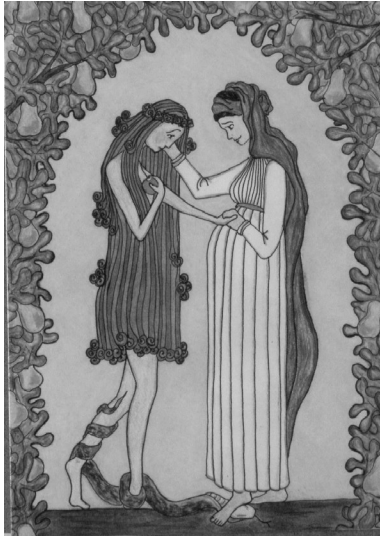


“Blessed is the fruit of your womb...”



(Painting by the Order of Cistercians of the Strict Observance)

These familiar words of the Hail Mary, “Blessed is the fruit of your womb”, bring feelings of peace and hope to my heart knowing that St Elizabeth was speaking of Jesus! It was from the womb of Mary that Our Lord of Mercy, the one who paid the price for my sin of abortion, came forth.

I love the picture above from a greeting card of the Trappistine nuns. Mary placing the hand of Eve, who in her selfishness, disobeyed God, on her womb to give her hope of the birth of Christ, as if to say, “Don’t worry, here is your Redeemer. Mercy Himself is going to be born, and everything is going to be ok.”

How beautiful, that God would choose to use Mary’s “yes” to save us from our “no”. That the fruit of Mary’s womb, Jesus, would become man, and, by His life, death and resurrection, expiate the sin of aborting millions of unborn babies from their mother’s wombs.

“Blessed be the fruit of your womb, Jesus.” Jesus, who taught me how blessed the fruit of my womb was, not in the same way of course, but showed me my son was a gift from God, an individual life full of dignity and worth.

Jesus, who shows me that my son, although not alive here on earth, is interceding for many. Jesus, who shows me that it is through his life that I have been taught about God’s merciful love and that through his life, “Entering Canaan” was born and a journey to the promised land of post abortion healing was paved.

Jesus, who shows me in prayer, that an army of unborn intercede before God for their parents and all who have been involved in abortion.

Some people say that the aborted are not in heaven because of the lack of baptism. I always go back to “The Gospel of Life”, and John Paul II’s words, “To the same Father and his mercy you can with sure hope entrust your child.” Not a hope in my mind, or a hope in me, but a “sure hope”, in the Father of Mercies. A “sure hope” that saves, a “sure hope” that holds unwavering trust, a “sure hope” that knows of His Mercy because of what He has done for me.

Jesus Christ, the “blessed” fruit of Mary’s womb, born on Christmas day, to redeem us from our sins.

TB

UPCOMING TRI STATE POST ABORTION RETREATS

As post abortion ministry and outreach keep growing we are please to provide a list of retreats in our tri-state area as well as “Entering Canaan” retreats across the country. If you are not in these areas please visit one of the following sites to find help in your vicinity.

Abortion Recovery (ARIN): <http://abortionrecovery.org/abortionrecovery/CAREdirectory/tabid/234/Default.aspx>

Hope after Abortion: <http://www.hopeafterabortion.com/>

National Helpline for Abortion Recovery: <http://www.nationalhelpline.org/>

ENTERING CANAAN & TRI-STATE RETREATS

ENTERING CANAAN MINISTRY

Sisters of Life or Theresa Bonopartis of Lumina

Contact: 866-575-0075 or 877-586-4621

Days of Prayer & Healing for Women

January 21, 2012

February 11, 2012

Contact: 877-586-4621 or 866-575-0075

Day of Prayer & Healing for Men

May 19, 2012

Contact Lumina: 877-586-4621

Day of Prayer & Healing for Siblings

For siblings of aborted babies

March 10, 2012

Contact Lumina: 877-586-4621

Day of Prayer & Healing for Adverse Diagnosis

March 24, 2012

Contact: Lumina: 877-586-4621

ENTERING CANAAN NATIONWIDE RETREATS

Arlington, VA

Days of Prayer & Healing

Retreats 2011/2012 Days of Prayer & Healing

March 10, 2012

September 22, 2012

Contact: (888) 456-HOPE or

email: projectrachel@arlingtondiocese.org

Washington, DC

Day of Prayer and Healing in Spanish

Dec 10, 2011

Day of Prayer and Healing (English)

Nov 19, 2011

Contact: 301-982-2008 or 202-269-4673

E-mail: projectrachel@adw.org

Indianapolis, Indiana

Day of Prayer & Healing

Contact Sister Diane at 317-236-1521 or

800-382-9836, ext. 1521 or

E-mail dcarollo@archindy.org

St. Louis, MO - Day of Prayer & Healing EC Hope & Healing weekend

Contact: Marisol Pfaff

E-mail: Mpfaff@archstl.org

Rockford, IL - Day of Prayer & Healing

November 19, 2011

Contact: Laura Christianson

E-Mail: LChristianson@rockforddiocese.org

RACHEL'S VINEYARD

<http://www.rachelsvineyard.org/>

New York

Huntington

Contact: Frank and Lorraine Gariboldi

516-523-0586

fi@optonline.net

February 17 – February 19, 2012

Spanish

Contact: Donna Crean 631-258-5062

February 17 – February 19, 2012

donnacrean@optonline.net

New Jersey

Linden (Archdiocese of Newark)

