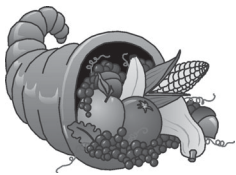




## *To Everything There Is a Season*

*To everything there is a season, and a time for every purpose under heaven:  
a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;  
a time to kill, and a time to heal; a time to break down, and a time to build up;  
a time to weep, and a time to laugh; a time to mourn, and a time to dance;  
a time to cast away stones, and a time to gather stones together; a time to embrace,  
and a time to refrain from embracing;  
a time to seek, and a time to lose; a time to keep, and a time to cast away;  
a time to tear, and a time to sew; a time to keep silence, and a time to speak;  
a time to love, and a time to hate; a time for war, and a time for peace.*

*Ecclesiastes 3:1-8*



Yesterday I took my younger son Michael to the airport. He is a recon Marine and was home on pre-deployment leave. By month's end he will be in Fallujah. During his visit, we were notified a good friend of his, LCpl Michael Glover, was killed by a sniper in Iraq. As we attended the services and mourned the loss, we also made a point to enjoy our time as a family, knowing Glover would want nothing less, and feeling as though he were smiling down upon us, making us cherish our time together even more.

Of course, as a mom, I held my son tight and cried when I left him at the airport. Like any son, he does not want me to worry about him, but I know he worries about me and how I will do while he is gone. I tell him I will be fine, "No one ever died from being sad or crying. It is a part of life. Some things are scary and some are sad. I am sure I will worry but that's ok to feel. I know, with the help of God, I will make it through."

Today we live in a "quick fix" society. We have gotten to the point that even when sad things happen we are not allowed to mourn. We have an endless supply of drugs at our disposal to cover up our emotions, and many people believe there is something wrong with them if they feel anything but happy. It is as if there are acceptable and unacceptable emotions.

I have heard many people, some in my own family, speak about how they do not want to be a "burden" to their children when they get old. We complain about the

self centeredness of the younger generation and yet our society actively promotes this idea of being a burden. We have taken away the opportunity to learn and grow in love through self sacrifice, instead creating a "if it feels good do it" mentality.

In the case of abortion, many have run far from their feelings, partly because of their own denial and partly because no one wants to deal with the emotions it produces. It is just too painful. I often describe it as the elephant in the living room that everyone is pretending does not exist. We fight against our "negative" emotions as if we were waging a war, and yet, the happiness we seek, in spite of our best efforts often evades us **because** we do not allow ourselves to acknowledge the pain. We want the joy of love but not the pain that often comes with it. We want healing, but we do not want to do the work of healing; we just want it to happen. We have lost a sense of commitment, through the good times and the bad. We have lost a sense of being fully human, fully alive, with all of our emotions and thoughts.

As Ecclesiastics tells us, "to everything there is a season...a time to weep, a time to laugh; a time to mourn, and a time to dance..." as we watch the leaves fall this autumn season, may we, too, empty ourselves like the trees and allow our emotions to be felt, trusting God that when spring arrives, we will be free to feel the joy of new life in our souls.

—Theresa Bonopartis

# ALL AROUND THE TOWN

## Summertime and the Livin' is Easy

Although the summer months move slowly Lumina still referred over 40 women to appropriate resources. We also sponsored some great events.



Lisa Wagner as Dorothy Day

On August 16<sup>th</sup>, Lisa Wagner from the "Stillpoint Theatre Collective" in Illinois, performed "Haunted by God, the Life of Dorothy Day" as a Lumina fundraiser. Dorothy Day, who had an abortion herself, began the Catholic Workers movement and in the words of John Cardinal O'Connor, *"To be sure, her life is a model for all in the third millennium, but especially for women who have had or are considering abortions. It is a well-known fact that Dorothy Day procured an abortion before her conversion to the Faith. She regretted it every day of her life. After her conversion from a life akin to that of the pre-converted Augustine of Hippo, she proved a stout defender of human life. The conversion of mind and heart that she exemplified speaks volumes to all women today on two fronts. First, it demonstrates the mercy of God, mercy in that a woman who sinned so gravely could find such unity with God upon conversion. Second, it demonstrates that one may turn from the ultimate act of violence against innocent life in the womb to a position of total holiness and pacifism. In short, I contend that her abortion should not preclude her cause, but intensifies it."*



Adriana James, Lisa Wagner, Kristine Pearson and Sister Maria Regina

On July 30<sup>th</sup>, Brother Columba Maria Jordan, CFR who has worked in our Entering Canaan men's ministry for the past two years, celebrated his final profession of vows. We will be praying for him, as he, along with Brother Jeremiah Myriam Shryock, CFR, who also assists in our men's ministry, enter the seminary this fall.



