



The Mercy Messenger

Volume 3, Issue 1

Spring 2005

Silent No More

By Debbie Miller

In January I had the good fortune to participate in the **National Silent No More Awareness Campaign** in Washington DC. This was the first year that Silent No More was invited to be on the platform with the speakers at the National March for Life rally, and fifty women held signs that said 'I regret my abortion.' We also were invited to walk at the front of the march carrying our "I regret my abortion" signs and chanting "Abortion Hurts Women", "Abortion Hurts Families", "Healed, Forgiven and Set Free."



"Dear John"

March 10, 2005

Dear John,

I want to share with you the effectiveness of the 10-step process. Recently a woman read a letter she had written to the father of her baby as a follow-up to the 8th step, forgiveness. My tears flowed as I heard what she had written. This woman was angry and bitter when she began this process, and as she finishes she is at peace, has forgiven and wishes him well. Wow! The grace of God accomplishes great things!

—Debbie Miller

I can't believe I'm writing to you after all these years. You have no clue how your actions or, should I say, inactions have caused chaos in my life. I am 39 years old now – not the 16 yr. old you knew. I am finally in counseling to try to heal some of the hurt and pain from losing our child, June 16, 1982.

Yes, I lost our child to abortion on that day – 22 years ago. Sometimes the pain is so sharp and gut wrenching it feels like yesterday. Your decision to leave me at a time when I desperately needed help left

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Learn from the experience of others.

"All these things happened to them as examples—as object lessons to us—to warn us against doing the same things."

1 Corinthians 10:11

Father Frank Pavone and Father Denis Wilde of Priests for Life, along with several bishops, Janet Morana and Georgette Forney, co-founders of Silent No More and more than 60 women participated in the march. We even had one woman from the crowd who asked if she could join us, and we were thrilled and welcomed her.

At the rally there were 35 of us who gave our testimonies because everyone who wants to share is given that chance. It took 2 ½ hours and the temperature was freezing. I am very grateful to those who came to support us. I ended up being the second to the last to speak so we had to stay until it was finished.

The following Saturday a group of us went to participate in the Allen County March for Life and Silent No More Campaign in Fort Wayne.

There was an estimated crowd of 1,800 who attended the rally in the Scottish Rite Cathedral where Jennifer O'Neil, the National Spokesperson for Silent No More shared her personal testimony. Then we led the march to the steps of the County Courthouse where 10 of us gave our public testimonies.

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Pray EVERYDAY for those "wounded by abortion"!

“Dear John” — continued

me feeling acutely abandoned, scared and so lonely. I could not and still can't see how you could turn your back on me when I felt we truly loved each other. I know I loved you and really believed you loved me – otherwise I would never have allowed you so close to me in body and heart. I do believe your feelings for me were of true love – you were just too young and too scared to stand up and take responsibility for your actions. How very sad for all of us.

I wish we could have stayed together and tried to make a family. We would have had tons of support from our families as soon as they got used to the idea. But that's not what happened. The day my mom discovered I was pregnant, my aunt was visiting us, and she told my mom she should take me to have an abortion – “quickly, so it's not too late.” There are times I prayed it would have been too late. I would have given birth to our son. Yes, I always knew it was a boy, and his name is Jacob; and we could have done our best to stay together and raise him. Needless to say, that never happened.

The abortion I had has played havoc to my life. I have suffered so much from the guilt, shame, anger and depression because of what I did. The recovery process I have been going through for several weeks now has shown me how to let go of the guilt, to forgive myself as well as everyone I have held in my heart, in contempt, because of the abortion - those who were connected in one way or another. I always felt that I tried to live a good life and I always loved Our Lord, but I still felt I would go to hell when I died because I committed the ultimate sin of murder, and it was our own child that I killed! My facilitator has shown me through love, support and amazing passages from the Bible that God loves me so very much as His child and wants to take all this from me if I will let go and give it to Him. I finally, truly have. I feel such a

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weight has been lifted from my soul and that is something only God can do. It is also something I wish for you. Maybe it's not anything that you think of often, but I know it has probably bothered you from time to time over the years. I hope you still go to church and praise Our Lord. I hope you have no hopelessness or bitterness in your heart. I would like for you to acknowledge your hurt, the confusion and fear you experienced at that time. I hope you feel you can ask God's forgiveness and even go to confession.

Lastly, I hope you know I loved you once and a part of me probably always will. I hope you have gone on in your life and found true love and had children to complete your life. God has blessed me with my dear husband of 20 years and blessed us with an amazing son and precious daughter.

