



HOPE & HEALING AFTER ABORTION

Navigating the Political scene if you have had an Abortion

Over the past thirty years, I have met thousands of people who have suffered the devastation of abortion. I have also experienced its devastation personally. Elections can be trying times for those who have terminated a pregnancy, a time filled with high emotions no matter what side of the issue you're on.

With the Democratic pick for President of the United States and abortion being one of their main platforms, it can sometimes feel like you are walking through a landmine. They claim, with their extreme proabortion stance, that they are upholding the rights of women, but that is not true for those of us who have learned the hard way abortions lies. Sadly, as chemical abortions which are touted as "easy" and being done "in the comfort of your own home", increase, more and more women are experiencing the trauma of seeing their dead babies. A site forever etched in their minds making home anything but "safe and comfortable" anymore.

During an abortion clinic tour this past March VP Kamala Harris spoke of "a very serious health crisis" when referring to the overturning of Roe. She went on to say many women are "silently suffering" as a result, yet they continue to deny the voices of countless women left to feel crazy and alone for expressing the psychological, emotional, spiritual and sometimes physical damage abortion has done to them.

The Dobbs decision which brought the issue of abortion back to the states did not decrease the number of abortions, but in fact, they have increased, and the steady mantra of calling abortion "reproductive health care" fails to acknowledge what abortion truly is, the killing of the innocent unborn.

However, the Vice President and I do agree on one thing. Countless numbers of people are "silently suffering". They are in our families, our workplaces, and even our church pews. They are our mothers, our fathers, our sisters and brothers, our aunts, and our friends. They are not suffering because Dobbs, they are suffering because they bought into the lies of abortion and participated in the death of their children.

Our society is now living with millions of walking wounded women, men and even siblings. Some are radically pro-abortion to justify what they have done, others hide in shame and guilt, but still others are finding their voice. What is going to happen this election? I don't know, but I do know God is in control. In the midst of all the chaos I am blessed to witness time and again God's love and mercy continue to heal many. The day is coming when their voices will be louder and louder speaking to the truth of what abortion is and the truth of the love and mercy of our God who healed them.. T Bonopartis

MONTHLY HOLY HOUR FOR LIFE

- Every 2nd Wednesday of the month
- 7-8pm
- St Anns Chapel, Midland Ave, Yonkers, NY

To pray for family, the sanctity of all human life from conception to natural death and for healing from the wounds of abortion

Sponsored by: St John, Most Holy Trinity, St Anns, Franciscan Frairs of the Renewal, Advocates for Life, Lumina/hope & healing after abortion



Navigating (con't)

These people have come to find out, contrary to what they have been told, that life does not go back to “normal” after abortion as was promised, and they are quickly learning that despite what they have been told about the ease of having a chemical abortion “in the comfort of your home” for many there will never be comfort as they live with the trauma of seeing their unborn child an experience that very often leads to flushing your baby down your toilet. This image which will stay with you forever ensures life will never be “normal” again.

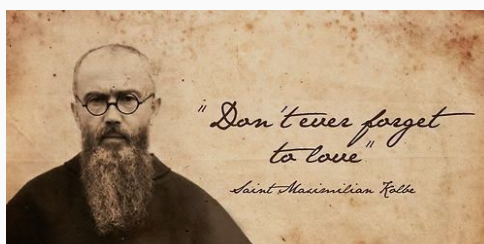
Promoting the Message of Divine Mercy

As we approach the election, abortion is sure to become even more front and center. The silent suffering will become more and more intense as the truth of abortion continues to be hidden by both politicians and the media.

It is important for us to always remember that those who have experienced abortion are everywhere. It is also important for us to be a sign of God’s love and mercy for them. To speak about His desire to heal and to offer resources in our churches and in our families.

The pain of abortion is excruciating, but with the right help and the message of hope of healing and learning about abortions dynamics, through the grace of God joy can be brought into lives again.

