



# InCompass

For couples seeking God's will  
at the crossroad of InFertility

## Vision Statement:

InCompass is a support group for couples seeking God's will at the crossroad of infertility.

*In his heart a man plans his course, but the Lord determines his steps.*  
Proverbs 16:9

## Mission Statement:

The mission of the InCompass support group is to provide opportunities for rest, healing, and exploring for couples seeking God's will, accepting His perfect timing, and resolving infertility.

*For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*  
Jeremiah 29:11-13

*Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*  
Philippians 1:6

# InCompass

. . . for couples seeking God's will at the crossroad of InFertility

The RAW and WILD ride of the infertility journey can be devastating and isolating fueled by a myriad of emotions. The InCompass support group of the Kaleidoscope Ministry is offering help for couples seeking God's will at the crossroads of infertility.

*Recognizing God's Word as the only **true compass**, we claim His promises to take the broken pieces and put them ALL together to form a beautiful picture for His good.*

Romans 8:28

**It takes time** . . . *Everything on earth has its own time and its own season.* Ecclesiastes 3:1

"Be patient with God and with yourself. One of life's frustrations is that God's timetable is rarely the same as ours. We are often in a hurry when God isn't. You may feel frustrated with the seemingly slow progress you're making in life. God is never in a hurry, but is always on time." [The Purpose Driven Life](#), Rick Warren.

*We are confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.* Philippians 1:6

We have compiled a list of resources that were helpful to us during our journey which at times seemed to be on a broken road without direction. Each family's quest is mapped out differently and designed uniquely by God. Our prayer for each of you as you continue pursuing this faith venture is to accept God's hand and join Him in fulfilling His purpose in our lifetime.

This is a ride that will forever change your hearts and lives. It is a thrill for us to be a part of your quest.

*The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace.* Numbers 6:24-26

# Resources

## Books

*Taking Charge of Your Fertility* by Toni Weschler

*The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies*, by Randine Lewis

*The Infertility Companion* by Sandra L. Glahn & William R. Cutrer, M.D.

*Empty Womb* by Marlo Schalesky

*Aching Heart*

*The Ache for a Child* by Debra Bridwell

*When Empty Arms Become a Heavy Burden* by Sandra Glahn & William Cutrer, M.D.

*Sweet Grapes* by Jean W. Carter and Michael Carter

*Coping with Infertility* by Judith A. Stigger

*How to Get Pregnant* by Sherman J. Silber

*The Adoption Advisor* by Joan McNamara

*Dear Birthmother* by Kathleen Silber/Phylis Speedlin

*Making Sense Out of Suffering* by Peter Kreeft

*The Open Adoption Experience* by Melinda ad Roszia

*The Horse and His Boy* by C.S. Lewis

“I was really helped by this book, it shaped my imagination in understanding how God brings goodness and redemption out of seemingly hopeless situations. A good allegory for adoptive families.” An adoptive mother of 2

## Websites and Message Boards

[www.haveababy.com](http://www.haveababy.com) Individuals can post questions and some the leading fertility specialists in the country will answer.

[www.rubber-ducky.org](http://www.rubber-ducky.org) – Message board

[www.resolve.org](http://www.resolve.org)

[www.bethany.org](http://www.bethany.org)

[www.ivillage.com](http://www.ivillage.com) – Message board

[www.maleclinic.com](http://www.maleclinic.com)

Google search on a specific question

## Medical Professionals

Become a team with your doctor, nurse, and support staff and make use of their resource library.

Dr. Daniel Stewart  
Antioch Hills Medical Building  
8800 W. 75<sup>th</sup> St., Suite 101  
Shawnee Mission, KS 68204

913-432-7161  
[www.smphysicians.com](http://www.smphysicians.com)

Dr. Rodney Lyles  
Reproductive Resource Center of Greater Kansas City  
12200 West 106<sup>th</sup> St.  
Suite 120  
Overland Park, KS 66215

[www.rrc.gkc.com](http://www.rrc.gkc.com)

# What Can We Do For You?

Our desire as a support group is to embrace each of you facing the infertility challenge. We will:

- Partner with you in prayer.
- Meet with you individually.
- Respect your privacy.
- Provide a platform for discussion with other couples who are at the crossroad of infertility.

Please read the following biographies of the InCompass Support Group contacts. Each of these individuals would welcome the opportunity to talk with you.

## Contact Persons

**Marvin and Debbie Spees.** After years of infertility treatments and the pursuit of the childfree lifestyle, we recognized that adoption was the BEST plan for forming our family. Hunter and Chloe were placed in our home as newborns. Marvin is a small business owner and Debbie is a stay at home mom. Hunter is 16 and Chloe is 11.

