

Childless in Ministry: Navigating grief and social pressure

Dealing with infertility as an unseen but real factor in the life of the ministerial couple.





Ps Jimmy Botha

President of the Scottish
Mission



Cedrene Botha

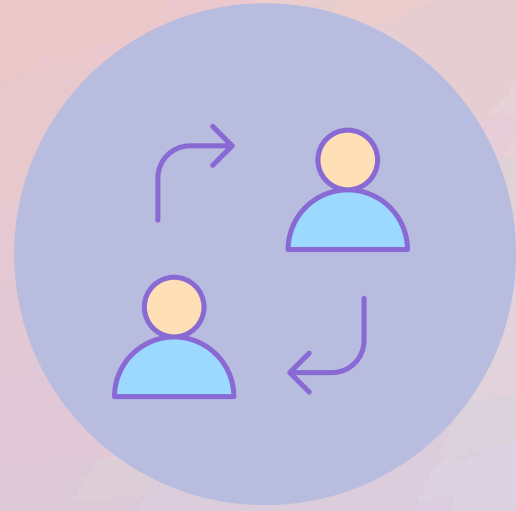
Deputy Pensions
Administration Manager
and Wife

**Couple Behind This
Presentation and
setting the context**

A romantic couple is shown in profile, kissing and embracing. The man is on the left, wearing a blue denim shirt, and the woman is on the right with long dark hair. They are positioned against a bright sunset background with a large, soft white circular graphic on the right side of the frame.

What is Infertility ?

Infertility is defined as the inability to conceive or carry a pregnancy to term after 12 months of trying to conceive. If you are over the age of 35, the time of trying to conceive is reduced to 6 months.



Communication

Recognising open communication is needed



Guilt/Shame/devalue

Realising it is not MY fault and it does not make me a bad person



Isolation

Learning how to manage your emotions.



Work Motivation

Discovering your passion and what fuels it.

Impacts of Infertility

Reactions to Infertility

Identify and navigate through your emotions when facing childlessness.

Recognizing the effects of infertility both of a personal and professional level will help to discover coping strategies when reconciling these big emotions.



The emotional and spiritual impact of these losses

- Angry toward the insensitivity of the fertile world
- Fearful that you may never have a biological child
- Depressed about all the losses you already endured and those that may be ahead

The emotional and spiritual impact of these losses

- Guilty or ashamed about your past and your fertility problems
- Isolated from your partner, who doesn't seem to be on the same wavelength as you
- Left out of the fertile world
- Unsettled about your life goals

The emotional and spiritual impact of these losses

- Insecure about your financial well-being
- Uncertain about the assumptions you have always held to be true

Don't Ignore Your Feelings, Rather Explore Them.

Gain Awareness Of Your Emotions

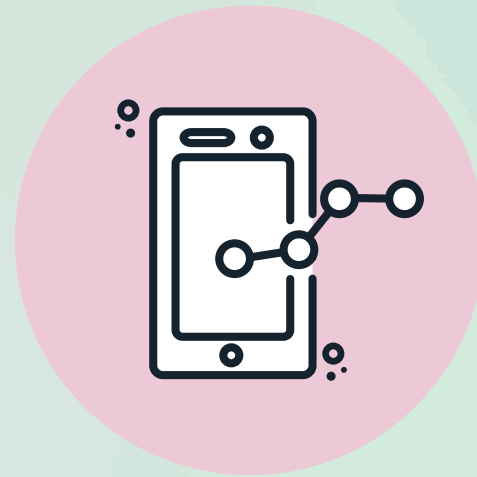
Pay attention to your gut as much as your brain.

Keep Track Of Your Feelings

Notice patterns and trends because this will help you define your purpose.



How to navigate coping with Infertility



Make Time for Yourself & togetherness

This will prevent you from becoming stressed.



Trusted Support

This will help you to vent/cry/laugh of your thoughts & feelings.



Practice Mindfulness

This will teach you how to manage your emotions calmly.

Positive Outcome of engaging Infertility



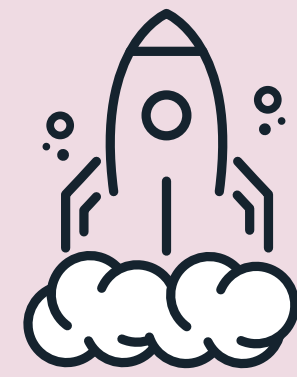
Growth Mindset

Coming to terms with your situation that cannot be changed yet staying authentic in relationships



Optimism

To recognize big emotions and to learn how to deal with them.



Self-Confidence

To establish good relationship with the people around you.

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

C. S. Lewis

God always allows us to
feel the frailty of human
love so we'll appreciate
the strength of His.

We must all try to empathize
before we criticize.

Ask someone what's wrong
before telling them
they're wrong.

@simonsinek

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"Finally, a good excuse to goof off...a compelling case for the importance of...success and creativity." —*DISCOVER*

play

How It Shapes the Brain,
Opens the Imagination,
and Invigorates the Soul



STUART BROWN, M.D., with CHRISTOPHER VAUGHAN
founder of the National Institute for Play

Dr Stuart brown

Rest and Play

Engaging Infertility

The opposite of play is not work—
the opposite of play is depression.

(Brown)

Engaging Infertility

"Respecting our biologically programmed need for play can transform work. It can bring back excitement and newness to our job. Play helps us deal with difficulties, provides a sense of expansiveness, promotes mastery of our craft, and is an essential part of the creative process.

Engaging Infertility

Most importantly, true play that comes from our inner needs and desires is the only path to finding lasting joy and satisfaction in our work.

In the long run, work does not work without play."
(Brown)

Engaging Infertility

What we should do/ ought to do, is to

1. LET GO of what other people might think of us.
 2. LET GO of perfectionism.
 3. LET GO of numbing.
 4. LET GO of exhaustion as status symbol.

Engaging Infertility

1. Let go of the fear that there is not enough.
2. Let go of the need for certainty.
3. Let go of comparison.
4. Let go of anxiety.
5. Let go of self-doubt.
6. Let go of always being in control.

Engaging Infertility

Eph 3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Engaging Infertility

Romans 8:38 For I am convinced that neither death nor life, neither angels nor demons, [k] neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Engaging Infertility

Romans 12

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



Infertility Matters!

**Becoming aware is a starting point
for improved Ministry.**

You will experience better relationships and at the same time formulate better strategies for improvement in Ministry.

Access to Resources

Coping with Infertility by Negar Nicole Jacobs, Ph.D
& William T O'Donohue, Ph.D

Coping with Infertility, Miscarriage and Neonatal
Loss by Amy Wenzel, Ph.D

Resolving Infertility by The Staff of RESOLVE with
Diane Aronson



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*including
new tools to
make the
work your
own*

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The Gifts of
Imperfection

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