Contact: Michelle Krystofik 732 388 8211

January 13 – January 15, 2012

Paterson, NJ

Contact: Marie Ryan 973-777-8818 x264

rachel@patersondiocese.org

April 27 – April 29, 2012

Camden, NY

Contact: Margarita Moran 856-691-2299

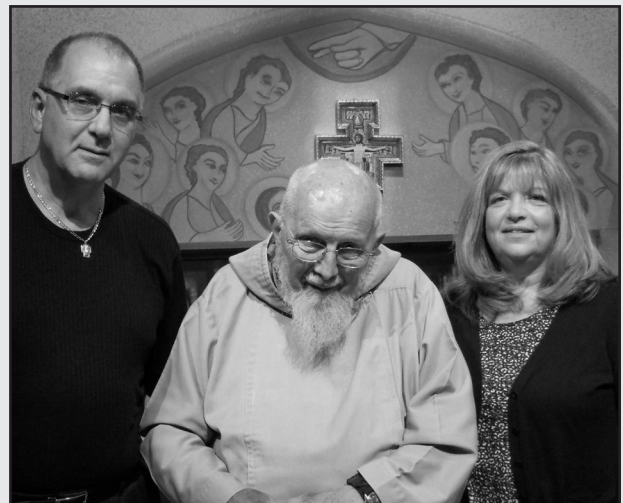
December 16 – December 18, 2011

Projectrachel.pjp2rc@verizon.net

ALL AROUND THE TOWN

On September 18th, Bob Filitore and Theresa Bonopartis were blessed to be on “Sunday Night Prime” with Fr. Benedict Groeschel, CFR speaking on men and abortion. The video of this show can be found on You Tube: <http://www.youtube.com/watch?v=cUaxQTB28-4>

A new Lumina You tube video will be launched on November 29th, calling those hurting from abortion back into the arms of Christ. For more information, or to view the video, please visit our web site.



Bob Filitore, Fr. Benedict Groeschel, CFR and Theresa Bonopartis.

WHAT'S NEWS

NEW MEN'S POST ABORTION MINISTRY

'The House of Esau Ministry Manual' is a process designed to allow a father to process his experience with the abortion of his child in a safe therapeutic environment. It helps the father to process issues of guilt, anger, shame and grief which are often covered under the denial that so often accompanies this experience. Written by a father who lost his child to abortion each of the issues addressed reveals how this man experienced and processed his discomfort. The author is available for speaking engagements as well as training workshops related to the use of the manual.

Contact information: scott.miller@mymts.net

MORNING OF PRAYERFUL REMEMBRANCE

It is not too early to begin planning for the beautiful prayer service, "Morning of prayerful Remembrance", in your diocese or parish. Last year the service was broadcast live from St Patrick's Cathedral in NY the Saturday before the March for Life.

For more information on the service visit <http://postabortionhelp.org/afternoon%20of%20remembrance/afterrememberHome.html> or call Lumina at 877-586-4621. All materials to hold the service are available through Lumina.

CATHOLIC WORLD REPORT

Look out for the December issue of Catholic World Report magazine which will have an article about pregnant women whose unborn babies receive a fatal prenatal diagnosis. Because of our days for adverse diagnosis, author, Daniel Allott interviewed Lumina to gain insight on couples who abort because their baby has a disability.

TRAPPISTINE GREETING CARDS

The beautiful picture on the front of this newsletter is made by the Trappistine nuns of the Order of Cistercians of the Strict Observance at Our Lady of the Mississippi Abbey. Their main means of support is the production and sale of Trappistine Creamy Caramels and other items. If you are interested in buying the cards on which this image is located, please check out: <http://www.trappistine.com/products.asp?dept=1025> and support the Sisters!

PETITION FOR CONGRESSIONAL HEARINGS ON ABORTION AND MENTAL HEALTH

A petition to U.S. Representatives Chris Smith (NJ-04) and Dan Lipinski (IL-. 03), Co-Chairs of the Bipartisan Congressional Pro-life Caucus, asking for congressional hearings on the issue of abortion and mental health.

Please sign this petition and share the link to this page with your friends, family and colleagues. The Elliot Institute will follow up with an email keeping you up to date on this effort and with phone numbers and email addresses you can use to help in its success.

<http://afterabortion.org/sign-this-petition-for-congressional-hearings-on-abortion-and-mental-health/>

OPERATION OUTCRY

If you are post abortive and willing to share your story of how abortion has hurt you in a Declaration Form please visit Operation Outcry's web site. <http://www.operationoutcry.com>

The Declaration is a legally admissible testimony declaring under penalty of perjury that the information is true. It is powerful to take before courts and legislatures in efforts to limit or ban abortion

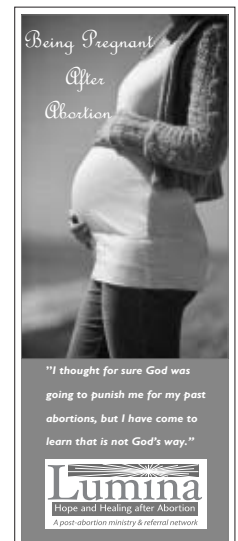
You may protect your identity by instructing them to use either your first name only or initials only by checking that portion of the form. If you have not told others about your abortion and are not willing to release your full name publicly, you may check the box for initials only. They will never disclose your personal contact information.

