



Blessed Matushka Olga of Alaska Ministry

A ministry of the Diocese of New York and New Jersey of the Orthodox Church in America born out of a need to minister, in particular, to women striving to provide resources for women struggling with an unplanned pregnancy, pregnancy loss, infertility, abortion, sexual trauma or abuse, as well as pregnancy, adoption, and parenting. The ministry also provides resources to clergy and family and friends to help them support women in need.



● Unexpectedly pregnant?

- lists local pregnancy support resources and contact information
- **ZOEFORLIFE.ORG | 216.465.9030.** An Orthodox Christian pregnancy support ministry based in Ohio, which may be able to connect you with assistance in your area. <https://zoeforlife.org/need-help/>
- **Abortion Pill Reversal Hotline - 877-558-0333 | abortionpillreversal.com**

● Experiencing sexual abuse/trauma/domestic violence?

- **800.656.HOPE (4673) | <https://hotline.rainn.org/online>** | The National Sexual Assault Telephone Hotline RAINN (Rape, Abuse & Incest National Network) that connects those in need with a trained staff member from a sexual assault service provider in your area.
- **National Domestic Violence Hotline: 800-799-7233 | text LOVEIS to 22522**

● Need Mental Health Resources?

- **Directory of Orthodox Christian Mental Health Professionals** – <https://www.assemblyofbishops.org/directories/mental-health/>
- **24/7 Suicide Lifeline (1-800-273-8255) or DIAL 988**
- **Resources For Immediate Response** – <https://mhanational.org/crisisresources>

● Experiencing or Grieving a Pregnancy loss?

- Practical help for miscarriage/stillbirth from an Orthodox Christian perspective
- Various services are available that can be used at the time of a loss or for a memorial
- book/website recommendations in dealing with grief

● **Experiencing Post abortion trauma?** *It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. You are not alone...*

- **SUPPORTAFTERABORTION.COM | 844.289.HOPE**
Phone and text helpline offering referrals through a network of local post-abortion recovery programs. (It is hoped that sometime soon in the future we will have Orthodox Healing materials available)

● Experiencing or Grieving Infertility? Thinking about adoption? Looking for Orthodox Pregnancy and Parenting Resources?

- links and book recommendations as well as prayers are provided

● Prayers are provided for different needs.

O Blessed Matushka Olga of Alaska, Northern Light of God's Holy Church, Quick to help all those in need, All were to you as Christ our God, New Tabitha of the Far North, Reclothe us with true holiness, Midwife and Deliverer of the suffering, Labor with us for the salvation of our souls. - From the Moleben to Blessed Olga of Alaska

<https://nynjoca.org/blessedmatushkaolgaofalaskaministry.html>