

An Invitation to Healing

With an increase in prenatal testing, many parents find themselves in the heartbreaking situation of being told there is a problem with their unborn child.

In some cases, and for many reasons, some of these parents feel they need to terminate the pregnancy. Often, it is the pressure from the medical community itself which instills guilt for even thinking of bringing an imperfect child into the world.

Other times, the parents feel unable to handle the thought of a child with an abnormality or illness.



As stated in the "Gospel of Life", and encyclical by Pope John Paul II, "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."

If you have aborted a child because of a poor prenatal diagnosis there are many couples out there who share your pain.

You are not alone!

There is hope & healing!

Dear Parents:

Therapeutic abortion... Synonyms for therapeutic include curative, healing, beneficial, and restorative. Abortion is defined as "an operation or other intervention to end a pregnancy by removing an embryo or fetus from the womb". I see these two words together and wonder how so many people can be duped into thinking an abortion - the end of a life - can be considered to be caring or beneficial to a baby diagnosed with fetal anomalies. And yet, I was one of those people.

Eleven years ago, I traveled to Kansas to "terminate my pregnancy", which of course means terminating the life of my child. It was a heartbreaking and heart wrenching decision. I let my little girl down in the worst possible way. I couldn't admit that to myself for a very long time. Once I did, I relied solely on the mercy and forgiveness of the Lord to begin the healing process. It is a journey that I don't have to travel alone. The Lord is great, and has shown me that to look at the truth of what happened is very freeing, and not as terrifying as I might have thought it would be.

This journey is necessary to become whole again. While my decision destroyed an innocent baby and could have destroyed my life, the



Lord is piecing everything back together for my family. Pope John Paul II tells us not to give in to despair. He tells us that we can still be restored.

We need to be restored to be able to live.

One day I will be reunited with my daughter. Until then, I want to be able to be everything God intended for me to be. I need to heal to take care of my family. Come and see what God's mercy and grace can accomplish in you.

-YD

"My baby was full term when she was killed, so I got to see her and hold her after the delivery. She was very much a real baby and we loved her immeasurably. This love was twisted by evil, though, and we were convinced by doctors and others that the best thing to do for her was to terminate her life."

-DM

"But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly."

(The Gospel of Life, Pope John Paul II)

LUMINA IS A POST ABORTION MINISTRY OF GOOD COUNSEL, INC.

We are aware that there are many couples suffering because of aborting a child due to a poor prenatal diagnosis.

Lumina offers help in dealing with this heartbreaking loss through referrals to:

- Professional therapists
- Clergy persons who understand
- Other couples who have been through healing
- Specialized retreat days



Don't suffer in silence and alone!

Help is available!

"When I wasn't chastising myself, I would try to allow all the good wishes and sentiments of others legitimize what I had done. I could fool myself for a while, but not forever. I lived with that guilt and shame for a long while.

Eventually I reached out to Jesus and He showered me with His mercy and forgiveness. I became open to the truth and the Lord carried me for awhile and now He walks beside me on this journey of healing."

-D&M



For additional copies or for a referral:

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www.postabortionhelp.org

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A Program of Good Counsel, Inc.

"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..."

(The Gospel of Life, Pope John Paul II)

The Wound in Your Heart May Not Yet Have Healed



**Do you know someone who
is suffering because they
aborted an unborn child due
to a poor prenatal diagnosis?**

