



CFTU

Christian Feminism To You

Speakers Bureau

Embodying the Sacred: Spiritual Birth Preparation

Through expressive arts, movement, ritual, reflection, and meditation drawn from feminist Christianity, participants explore birth as a personal rite of passage and find inner resources for the journey ahead.

Noted author and Christian feminist, Peg Conway, leads workshop participants in a series of expressive art activities consisting of drawing, collaging, painting, journaling, working with clay, and knitting, with the emphasis on simply enjoying the process. Themes can include: creation; vessels and passages; birth pain; mothers, sisters, and saints; and labyrinths.

Focusing on the inner journey, this approach complements other forms of childbirth preparation.

This interactive workshop can be as short as 90 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.

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