catholic Church, and focuses on enhancing natural conception through the treatment of underlying conditions causing female infertility. My practice, Calm Fertility Care, offers a specialised approach, which is a combination of restorative reproduction treatments with holistic therapies and we are located in Randalstown, Co. Antrim, Ireland (North). *If anyone would like to chat to me in more detail or request further information, please book a Free Consultation Call on my website [calmfertility.com](http://calmfertility.com) or call 0748 7677 111.*

While I strive to meet with as many women as possible, I recognize that geographical limitations can be a barrier. To address this, I also offer online treatment courses, making my support accessible to those who cannot visit in person. I pray for each of my clients and for all those who carry the burden of infertility. Inspired by the Holy Spirit, I have written this prayer guide to instil faith, hope, and a sense of community for women navigating this difficult journey.

I encourage you to share this prayer guide with any woman you know who is struggling with infertility, and to remember them in your prayers as well.

Thank you, and may God bless you!





## Introduction

This prayer guide has been thoughtfully created for women who are carrying the burden of infertility.

The guide is divided into sections, with each part intended to be prayed daily in alignment with your ovulation cycle.

My hope and prayer are that this guide will provide you with the strength, hope, and trust you need on your fertility journey.

***And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible -Luke 1:36-37***





## Prayer

*\*If you are unsure of where you currently are on your ovulation cycle, say this prayer daily until the first day of your next cycle\**

Dear Mother Mary, I recognise the wonder and Miracle of God's plan for the creation of life. I feel blessed to be created as female and long to be blessed with fruit of the womb. I understand the importance of a regular and balanced ovulation cycle in order to conceive as God intended. Please Mother Mary intercede now on my behalf asking if it is the will of Jesus, the fruit of your own womb, to restore all my reproductive organs to full health, that I may have a regular and balanced ovulation cycle. Pray also that my husband will be healthy and our union together in the marital act will be blessed with fruit of the womb.

I understand that children are begotten, not made. They are a gift from God and not an entitlement. Please pray that I will be accepting and grateful of Gods Will (whatever that may be), as I know that He has the most perfect plan for my life.

***Delight yourself in the Lord, and He will give you the desires of your heart. - Psalm 37:4***

**Sacred Heart of Jesus, I place all my trust in you  
(Say 3 times)  
Immaculate Heart of Mary, Pray for us!**



*\*Repeat this aspiration at the end of prayer and as often throughout the day as is necessary to relieve any distress you may be feeling\**





## Prayer

*\*This prayer should be prayed daily during the first phase of your ovulation cycle (menstruation) \**

Dear Mother Mary, please pray that I don't become disillusioned and distressed during menstruation. I know that you can see the desire in my heart to conceive a precious baby, so help me to appreciate the onset of menstruation as this signals my fertility and fills me with hope for conception during this cycle.

Immaculate heart of Mary, Mother of God and Mother of mine, intercede asking if it is the will of Jesus, the fruit of your own womb that my Husband and I may conceive a healthy child this cycle.

***For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us - Romans 8:18***

**Sacred Heart of Jesus, I place all my trust in you  
(Say 3 times)**

**Immaculate Heart of Mary, Pray for us!**



*\*Repeat this aspiration at the end of prayer and as often throughout the day as is necessary to relieve any distress you may be feeling\**





## Prayer

*\*This prayer should be prayed daily during the second phase of your ovulation cycle (after menstruation until ovulation)\**

Dear Mother Mary, I understand that following the cleansing of my womb from menstruation I am now entering the ovulation phase of my cycle. Please intercede on my behalf asking if it is the will of Jesus, the fruit of your own womb, that my womb may now prepare for the conception of a child. I ask for complete trust that God will enable conception at the exact time that ovulation occurs. Please help me to understand that all babies are a gift from God and that by placing my trust in Him I will be relieved of the burden of obsessively trying to conceive in my own time.

I know that only God has the power to create life and if he chooses to bless me now with such a precious gift, my child shall be begotten and not made.

***He gives the barren woman a home, making her the joyous mother of children. Praise the Lord! - Psalm 113:9***

**Sacred Heart of Jesus, I place all my trust in you  
(Say 3 times)  
Immaculate Heart of Mary, Pray for us!**



*\*Repeat this aspiration at the end of prayer and as often throughout the day as is necessary to relieve any distress you may be feeling\**





## Prayer

*\*This prayer should be prayed daily during the third phase of your ovulation cycle (the week following ovulation)\**

Dear Mother Mary, help me to understand that if it has been the will of Jesus, the fruit of your own womb, that conception will have occurred and the resulting embryo, created by God Almighty will have a safe journey now to implant in my womb, **if** it is the Will of God.

I know that whatever the outcome from here onwards that God's Will has been done. Please pray that I do not spend this time worrying or fretting, but rather will keep my mind occupied praying for others at this time.