Christ came to call sinners. May our voices be a sign of His love and mercy as we reach out in His love to those silently suffering the pain of abortion. T.Bonopartis



Retreats

MIAMI, FL

Saturday September 21th English

Saturday October 26th Spanish

Contact: Marcela Phone: 954-981-2984

Email: ProjectRachel@thadom.org

BRIGHTON, MI

October 19, 2024

Contact: Eileen Craig MA, LPC

Call or text: 810-373-2966

enteringcanaanbrighton@gmail.com

SYRACUSE,,NY

September 28, 2024

Contact: Lisa Hall Phone: 855-364-0076

Email: hopeandhealing@syrdio.org

ARLINGTON,VA

September 28, 2024

Confidential helpline: 703-841-2504

info@helpafterabortion.org

WASHINGTON, DC

ProjectRachel@adw.org

Maria Tirado, OFS

October 12, 2024

October 26, 2024

301-982-2008

NEW YORK

Sisters of Life

September 28,2024

October 12, 2023 -Spanish

7TH ANNUAL
COAST TO COAST
ROSARY



SUNDAY
OCTOBER 6, 2024
3PM

OAKLAND BEACH
95 DEARBORN AVE
RYE, NEW YORK

(BY THE GAZEBO ON THE GRASS)

QUESTIONS? CALL THERESA 914 844 4995



An Afternoon of Prayer Remembrance & Intercession

Sunday, October 13, 2024
1-3 pm

Sts John & Paul Parish
Weaver Street
Larchmont, New York



Women, men, families, health care providers, all of us, directly or indirectly, have been impacted by abortion. In response, we gather to pray as a faith community and to seek healing and forgiveness for individuals & our nation

The afternoon will include:

- Personal testimonies from those who have been affected by abortion
- Intercessory prayer
- Eucharistic Adoration & Rosary
- Opportunity for the Sacrament of Reconciliation

Sponsored by Sts. John & Paul and Lumina/hope & healing after abortion. For more info call 877 586 4621

Sibling Witness

“Your life would be so miserable if I hadn’t had those two abortions” my mother casually told me as she dropped me off at school. As a young fifth grader her words didn’t really sink in and to be honest, I mostly tuned out her mentally ill ramblings but as an adult I often ponder her reasons for going through with not only one but two abortions as well as telling me at such an early age. Having a mentally ill mother and an absent father I had to grow up fast, no one could take care of me so I had to hide behind a wall and avoid anything that could trigger emotional episodes. The strategy succeeded in making it through adolescence but caused many difficulties as an adult. I winced anytime someone would ask the dreaded question “So what made you so pro-life?” and would go through the list of excuses in my head for a plausible explanation, I just didn’t want anyone to know the truth.



I started getting involved in the pro-life movement in college however the town was small and thankfully there were no abortion facilities anywhere nearby. We hosted a couple of meetings but didn’t do too much with the ministry. It wasn’t until I moved to New York that I dove right into the pro-life movement; I started praying outside the Bleecker Street Planned Parenthood as well as sidewalk counseling on a regular basis. I had forgiven my mother for her abortions, but I realized much later I had forgiven her for the wrong reasons. I didn’t like my childhood growing up and had internalized the message she always gave me “I saved those children from years of unhappiness.”

At an early age I tried to run away from home and my sister left the house at 16 because she couldn’t take it anymore. Child protective services were called numerous times on my mom and dad and so, I agreed with my mother, those children would have been miserable. I was dealing with trauma-based depression that made daily life exceedingly difficult and while I publicly affirmed the value of life, I was hypocritical when it came to my own siblings. It was better that those two brothers of mine did not have to deal with all the wounds that would have come from growing up in my family.

As I began to experience more healing in different areas of my life, the depression lifted, and I started to enjoy what God was offering me. I realized that no matter how bad a person's upbringing is, they can always move past that and find healing. All through life I had met so many bitter people who never seemed to want to heal and I had just assumed that that would be me but thankfully Jesus had different plans. I was feeling more whole which prompted the question “Maybe my brothers would have had a terrible childhood, but that doesn’t mean they would suffer forever.”

I had heard of Rachel's vineyard and had suggested it to my mother but was met with eyerolls and an exasperated gasp. I didn’t know what to make of it. Of course abortion hurts women. I had seen this firsthand at Planned Parenthood, but I didn’t understand why my mother felt no guilt or any sense of regret over her decision. Little did I realize I was looking at myself in the mirror. People had suggested the Entering Canaan Ministry Sibling Retreat to me multiple times and I had always thought “How nice!” but for other people. Other people needed healing from that but not me and so I just filed it into the back of my head and tried to ignore the wounds in my heart.

