



“I would now like to say a special word to women who have had an abortion.

The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance. The Father of Mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitively lost and you will also be able to ask forgiveness from your child, who is now living in the Lord...”

**-Pope John Paul II** (*Evangelium Vitae* #99)

“I have sworn that I will not be angry with you and will not rebuke you. For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the Lord, who has compassion on you.”

(Isaiah 54:9-10)

Mercy

**DAYS OF PRAYER & HEALING  
for women**

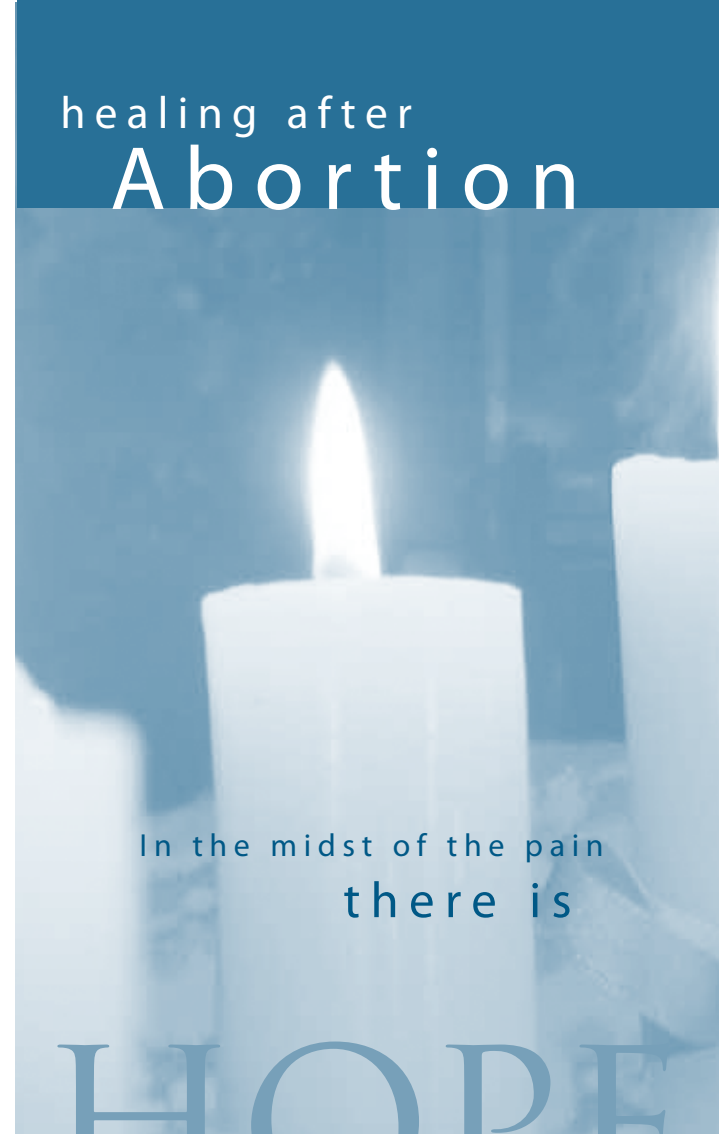
- September 12, 2009
- October 3, 2009
- November 14, 2009
- January 16, 2010
- February 27, 2010
- April 24, 2010
- June 19, 2010

Call for future dates and other events.

**For more information or to register  
call the Sisters of Life at**  
(toll free) 866.575.0075  
**or email** [hopeandhealing@sistersoflife.org](mailto:hopeandhealing@sistersoflife.org)

**To register for men please call**  
(toll free) 877.586.4621  
**or email** [Lumina@postabortionhelp.org](mailto:Lumina@postabortionhelp.org)

healing after  
**Abortion**



In the midst of the pain  
there is

**HOPE**

There is  
a Light  
that can break  
through any  
darkness.

# A PLACE OF HEALING

## TO THOSE WHO MOURN:

It is said that God can bring good out of all things, even the worst of sins

if the sinner is truly repentant.

There was a time when I would have found this hard to believe - especially if the sin was the one I had committed: the “unforgivable” sin of abortion.

Now I know through personal experience that God does bring good out of all things...if we let Him. I know that some of you are probably thinking, “but I had

more than one abortion,” or “mine was probably worse than hers,” or “no one forced me to abort,” etc. But this process of healing from abortion isn’t about who you are and what you’ve done, it is about who *He* is and what *He’s* done. When I look back at where I have come from; the guilt, the shame, the grief, it is with continual amazement and a deep joy and gratitude that I live my life now. Instead of doubting His love and goodness towards me, I have come to expect it. For those who take this journey of healing with complete trust and abandonment, the Mercy of God is there for the taking. With it comes a new found life, one that is full of peace. I have come to know this peace because He now lives within me. I no longer feel the need to be perfect - I have bared my soul to the Lord and He has loved me in spite of my imperfections. I no longer fear abandonment - I have learned He never abandoned me - even after my abortion. Through my child lost to abortion, He has taught me the difference between true love and self-centered attachments.

**You are not alone in your feelings; there are reasons for them...**

### **If you have suffered from abortion, you may be experiencing:**

Guilt, shame, anxiety, depression, nightmares, substance abuse, eating disorders, suicidal thoughts.

These are some of the symptoms of Post-Abortion Syndrome. The pain is real, but you do not have to suffer alone. Our God of Mercy wants to heal you and give you the peace He desires you to have. There are people dedicated to helping you--do not be afraid to reach out for help.

**ENTERING CANAAN**, Prayer and Healing Retreats, help those suffering the effects of abortion. We offer a safe place, a way out of the pain, in a non-judgmental atmosphere.

**Our Days and Weekends of Prayer and Healing include:** Stories of mercy, scripture sharing, the Sacrament of Reconciliation, personal prayer, the Holy Sacrifice of the Mass and quiet time.

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Through the forgiveness I have been shown by God and my child, I have learned to forgive others. Even myself. Through my healing He has taught me compassion and mercy for others. I am careful not to judge - I know where I have come from and how I needed compassion and mercy. Because of the love I have found in God I am less afraid of the suffering we must all face in life because I am not alone in it. He is always with me. I won’t lie to you. It is a difficult journey. You must face yourself honestly. It is frightening to see the many faults we have. For us who are post-abortive the very things we often have to face are the same fears that caused us to abort our children in the first place. The paradox is that it is in facing these things like abandonment, self-love, and pride that will set us free from them. No matter how hard the journey, it is never as difficult as what you are living with now. I invite you to, and pray that you will, begin your journey towards healing by reaching out to those trained to help, by educating yourself on issues relating to post-abortion, and most importantly, by putting your trust in God even if you don’t “feel” trustful. You are not alone in your feelings; there are reasons for them. There is no room for “politics” or controversy in abortion. We have lost our children and we need to be allowed to grieve for them. Through healing you will become a better person in spite of your abortion. God in His Mercy and love is waiting for you. I will be praying for you.

**There is no room for “politics” or controversy in abortion. We have lost our children and we need to be allowed to grieve for them ...**

**-Theresa Bonopartis**