NEW BROCHURE: "BEING PREGNANT AFTER ABORTION"

Pregnancy after abortion can often be a time of stress and unrest instead of the joy God intended it to be. A new brochure addressing these fears is available through Lumina.

Visit our website to place an order or download it for your ministry.

<http://www.postabortionhelp.org>



WITNESS

When we found out I was pregnant, we were ecstatic. We wanted to do everything right; eat well, sleep a lot, ponder the sex and its name. We had gone to a highly recommended doctor, asked all the right questions and giggled with glee at home over the thought of our soon-to-be offspring. I remember calling my dad and saying, "We passed the Downs Syndrome test. Thank God." It wasn't until a few weeks after that I received a message at work from our MD that we had a marker. I was confused. I immediately called my mom in a panic and cried. It couldn't be real but something inside told me I should be worried.

The doctor urged me to set up an amnio just to make sure. He assured us it was nothing and soft markers showed up all the time. They were always a mistake, someone else's mistake. A 30-year-old healthy female would never give birth to a disabled child. It just wouldn't happen. Not to us.

We got the chilling results of our tests on December 5th 2009. We were waiting for our hamburgers and fries when my husband's phone lit up with the bad news. I was in such disbelief but wanted to keep the baby. We cried and cried and found out it was a baby boy that night. The doctor said I would carry him well since I was so young. There would be no problem with the rest of the pregnancy except that he had Downs.

Young, naïve and worried about the future life of this child, we tormented ourselves for the next few weeks. We decided to get all the answers we could possibly get before the baby got any bigger. We prayed and cried and screamed and held one another for days. When we weren't surfing the Internet for answers and solutions, we were calling centers, psychiatrists and hospitals to get more advice. Everyone tried to help. They cooked, cleaned for us and made things as comfortable as possible. In the end it came down to me and I decided to end all hope of that pregnancy on December 18th 2009.

I can't even write what happened to me in the days and months following. The only thing that kept me alive was the love and support of my family and the prospect of eventually having another baby.

I got pregnant with our daughter 4 months after my termination. I told my husband I didn't want to do invasive prenatal testing because I made the wrong decision last time. He didn't agree. Even after our horrible experience, he wanted to know all the answers again. He felt very strongly about disabled children (and would have been more accepting of one this time) but didn't want any surprises. I threatened him with divorce and listened to my heart. He backed off. After getting the non-invasive nuchal sonogram test, we were told our daughter had a 1 in 24 chance of also being Downs.

Our nightmare returned. How could this happen again only 4 months later? It had to be a mistake. But through faith and experience, I made sure I would not turn my back on another unborn child EVER. Our new, understanding doctor also suggested an amnio. He had me schedule it. I contemplated doing it just to know but I didn't want to be faced with any decisions. I was afraid of myself. I just wanted to have this baby no matter what. Our daughter, our angel, was born perfectly healthy in January 2011.

This is such a brief synopsis of my story, our story, our heartache, our despair, our 'why me'. We were broken by what happened. Our daughter is our angel who is here for a reason but we suffer every day because we made the wrong decision and weren't strong enough to take on what was presented to us. Now we must grieve inwardly and that is harder than anything. We have found light in our new baby and in all that she does but we learned the most valuable lesson of all; always respect life.

I hope that women out there who are suffering with a poor prenatal diagnosis can see the light and know that the darkest days are the ones they are living. You can and will make it through. I wish I could have had the patience, faith and confidence to move forward back then. Now I will have to wait a lifetime to meet my son but he's in my heart every day. - SD

Adverse Diagnosis and Abortion

In April of 2012 a new blood test will be available to detect Down syndrome and other trisomies in the 8th to 12th week of pregnancy. Currently a Down syndrome diagnosis is made with amniocentesis, an invasive procedure that could harm the unborn child.

The pressure to abort these children can be overwhelming, as medical personnel and sometimes even family members question the worth of the life of the child, and relay a false compassion by saying the loving option is to terminate the pregnancy. However, the truly loving response is to support the parents and the dignity of their unborn child, by offering support.

If you know someone who has gotten an adverse diagnosis please refer them to one of these resources :

- Benotafraid.net is an online outreach to parents who have received a poor or difficult prenatal diagnosis.
- Prenatal Partners for Life <http://www.prenatalpartnersforlife.org>
- "My Child, My Gift", (Madeline Nugent) A positive response to an adverse diagnosis mychildmygift.com

Donations to Good Counsel's Lumina Program are tax deductible. Your gift today can be multiplied many times over in bringing those hurting to the healing mercy of God.

Lumina, 1955 Needham Avenue, Bronx, NY 10466