Sibling witness con't



It wasn't until three years later that I finally started opening up to people that my mother had an abortion. It was in 2020 during the first wave of infections and lockdowns when I started calling everyone I knew and loved to check and make sure that they were ok. After I had called the last person it hit me, would I be calling my two brothers right now if my mother made a different decision? I buried that thought but thankfully Jesus was still knocking. Little by little I started opening up to more people about my mother and my two brothers. After three years of various people suggesting a "Siblings Retreat" I finally decided to take the leap of faith and said yes. It was providential, a week before my birthday and on Divine Mercy Sunday. Saint Faustina had always followed me throughout my conversion, and I could feel her saying "Come! Receive God's healing!"

Arriving at the retreat I was met with warmth and love by the team. This was the 14th year of Lumina hosting the Entering Canaan's Sibling retreat which was developed by Theresa Bonopartis, Michael Corsini and the Franciscan Friars of the Renewal. I was afraid that they immediately would say "Your mom had an abortion!" But thankfully that never happened. For the first time in a while I felt like I fit in with everyone.

All the retreatants had similar stories to mine, ones of abuse, deep wounds, lots of pain, and difficulties with parental figures. I didn't feel like my story was too much and was eager to listen in on how people have coped with knowing they lost a sibling to abortion as well as how they deal with their own dysfunctional upbringing.

I tried to hold in the tears, but Jesus was gently knocking my walls down. We talked about many things on the retreat. Did you ever feel like your mother was distant from you growing up? Do you have survivor's guilt? How did you find out? Do you have a relationship with your sibling? Which led to the climax of the retreat where we prayed in Adoration before Jesus and gave our siblings a name. My mother had refused to ever name them but she had always referred to them as two boys and so I chose for her: Maurice and Angelo. Maurice for Maurice Ravel who composed the cacophony "Bolero" which was what my heart felt like on that retreat and Angelo because he was now a little Mexican angel in heaven. My mother would have hated these names, but I gladly wrote them down in the book of life thanking Jesus for this opportunity to humanize someone I would never meet in this life. The train ride back to New York was a whirlwind. I felt simultaneously lighter and heavier but immensely grateful that I had said yes to the call to go on this retreat.

A few months later I went on vacation with my mother and sister in northern California and I finally got the courage to tell my mom about the retreat and all the things I had learned. I explained to her that I felt a distance from her growing up and she actually apologized to me. It wasn't exactly what I was looking for, just a quick "I'm sorry" but it was a beautiful start to hopefully more healing for me and my mother. I pray now to my two siblings asking for their intercession from time to time. On the first Saturday of the month our church prays in front of Planned Parenthood, however we get quite the number of protestors. As I hold my rosary while a man curses me out, a masked individual plays the tuba to drown out the rosary, and a lady screams "fascist" I am able to smile. I am praying this rosary for my two older brothers in heaven.

Bernadette Patell.

Entering Canaan

Men's Day of Prayer & Healing
November 09, 2024
Westchester, New York

Men Hurt Too!

Begin the Journey of
healing
from abortion

Rev Lawrence Joseph, CFR
witness
group
sacraments

for more info call Lumina 877 586 4621
www.postabortionhelp.org
lumina@postabortionhelp.org



Men Hurt Too!
Come experience
God's
Mercy & Love

Gone Unseen

"A team of filmmakers is creating a feature-length documentary called, "Gone Unseen", about the lasting effects of abortion. It is their goal to give a voice to the experiences of post-abortive women across the United States that are going unnoticed in favor of political influence.

This documentary will reinforce that no sin is too large for God, that love is unconditional, and that being pro-life prioritizes supporting women who might otherwise think they are unable to love the life God gives to them.

"Gone Unseen" is currently interviewing women willing to share their abortion story, and individuals involved in the pro-Plife movement who can guide the questions this documentary will be asking.

If you, or anyone you know, would be interested in supporting the project you can contact the producer, Joseph Graves, at his email or by phone: j.graves@goneunseen.org (360)-328-1417 _ _ _ _ _

To donate to this important work of healing :

Lumina/hope & healing after abortion
a program of Good Counsel Homes
PO Box 583
Mamaroneck, New York 10543

Or the web site:

<https://www.goodcounselhomes.org/how-to-help/donate>
and mark it for Lumina

web site: www.postabortionhelp.org
email: lumina@postabortionhelp.org
877-586-4621