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**Jason and Rachel Duncan.** My name is Rachel Duncan. My husband and I were married in 1998 while we were in our last semester of college. When we graduated, we moved to Topeka and started working. I started teaching and loved it! My husband worked a full time job during the day and went to school in the evenings to get his Master's degree. We planned to extend our family when he finished his Master's degree and we had moved into a house. Well, that time came quickly! My husband graduated and we soon started to try to get pregnant. We were both very healthy and had no prior issues with our reproductive organs, so we assumed that it wouldn't take long. After a year and nothing had happened, we took a leap of faith and I quit teaching. We thought that maybe the stress of teaching all day kindergarten was hindering our chances. We continued to try and continued to pray. My husband was tested numerous times to see if his sperm was causing the difficulty, but that checked out fine. My doctor here in Topeka finally suggested that I go to Kansas City to a reproductive specialist, Dr. Daniel Stewart. She, my doctor in Topeka, labeled us as, "unexplained infertility." Everything seemed fine with us, but we were having no success.

It was so hard to hear those words... "I'm sending you to Kansas City." I started to worry more than ever and started to question what the Lord was doing. After a few visits to Kansas City and going over our options, we decided to try artificial insemination. Dr. Stewart didn't want to put me on fertility medicines because I was functioning fine on my own. To make a long story short, we tried it five times and nothing happened. Every time, my levels looked great, I had wonderful follicles, and my husband had plenty of sperm, but no pregnancy. We were so frustrated and didn't understand what God wanted from us! Where do we go? It had been almost three years! We started to think that maybe God was leading us to adopt instead of having biological children. We went through some possible adoptions and still felt like God was leading us elsewhere, but where?

We sought the counsel of our pastor, read many books, and consulted our parents. Through a lot of prayer, we felt a leading to try in vitro fertilization. It was so hard to know what to do because everything is so expensive and can be painful emotionally and physically. We felt that we would try this last medical option and if God closed the door, we'd seek possible adoption again. Every week that we pushed forward through the in vitro process, we prayed that God would continue to guide us. We were willing to stop the process if He closed any door! Everything went so smoothly!

The first transfer of embryos didn't work. We just broke down crying. Again, I wondered what God was doing, but always kept in the back of my mind that He wouldn't get us this far to drop us on our head, so we pushed forward. The next month, we transferred more embryos and got pregnant with one! After almost four years, we have a healthy boy and look forward to using the last few embryos that God has blessed us with. We know that He may decide to keep them for Himself, because they are His children first, but we know that He has a plan for our family. We continue to trust the Lord in his expansion plan for our family, so we rest in that peace and security.

This is a VERY short version of our journey! It was such a long journey, and I had a couple ladies that had gone through it before me. It was amazingly helpful and an absolute blessing to have them available to ask questions, cry, scream, or whatever I needed. Cling to the Lord and don't believe any of Satan's lies. Know that He DOES have a plan for your family.

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**Erik and Michelle Epperson.** Erik and I were married in the fall of 2001. We were busy beginning and continuing on in our careers and so for the first two years of our marriage, we were just getting used to being married, making new friends with couples in our church, finishing up graduate school, and revamping our first house. Friends started having children and having been married for a few years, we thought we would join in on the fun! One year passed, two years passed, and soon we were upon January of 2006 and no kiddos. The Spees and Williams were offering the Adoption

Class at Topeka Bible Church, so we thought we would attend to gain more information. Even during premarital counseling, Erik and I agreed that we would only go “so far” in infertility treatment before we would consider adoption. Actually, we never even went that far . . . despite encouragement from some family and health care providers, we were feeling led to adopt and thus began our journey to our sweet baby girl from Guatemala, Meira Glynn Epperson.

As mentioned, we took the class in January 2006 and because of my teaching schedule, decided we should prayerfully consider adoption during the spring. While continuing to “try” to achieve a pregnancy, if then to no avail, we decided we would begin the adoption process in the summer. We always felt led to adopting internationally, first heading toward China, but then by a series of events, our direction was changed to Guatemala. The process for us was amazing as we were able to share updates, pictures, and travel experiences with friends and family along the way, which made it all the more special. God really spoke to our hearts about His adoption of us spiritually and how beautifully earthly adoption of a child parallels this.

I can tell you that Erik and I both had battled God enough in other aspects of our lives and so when it came to issues of infertility, we just knew He had the perfect plan for us and we felt amazingly willing and on the same page about the journey. I am not saying that it wasn't hard and difficult at times, wanting to hold her and have her with us throughout the paperwork trail of adoption. Especially when our immediate group of friends seemed to have an amazing fertility characteristic about them and while we were genuinely happy and excited for the new life in their family, our hearts longed for this child to join our family too. Even now we have had a couple of moments where friends or family members have gotten pregnant at the “drop of a hat” and it takes us back. But having Meira, we know she was meant for us and again are so thankful for the journey and who she already is in our lives.

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**Stan and Debi Parker.** Debi Parker is a wife, mother, and teacher. These are three passions that describe her life. She has been married to her high school sweetheart, Stan, for 32 years. Stan is an attorney and though his business is in Topeka, he has rarely had a case here. He defends small state banks in a fifteen plus state area and traveling has been a big part of his career. For this reason, Debi became a stay at home mom.

Debi taught middle or junior high school for 10 years before retiring to begin the best job of her life . . . motherhood. They feel blessed to have adopted first, Jena, as a newborn, now age 22, a college senior, and then Hobie, as a newborn, now age 18, a college freshman. Both are attending Kansas State University.