But I can't, nor ever will I forget my first child, our child, little Jacob, who waits for me in heaven in the arms of Our Savior.

Mary

(Printed with permission. The names have been changed to protect the privacy of the individuals.)

The Mercy Messenger

is the newsletter of Healing Hidden Hurts, Inc., a non-profit, Christian-based, peer ministry offering one-to-one facilitation for women who are ready to begin the process of abortion recovery.

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|--------------------------|--|
| President – facilitator: | Debbie Miller |
| Spiritual Director: | Rev. Vince Lampert |
| Treasurer: | Paul Clarke |
| Board Members: | Bob Rust, Bobbie Lawless, Jean Knarr, Michael O'Rourke, Laura Triano and Karla Cockman |

If you have questions or concerns, call or email Debbie Miller:
(317) 297-7578 all calls confidential
healinghiddenhurts@mail.inct.net

Thanks to those...who have volunteered their time and talents to expand the ministry!

Thank you...for placing an ad for 'Healing Hidden Hurts' in your Church bulletins. There are women who would like to speak confidentially one woman to another.

And thanks too ...for those who have sent financial donations to help cover our expenses so that we can continue the work that needs to be done. We are in great need!

Thanks for your prayers of intercession... three more women have come forward for help, and another woman will be facilitating one of them.

Thanks... for several opportunities to speak and share my testimony.

Share this Newsletter with a friend; it may touch someone in need of hope.

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The crowd was much bigger than in Washington DC and the temperature was milder. We again had a woman from the crowd join us.

With the Silent No More campaign we are telling other hurting women that we're coming out to give you the courage to also step out and trust that God loves you and that you're worthy of His

forgiveness. Our message to others is that abortion hurts women and those who choose abortion you will suffer immensely and will come to regret that choice.

God doesn't want us to stay in our pain and suffering and self-hatred. He loves us, forgives us and wants us to be healed and reconciled with him.

HEALING HIDDEN HURTS

REPLY FORM

Giving Opportunities:

I would like to be an **intercessory prayer partner** for this ministry. I want to pray that women may be restored and healed through the grace and mercy of God.

I understand that this ministry is non-profit, the **women are not charged** for the help they receive. I would like to help financially so you can continue this important work.

This is a one time gift \$ _____ I will commit to \$ _____ each month for 12 months.

My check payable to **Healing Hidden Hurts, Inc.** is enclosed.

Please charge my contribution to (check one):   

Card No. _____ - _____ - _____ - _____ Exp. Date ____/____

Name _____ Address _____

Signature _____ Telephone _____ *street* *city* *zip*

Save postage...**no thank you necessary** - All gifts over \$100.00 will receive a receipt for tax purposes.

I would prefer to receive the **Mercy Messenger** via email. My email address is _____

Please clip this form and return it to: *Healing Hidden Hurts *P.O. Box 532992 *Indianapolis, IN 46253*

Pray EVERYDAY for those "wounded by abortion"!

News...

The only study on American women which relied entirely on medical records of abortion (not interviews after the fact) reported a **90% increased risk of breast cancer among women who had chosen abortion.**

(Breast Cancer Prevention Institute - the entire brochure may be seen at www.bcpinstitute.org)



Gary Heavin, founder of **Curves** exercise studios, stopped contributing to the Susan G. Komen Breast Cancer Foundation when he learned that Komen contributes to Planned Parenthood. Heavin, a Christian who supports pro-life endeavors, is receiving criticism from pro-abortion women for being “anti-choice.”

(Right to Life of Greater Cincinnati)

And Notes...

Rachel's Companions—a post-abortion spiritual support group sponsored by the Archdiocese of Indianapolis is starting its session on **March 18th, 2005**. Contact Sr. Diane Carollo at 317-236-1521 or e-mail: DCarollo@archIndy.org for more information.



2nd Annual Catholic Women's Conference—will be held on Saturday, **April 30th, 2005** at the Indianapolis Convention Center. Contact the Marian Center at 317-924-3982 for more information.



Rachel's Vineyard Retreat—is a weekend retreat to be held **April 30th—May 1st, 2005** sponsored by the Diocese of Lafayette. The retreat is for any person who struggles with the emotional and spiritual pain of past abortion(s). Contact Jennie Hack at 765-477-7706 for more information.

HEALING HIDDEN HURTS, INC.

P.O. BOX 532992

Indianapolis, IN 46253

***Giving Love, Offering
Hope, and Healing
Hurts through the
Grace of God... One
Woman at a time!***

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