In June we ended our tenth year of "Entering Canaan" as usual, in the peace of Camp St. Joseph in Millbrook, New York, where the women enjoyed the tranquility and sang songs around the campfire.



# What's News

**Silent No More Ads** – Alan Meldau of the Westchester Coalition for Life is once again spearheading an ad campaign for cable TV. The Silent No More thirty second TV spots will be aired on TNT, Lifetime, and the Women's Network with Lumina's phone and website. Want a sneak preview? View the ads at <http://www.virtuemedia.org> Look out for these ads sometime in October!

**Relevant Radio's "Fathers and Sons"** show interviewed Father Mariusz Koch, on August 26<sup>th</sup> on the topic of men and abortion. Father Koch leads the "Entering Canaan" men's post abortion retreats. Visit their site at <https://www.relevantradio.com> and check out our "Upcoming Retreats" for the next date for this ministry for men!

**Yale School of Medicine** is requiring abortion training for Ob/gyn residents in a program established by Planned Parenthood's Connecticut branch. Comments can be sent to Charles Lockwood, M.D., Chairman of the department of Obstetrics, Gynecology & Reproductive Sciences. [chairobgyn@yale.edu](mailto:chairobgyn@yale.edu) (courtesy of Peter Smith)

## LUMINA UPCOMING SPEAKING/EVENTS:

**September 16** – New York State Right to Life Convention, Royal Regency Hotel, NY. For further information call NYSRTL, (518) 434-1293 or visit [www.nysrighttolife.org](http://www.nysrighttolife.org)

**September 29** – Lumina sponsored retreat day for those who work in post abortion ministry ministry. Our Lady of New York Convent, Bronx, NY. For more information call Theresa (718) 881-8008.

**October 4– The National Silent No More Awareness Campaign, New York City Gathering;** 12:30pm, 6<sup>th</sup> Ave between 49<sup>th</sup> and 50<sup>th</sup> Street. Event to break the silence of abortion and let women testify to the damage abortion has caused them. For more information call Colleen Barry, (347) 245-9476 or [Silentnomorenyc@yahoo.com](mailto:Silentnomorenyc@yahoo.com).

**October 7– Post Abortion Symposium, St. Rita's, Staten Island, NY.** Speakers: Theresa Burke, Ph.D., "Overview of Post Abortion Syndrome", Kevin Burke, "Men & Abortion" & Theresa Bonopartis, workshop, "Reaching Out with Compassion". For more information call Sr Lucy Vasile, (212) 371-1011 X3195

**November 21-** Kennedy High School, Somers, NY, student assembly

**For more information on referrals or if you would like a speaker on the after effects of abortion or for a personal witness call: Lumina 877-586-4621**

## UPCOMING POST ABORTION RETREATS

### Entering Canaan Ministry

Sisters of Life

955 Needham Ave, Bronx NY

#### **Day of Prayer & Healing**

September 16, 2006

December 2, 2006

#### **Day of Prayer & Healing Weekend Retreat**

October 20-22, 2006

Contact: 877-586-4621

### Men's "Day of Prayer & Healing"

Franciscan Friars of the Renewal &

Rev. George Stewart

November 4, 2006

Contact: 877-586-4621

### Rachel's Vineyard

#### New Jersey

Newark/Linden

Contact: Michelle Krystofik 732-388-8211

November 10-12, 2006

Paterson/Morris County

Contact: Marie Ryan 973-777-8818 ext 264

October 27-29, 2006

#### New York

Long Island/Uniondale

Contact: Frank Gariboldi

516-523-0586

October 27-29, 2006

Staten Island

Mt. Manresa Retreat Center

Contact: Mary Ellen 718-303-7048

November 17-19, 2006

#### Connecticut

Bridgeport, Connecticut

Contact: Clarissa Cincotta 203-218-0291

September 15-17, 2006

January 26-28, 2007

Litchfield

Contact: Mary Hayden 203-882-1326

November 3-5, 2006

***Interested in volunteering your time or talents at our new center? Contact us at 877-586-4621***

# WITNESS

## Talitha koum (Mark 5:41)

When I was 22, I was single, had graduated from college, and started my new job at IBM. I was on a journey of 'success', freedom, and final independence, or so I thought. I had always struggled during my young adult years between wanting to be a 'good girl', and wanting to enjoy worldly desires, like having fun, parties, and dating, which often led to sexual impurity - although the sexual impurity was just a veiled attempt to get love.

