

### **In Our Own Words...The Pain of Abortion**

Abortion was never talked about in school, at home, not even in church. So, I really didn't know much about abortion until I had one.... I did have an ultrasound, but I was not allowed to look at the screen. I wonder if I had seen my baby's heart beat, would it have given me the courage to leap off the table and run far away from that place of death? After the abortion, I was never the same. The guilt and shame was unbearable, but when I came to terms with what I had done, and learned of God's mercy and forgiveness, I was able to start healing. I went through a post-abortion study, ending with a memorial service to dignify the life of my child. I learned it is healthy and normal to grieve the loss of our aborted children, even though we lost them in an abnormal way. – Shelley

I did not tell anyone about my abortion for the next 19 years with the exception of a priest (I went to confession because I feared being excommunicated) and my husband prior to our marriage. He did not react or seem to give it much importance. I had 2 healthy children during our marriage. Approximately 18 years after my abortion I began working in a children's hospital in the town where I lived. ...It was in that critical care nursery where the staff was putting all their efforts into saving the young lives of premature children that I began facing what I had done many years previously. I went to a priest and retold my story. I started seeing a counselor, and the healing process began for me. – Diane

Many years of therapy, anti-depressants, suicide attempts and anguish followed. At times, I hated myself so much I didn't want to go on. I was angry and didn't know why. Later, after years of marriage..., I felt undeserving when God blessed me with two healthy babies. Every year, on [that day], I would feel a completely devastating cloud of gloom, remembering what I had done. We have attempted to put our pain behind us by going to a wonderful healing program called Project Rachel while our children were in their pre-teen years. "Life" got in the way of our completion of the steps. Then, several years ago, while watching the March For Life in Washington, D.C., [my husband and I] saw the "ticker" running across the bottom of the television screen about a retreat weekend designed to aid in the healing of those who are postabortive, for both men and women. It was called Rachel's Vineyard. - Linda

As time went on after the abortion, I have felt and experienced much shame and guilt. I have struggled with this for over 20 years. To rid myself of the shame and guilt, I have been in abusive relationships. Substance abuse and alcohol became constants in my life. I would do anything I could to feel better; at times, to feel anything. But, I found help and forgiveness through my Lord and Savior Jesus. I had always wanted a little girl. And always in the back of my mind I felt I had murdered her. And because of this terrible thing I had done, I felt unworthy of the Love of Jesus. Even after I found Jesus, it has taken a long time for me to let go and give all my hurts to him. Jesus has forgiven me. I needed to have that forgiveness and I am sure other women do too and that is why I am silent no more. - Ruth

## **Resources for help and healing Silent No More Awareness Campaign**

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

[mail@silentnomoreawareness.org](mailto:mail@silentnomoreawareness.org)

## **Support and Recovery Groups**

Heartbeat International/CareNet Pregnancy Centers

1-800-712-HELP (1-800-712-4357)

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

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

[www.Care-Net.org](http://www.Care-Net.org)

## **The International Helpline for Abortion Recovery**

866-482-LIFE

<http://internationalhelpline.org>

## **Rachel's Vineyard Retreats**

1-877-HOPE-4-ME (1-877-467-3463)

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

Men's Page - [www.RachelsVineyard.org/men](http://www.RachelsVineyard.org/men)

## **National Office of Post-Abortion Reconciliation and Healing**

1-800-5WE-CARE (1-800-593-2273)

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