



CFTU

Christian Feminism To You

Speakers Bureau

Bring Forth Your Birth Story

Whether birth was recent or long ago, this program invites participants to reflect on and present their unique birth story in a powerful, empowering way.

Birth in our culture is treated mostly as a medical event, so clinical language often is the mother tongue for describing the experience. Sometimes it's related as a war story, told with relish and drama; for other women the process is so distressing as to be silencing. Women who birth without medication or intervention, possibly at home, bring a different vocabulary that may seem foreign, off-putting even, to those unfamiliar with it. Their stories can spark difficult emotions in women for whom birth was disappointing or even traumatic. This program draws a wide circle around all mothers and calls every single experience just "birth." Whether birth was recent or long ago, this program invites you to reflect on and present your unique story in a powerful, empowering way.

This interactive workshop can be as short as 60 minutes or as long as a weekend retreat.

"It was such a blessing spending the afternoon specifically focused on the sacredness of carrying a baby, exploring emotions and fears related to labor and delivery, and using various art forms to express my thoughts. I really enjoyed walking the prayer labyrinth and wrestling with the question: 'How do I carry God's presence into the pain of labor and delivery?'"

Peg Conway is passionate about the transformative power of childbirth as a personal rite of passage. While our culture regards birth as a medical event, Peg emphasizes its spiritual importance. She is the author of *Embodying the Sacred: A Spiritual Preparation for Birth*, which offers reflections, activities, ritual, and prayer for each trimester of pregnancy. She has led birth spirituality programs for women of all ages, including outreach nurses, and has presented on this topic for Christian Feminism Today and Call to Action.

Peg is a graduate of Xavier University and the Medill School of Journalism at Northwestern University. She is a certified celebrant, elected official, former homeschooling parent, and dedicated community volunteer. As a birth professional, she has been certified with Birthing from Within, BirthWorks, and Doulas of North America. Peg and her husband of twenty-six years are the parents of three young adult children. Learn more on her website, <https://pegconway.com/>.



For booking information contact Christian Feminism Today by emailing office [at] eewc [dot] com.

CFTU (Christian Feminism To You) is a service of Christian Feminism Today. Learn more at eewc.com.