



The Modern Day Shiphrah & The Lively Hebrew Woman

Exodus 1:19 (KJVA 1611) “And the midwives said unto Pharaoh, Because the Hebrew women are not as the Egyptian women; for they are lively, and are delivered ere the midwives come in unto them.”

Achsah's Story

In December of 2021, I delivered my first child, naturally, in the hospital. My water broke at 40 weeks and 6 days gestation, after the Sabbath class. It was my first pregnancy, so I did not know what to expect when my water broke. From the time we found out my Lord's home was expecting, I knew my ultimate goal was to have a natural home birth. Throughout the pregnancy, my Lord and I prepared ourselves mentally, physically, and spiritually. We understood that in this time of vulnerability, the only way to successfully have the birth we desired was with a sufficient and dependable team. We conducted a diligent search seeking out the support we required. Our primary focus was on the type of spirit we invited to embark on this intimate and life changing journey.

After much consideration, we decided to hire sister Shiphrah from the House of Officer Immanuel, Israel United in Christ, Atlanta. She assisted as our doula and Mama Nasrah was our midwife. This turned out to be the best decision we could have made for our family. From our first interaction, both parties made me feel safe. They were extremely personable and professional. As the labour had progressed, sister Shiphrah kept me company and monitored my contractions, she also helped me dilate my cervix naturally through low impact exercises. The following day our midwife and her assistant had arrived, at this point I was about 6-7 centimeters dilated and the contractions were getting more intense. A few hours later, my birthing team began putting water in the birthing pool and checking my vitals. Around that time, my blood pressure was dangerously high, and my midwife advised us to transfer to the hospital to make sure I had a safe delivery. On the drive to the hospital the contractions were back-to-back. Upon arrival, I had reached that stage of labour where I could not prevent the pushing sensation. They escorted us to the labour room because they wanted to check my dilation. I was still in the 7-8 cm range. A few minutes later, they took me to the delivery room which was roughly a 3-minute walk. By the time we made it to the door, our son was coming out without me pushing. I made it to the bed, and started to breathe. Two pushes later our baby was out and in my lord's arms. Through all of this, my doula Shiphrah was at my side comforting and encouraging me. Following the delivery, I was given blood pressure medication through an intravenous solution. which made me disoriented. Consequently, I could not hold my baby until the medication wore off. For two days after delivery my lord was the one who fed, changed, and tended to our child while simultaneously tending to me because the medication restricted me from standing or moving. Times like these make me so grateful for my lord. He took care of his family with joy. I strive to mimic his spirit when serving my lord's home. Shortly after the medication wore off and my blood pressure lowered, we were released from the hospital. The amount of love and charity we received from the birthing team, specifically sister Shiphrah, was amazing. She took the time to aid us before, during, and after the delivery of our son up to today.



Every step of the way sister Shiphrah was assisting, not only me but my lord as well. That's exactly what I desired in a doula; someone who focuses on the entire family and not just the mother.

Currently, I am 9 months pregnant with our second son. If I could do anything differently this pregnancy, it would be to focus on the joy of being able to bring children into the world throughout the labor. In my first pregnancy, I believe everything happened very fast, and I lost track of time and did not think to capture those moments. However, to my surprise, when I checked my phone days after the delivery, I had dozens of pictures of the whole experience. I did not realize sister Shiphrah was collecting our memories. Sister Shiphrah really went above and beyond with her services. To give a little insight on how time flies: after coming home I was told my labor lasted two days. It did not feel that long to me at all, but apparently, I saw the sun rise and set twice. After leaving the hospital, my blood pressure was still a bit high, but nothing alarming. While speaking to providers we were informed that the deadly increase in my blood pressure was due to being in labor so long. My entire life and pregnancy I have had a normal blood pressure and following delivery my blood pressure went back to normal. During this second pregnancy my blood pressure has been normal. Despite having deviated from my original birth plan, I still embrace my birth experience and appreciate my birth team for their support and lifesaving advice to achieve a healthy birth and recovery. Going into this labor and delivery, I would like to monitor my blood pressure while labor progresses. The plan is to give birth in the hospital, but to labor as long as possible at home; and I mean as long as possible. My intentions are to go to the hospital at the last possible moment. For me, I want to avoid unnecessary interventions, and the only way to accomplish this is to stay home and maneuver through the pain. My goal is to utilize all the methods incorporated in my first delivery which are: squeezing a comb to distract my body from the intensity of the contractions, water therapy, constantly moving through contractions, and of course, praying. The main thing I learned from the process was to take it one step at a time, and do not let anyone rush your birthing process. While in the hospital, during delivery, I was still able to speak and understand the situation so I could advocate for myself while actively pushing. I really believe the main reason my birth progressed the way it did was because I completely trusted in my lord and in my birthing team.

Interviewee :

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Interviewer:

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