Stan and Debi feel God choose them to be adoptive parents. Both suffered from infertility problems. We believe we were “picked out” not “picked on” to travel that journey. Only God could know “the plans I have for you, **plans to prosper** you and not to harm you, **plans** to give you hope and a future” (Jeremiah 29:10). God created the Parker family in His way and for this we are grateful.

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**Brian and Kim Williams.** My husband and I married in our early twenties and looked forward to having children with great anticipation. When one year rolled into two and we still had no children, it created a deep crisis in our life. We began a five year struggle to get pregnant and working with a fertility clinic; tried one thing and then another. These were very dark and trying days for us, especially me. I struggled almost daily with feelings of jealousy, depression, and even anger at God, feeling marginalized by all the fertile women around me. Our infertility remained unexplained and no treatments "worked." We tried everything we felt ethically comfortable trying, and shortly after my 30th birthday, closed the door on reproductive technology.

To my surprise, God granted me great relief and resolution at letting go of becoming pregnant and in the same week, we contacted a wonderful adoption agency. They began to educate us in the vocation of adoptive parenthood, with an emphasis on open adoption. We found that we felt called to open adoption and the opportunity to be salt and light in the life of birth families. One year later, we received a baby girl who is now five and have enjoyed a special friendship with her birth family. Two years ago, we moved to Topeka and began working on a second domestic adoption. On June 13, 2007, we welcomed a baby boy, our son, into our family. We also enjoy an open adoption with his birth family. The brevity of this biography makes our adoptions sound quick and sweet, not so! In short, we wrestled long and hard over questions of openness, family history, and substance abuse in birthmothers, ached as we waited in the “holding pattern” wondering if we would ever get called and learned to depend on God to build our family, which means you surrender control over and over and over. Ultimately, my husband and I feel privileged to be called by God into adoptive parenthood.

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# Prayer of St. Francis

Lord, make me an instrument of Thy peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O Divine Master: Grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; for it is in giving that we receive; it is in pardoning that we are pardoned: and it is in dying that we are born to eternal life.

# “Walk by Faith”

By Jeremy Camp

Will I believe you when you say  
Your hand will guide my every way  
Will I receive the words you say  
Every moment of every day

I will walk by faith even when I cannot see  
Because this broken road  
Prepares your will for me

Help me to rid my endless fears  
You've been so faithful for all my years  
With one breath you made me new  
Your grace covers all I do

I will walk by faith even when I cannot see  
Because this broken road  
Prepares your will for me

Well I'm broken but I still see your face  
Well you've spoken  
Pouring your words of grace

I will walk by faith even when I cannot see  
Because this broken road  
Prepares your will for me

# Infertility Alphabet

*Contributed by Lola Anderson*

**A**sk and it shall be given you; seek, and ye shall find; knock and it shall be opened unto you. *Matthew 7:7*

**B**e strong and of good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest. *Joshua 1:9*

**C**ontinue in prayer, and watch in the same with Thanksgiving. *Colossians 4:2*

**D**raw nigh to God, and He will draw nigh to you. *James 4:8*

**E**vening, and morning, and at noon, will I pray, and cry aloud: and He shall hear my voice. *Psalms 55:17*

**F**or God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life *John 3:16*

**G**odliness with contentment is great gain. *1 Timothy 6:6*

**H**e that abideth in me, and I in Him, the same bringeth forth much fruit; for without Me ye can do nothing. *John 15:5*

**I**n thee, O Lord, do I put my trust. *Psalms 31:1*

**J**udge not, and ye shall not be judged; condemn not, and ye shall not be condemned; forgive, and ye shall be forgiven. *Luke 6:37*

**K**eep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. *Jude 1:21*

**L**et your conversation be without covetousness; and be content with such things as ye have; for He hath said, I will never leave thee, nor forsake thee. *Hebrews 13:5*

**M**y help cometh from the Lord, which made heaven and earth. *Psalms 121:2*

**N**ow faith is the substance of things hoped for, the evidence of things not seen *Hebrews 11:1*

**O** give thanks unto the Lord; for He is good; for His mercy endureth forever. *Psalms 106:1*

**P**ray without ceasing. *1 Thessalonians 5:17*

**Q**uicken us, and we will call upon thy name. *Psalms 80:18*

Rejoice in every good thing which the Lord thy God hath given unto thee...  
*Deuteronomy 26:11*

Set your affection on things above, not on things on the earth *Colossians 3:2*

They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint. *Isaiah 40:31*

Uphold me according unto thy word, that I may live; and let me not be ashamed of my hope. *Psalms 119:116*

Verily, verily, I say unto you, whatsoever ye shall ask the Father in My name, He will give it you. *John 16:23*

With God all things are possible. *Matthew 19:26*

Except the Lord build the house, they labour in vain that build it... *Psalms 127:1*

Ye shall seek Me, and find Me when ye shall search for Me with all your heart. *Jeremiah 29:13*

The Lord shall bless thee out of Zion... *Psalms 128:5*

*Scriptural references are from the King James version of the Bible*

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