I was raised Catholic, and always thought abortion was wrong, but never wanted to impose my views on a girl in an unplanned pregnancy - which I now realize was a dangerous stance. Not long after college I 'fell in love' with a guy who was fun, energetic, and a bit more 'dangerous' than anyone I'd dated before. Physically and emotionally things went way too fast, and after a 'romantic' beach vacation with other friends, he and I discovered I was pregnant.

I was immediately way too scared to even consider having a baby out of wedlock. There was no way. I immediately put up a mental and emotional wall. It couldn't be allowed to happen. It had already happened once with another sibling in my family back in high school, and I already knew how my parents would react - with shame and disgust. Ironically, they were pregnant when they got married. It didn't matter, I knew I would never have their support. Plus this was the first time I was in love, and I couldn't let something so 'heavy' interfere with the relationship so early on, plus the shame of it all, and I just started my new job. I somehow also felt like this was my fault, since it happened in my body, so I had to take the 'bull by the horns' and deal with this situation.

The guy I was dating took the weak way out, and said 'Whatever you want to do.' So I didn't allow myself to think, I just went into robot mode, and made the appointment. Strange, because the receptionist had said, "Oh, let's make your appointment with Dr. Miller, because he's gentle." Looking back, that is so chilling, because it meant that some weren't.

At the facility, there was one nurse in the hall who gave me a dirty look because she knew why I was there. I just looked away, and tried to ignore her, because she obviously wasn't there to help me, she just made me feel worse. The abortionist was polite and seemed calm, and the attending nurse was nice enough. But I didn't want to be there - this isn't where a boyfriend who says he loves you, brings you. This isn't what he's supposed to allow you to go through. The procedure was quick and somewhat painless because I was so high on the nitrous oxide they gave me - that's right, "laughing gas" - I was shuddering I had breathed in so much, and I didn't want to know what was going on. My eyes were squeezed shut the whole time, tears running down my cheeks, my whole body shaking, my boyfriend whispering into my ear "I love you, I love you, I love you, I love you..." over and over and over again, with the sound of the suction machine in the background, ripping our son out of my womb. I could feel the contractions as my baby was being sucked out of my uterus, and I thought, "This is all the 'labor' I can give you, I'm so sorry, I'm so sorry..." How twisted.

I felt a strange relief for the first few days, followed by an interior, deafening silence, like something had died in me. The relationship soured within the following weeks and months, and I panicked. Here I did all this just to keep him, but now it's not going to work. I knew in my heart it wasn't working anyway. He started drinking more, played head games, and would come in and out of my life, for sex usually. I soon got several STD's from him, and he later ended up going back with his old girlfriend. The whole thing was a big, humiliating waste. I went from being an outgoing, responsible, happy, very social person with hopes, goals and dreams, to a dark, sullen, completely withdrawn, abandoned, hopeless, intensely self-destructive and nearly suicidal person who was now completely lost, with no direction, and no bearings. I had thoughts I never had before in my life. I wanted to drive into the side of the freeway wall. The words of denial 'no, no, no, no, no, no....' repeated in my head like a battering ram, ALL THE TIME, either that or it was my ex's name in my head. I developed an odd discomfort and fear when I was around knives. I would have feelings of wanting to rake my nails down my neck and the insides of my forearms. The self hatred was so black, so intense. I would just cry constantly. I starved myself out of sheer misery and self hatred. I lost 20 pounds in less than 3 months. I couldn't hate myself enough, like it was my own.. pursuit of punishment, I wanted to hate myself to death - as if that would somehow set things aright.

Needless to say my journey to healing has been a long, long and much needed road, which started with confession a few months after the abortion. Even so, I still wandered for a number of dark years after that, searching for answers, feeling like I didn't belong to the Catholic faith anymore. After six years, I finally found and went through the Project Rachel 12-step healing program. Two years later I went to the Sisters of Life's Day of Healing and Prayer, which lifted this huge rock of shame that would never be on me again. A year later I attended the Rachel's Vineyard retreat, which was profoundly powerful and healing. I AM that woman at Jesus feet, washing His feet with my tears, drying his feet with my hair. I love much, b/c I have been forgiven much. And now, I must continue to respond also, as I hear Jesus now saying to me, every day, for the rest of my life, "Talitha koum: "Little girl, I say to you, arise!" (Mark 5:41). He has much work for me to do.

- Kathy Ct

Lumina is a separately funded program of Good Counsel Homes. Donations to support the work of Lumina are greatly appreciated. Checks should be made out to Good Counsel, Inc with "Lumina" on the note line or you can donate online at: <http://www.goodcounselhomes.org/donate.html> Please mark it for Lumina in the comment box.

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