



Theology of the Womb is a collection of stories and histories about specific parts of the female body that have been silenced by the church. Before the curse, our wombs, our breasts, and our vaginas were created to be engaged with on naked bodies. God's womb is prevalent and crescendos in the Creation story and women are created to continue that story of creation alongside nature. Objectification and invisibility rattle within the woman's body throughout her life as she navigates the patriarchal lens that covers the pulpit and society. Even our mothers didn't know how to teach us the mystery and goodness of our bodies, designed in the image of God; therefore, we spend our energy hiding our blood, our breast, and all of our bodies in hopes of being holy enough. Knowing God through the female body requires we do it differently, the theology of the womb is to understand, bless, and listen to our feminine cycles.

Women must know the history of the female body in order to understand the theology within their bodies. This book looks at the historic and cultural ways of bleeding and menstruation; whether God meant for us to bleed alone and bleed together. Rites of passage and learning to ululate are two other chapters that invite one to learn the song of their womb. There is a section of the book on bra sizes, breastmilk, and mastectomies; offering a discussion around the common interpretations women have made about their breast through an oppressive patriarchal lens. The book continues by storytelling through the subjects of infertility, miscarriage, and midwifery. Psychology illustrates the lifespan of all humans through the life cycle of a woman's womb: adolescencing (growth), reproduction (birth), climacteric (bury). Such is the story of every human's life cycle: we are born, we create, and we die. Towards the end of the book, the reader will be shown how the church calendar parallels the cycle of the womb; in particular, how Holy Week mirrors the theology in the female body. God is telling part of His story through the woman's womb, as God exists bearing these same realities: waiting, creating and burying.



BOOK CHAPTERS OUTLINE

SECTION 1: WAITING

Ch. 1 A BLEEDING GOD

This chapter begins with stories of how silenced having a period is amongst the church - all women have periods and remember the first time they saw blood. It offers playful narratives of how embarrassment can turn to connection. There is research about how the woman's menstrual cycle is a part of God's plan to give women power and an invitation to co-create with their Creator.

Ch. 2 RITES OF PASSAGE

My first rite of passage was killing an alligator in Southern Louisiana and I explain how we all have rites of passage in our story and it is important for each person to look at the moments in their lives when marking an event told a story of who they are in this world.

Ch.3 A SINGING GOD

To ululate is a sound in other cultures that primarily women make in times of great celebration and deep grief. The chapter dives into what it means for each woman to know the sound she makes when she is celebrating and grieving - the song of the womb.

SECTION 2: CREATE

Ch. 4 BREASTS

The Breast chapter is a favorite, as it explores the shame often ascribed to women's breasts when breasts were always intended to be carried as a breastplate of righteousness. We meet God, El Shaddai, the God with mountains for breast, and how our breast brings satiating life to our babies and our husbands.

Ch. 5 A SEXUAL GOD

Peer-reviewed research compels that sexual objectification has suppressed women's immune systems. God would never have created sex if He didn't have intentions for it that were more life-giving than all the sexual harm that has been done. As women, we must understand there is a deeper reason for sex than pleasure - it is in the vaginal canal, which I propose is the Via Dolorosa, that blood and life flow through.

Ch. 6 GOD as WOMB

Women are invited to co-create life with God through their wombs. If we are made in the Imago Dei, our wombs reflect God's figurative womb, which He refers to many times in scripture. The story of the womb tells us much of our Maker.

Ch. 7 A CREATING GOD

Gardening and creating mirror many elements, this chapter takes the reader through the many miscarriages and pregnancy attempts. The cost is painful but accompanying to read for anyone who has known struggle in pregnancies. The Creating God is the One who teaches us that creating is about being EVER-bearing which invites us to wait, create and bury again and again.

Ch. 8 GOD as Mother



This chapter goes through each verse that refers to God as Mother. Through intimate and intimidating stories of my daughter and I come upon a bear cub and his mother, I take the reader through personal stories where God showed up as Mother when I showed up as a mother.

SECTION 3: BURY

Ch. 9 A MENOPAUSAL GOD

Lifespan development psychology teaches that a woman's uterus is a worthy example of the cycle of life - from birth to puberty to reproduction to menopause. Research shows that how a person engages the early cycles of life, which usually hold many GAINS, will predict the future mental health later in life, which usually holds more LOSS.

Ch. 10 WOMB THEOLOGY

The Life/Death/Life cycle is mirrored in Holy Week: Maundy Thursday, Good Friday, Holy Saturday, and Resurrection Sunday. Holy Week invites us into God's birthing room where we encounter washing and waiting, bleeding and death, burial and resurrection.

Ch. 11 CLIMACTERIC

A chapter about ending and marking death by saying goodbye well. It is filled with personal stories of people that I have had to help usher into death and the process of honoring the end.



Christy Bauman, LMHC (Licensed Mental Health Therapist) is committed to helping women come into their true voice. She offers [meaning-making and storywork consulting](#). She is the author and producer of three works: [Theology of the Womb](#), [A Brave Lament](#), and [Documentary: A Brave Lament](#). She is a psychotherapist, supervisor, adjunct professor who focuses on the female body, sexuality and theology. Christy's work can be found at christybauman.com