***And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord. - Luke 1:45***

**Sacred Heart of Jesus, I place all my trust in you  
(Say 3 times)  
Immaculate Heart of Mary, Pray for us!**



*\*Repeat this aspiration at the end of prayer and as often throughout the day as is necessary to relieve any distress you may be feeling\**





## Prayer

*\*This prayer should be prayed daily during the remaining days of your cycle\**

Dear Mother Mary, please help me during this most difficult phase of my cycle. Help me to stop analysing every symptom that I experience and questioning whether it is a symptom of pregnancy or an impending new cycle. Help me to distract myself with useful good works and know that I must hand all my anxieties over to Jesus, the fruit of your own womb!

I hope that I may now be experiencing the beginning of a healthy pregnancy, but if that is not to be this month I pray that God will continue to renew my hope for conception during future cycles. I know that God's Will for my life, is the plan that will bring me the utmost happiness and His timing is always perfect. I trust that as God is the Author of all life, that He knows what is best for me and if that plan is for me to bear fruit of the womb, then His will be done!

***I can do all things in Him who strengthens me. - Philippians 4:13***

**Sacred Heart of Jesus, I place all my trust in you  
(Say 3 times)  
Immaculate Heart of Mary, Pray for us!**



*\*Repeat this aspiration at the end of prayer and as often throughout the day as is necessary to relieve any distress you may be feeling\**







## Conclusion

Thank you for choosing this prayer guide to accompany you on your fertility journey. I understand how heavy this burden can be, and please know that my prayers are with you.

I also recognise that there will be moments when doubt, despair, and impatience may arise, adding to your pain. In my own experience, during such challenging times, I have found great comfort in reciting the Memorare Prayer ten times in succession, following the example of St. Mother Teresa. She called this practice the “Flying Novena,” where the first nine recitations were for her prayer request, and the tenth was offered in thanksgiving and trust for an answer.

### Memorare Prayer

**Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.**

**Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.**

**Amen.**





## In Loving Memory

I dedicate this book in loving memory of two very dear souls who hold a special place in my heart:

- \* **My baby daughter, Gianna Mary Moore**, who was born straight into heaven on May 21st, 2019, to join the Saints.
- **My dear friend, Fr. Jim McNally**, who entered heaven on November 20th, 2019. It was both an honour and a privilege to know this witty and devout priest and to spend time with him until his peaceful passing at the age of 82. Since Fr. Jim's passing, I have heard of many miracles attributed to his intercession during his lifetime. I, too, have received a miracle in my own life, which I attribute to his intercession. Here is my story:

During the many hours I spent praying with Fr. Jim in the final days of his earthly life, I asked him, "Fr., when you get to heaven, tell God to send me a baby." Not long after this, and after many years of enduring secondary infertility, I miraculously became pregnant. I say "miraculously" because, according to multiple doctors, natural conception was deemed virtually impossible for me due to a severe medical condition. Furthermore, blood work done immediately prior to conception indicated that my hormone levels were not conducive to pregnancy. When I went for my first scan at 7 weeks gestation, the doctor cautioned me not to get my hopes up, as regular blood tests suggested a miscarriage was imminent, and he was doubtful that the baby was still alive.

I poured my heart out in prayer to God, to Our Lady, to Fr. Jim, to St. Gianna, and to every angel and saint who would listen, asking that my scan reveal a healthy child.

When the doctor performed the scan, words cannot express the immense relief I felt as a healthy, living, and active baby appeared on the screen. Hearing that rapid, strong heartbeat was music to my ears.





...The doctor, a renowned fertility specialist with over 20 years of experience, was truly astonished. He told me that in all his years of practice, he had never seen a natural conception and early pregnancy thrive under such adverse medical conditions. He further stated that it was one of the healthiest pregnancies he had encountered at this stage, and the only explanation he could offer was Divine Intervention.

While Fr. Jim may never be canonized as a saint, and the miracles attributed to his intercession may never be publicly recognized (which he would have preferred, as he was far too humble to seek credit and always directed all praise to God), he will forever be a saint in my eyes. I miss him deeply and continue to pray to him regularly. I thank him for interceding on my behalf and pray that he intercedes on yours as well. I encourage you to speak to him too, in an ordinary, conversational manner. He was always easy to talk to, and I am certain he will welcome your prayers.

Rest in peace, good and faithful servant, Fr. Jim McNally. I thank God for the blessing of having you in my life and for continuing to feel your presence even now.





## My Blessings

Since writing this prayer guide, I have been blessed with the birth of my precious son, James - named in honour of Fr. Jim, of course.

James is my second son, born 15 years after my first-born, Daniel. The loving bond our two sons share truly warms our hearts. Along with our two wonderful sons, my husband Pete and I also feel blessed to be the parents of our baby saint, Gianna Mary, who is in heaven.

We are eternally grateful for the incredible gifts God has bestowed upon us - each other and our precious children.

I will continue to pray fervently for all those carrying the heavy cross of infertility.

*If you would like to share your own fertility journey with me or if you need my help, please don't hesitate to book a Free Consultation Call with me on my website: [www.calmfertility.com](http://www.calmfertility.com) or call me on 0748 7677 111 and I will gladly add anyone who contacts me to my prayer list upon request or advise you on the life-affirming fertility enhancing services we provide.*

***We know in everything God works for good for those who love Him, who are called according to His purpose - Romans 8:28***

May God Bless Each of you!

Ciara Moore

