



The Mercy Messenger

Volume 4, Issue 2

Summer 2006

This writing was submitted by a woman who has recently completed the 10-step program and would like to share the joy of her experience with our readers.

I am not sure when I first connected my depression to my abortion. It may have been when it dawned on me that MAYBE the reason I felt so down around the Christmas season is because that would have been the approximate time of my baby's birth, had I continued the pregnancy. Even though I had my abortion over two decades ago, the depression over the past several years seemed to worsen.

I knew it was an issue that needed resolved, but I wasn't quite sure how to go about resolving it. I also had a strong desire to grow closer to God, but always felt that there was something keeping me from having that close relationship with Him that I wanted. I prayed often, "*Lord, if there is anything that is keeping me from drawing closer to You, please help me remove it from my life.*" I had been praying like this for some time, and as Debbie suggested, God probably said, "Have I got a Program for you!" The way everything fell into place, there is no doubt in my mind that it was by God's divine plan that I came to know about this Ten-Step Program, and it was all in His perfect timing. There were times in the process when I wondered if the Program was going to work for me, but I just reminded myself that God brought me there, and He does everything for a purpose.

I really appreciated that this program was God-centered. Each meeting began and ended with Scripture verses being read, and personal prayer. It gave me such peace to hear Debbie's prayers for our meetings and her prayers for me

personally, to be helped and healed, and to know that the Holy Spirit was in charge.

"This whole Program was such a blessing for me. Simply having someone to talk to about my abortion was extremely helpful."

This whole Program was such a blessing for me. Simply having someone to talk to about my abortion was extremely helpful, but doing it through this Ten-Step Program was the perfect start to my healing. Even though at times it was emotionally difficult, it was well worth every Step.

All of the Steps were very helpful, but I had a real turning point after Steps Eight (Forgiveness) and Nine (The Baby). After praying the prayer of forgiveness in Step Eight for those people in my life that I needed to forgive, I felt such peace. I don't know how else to describe it except that I felt lighter when I left our meeting that night. After Step Nine, it was no longer just a pregnancy that I terminated, but a child that I had come to love. I still think of my child often, but it is no longer with guilt, but with peace and love.

I know that my healing is just beginning, but I also know that it is off to a great start. When I thank God for all He has done for me, I feel a joy inside, something that I had not felt in many years. One of the last Scripture verses that was used in the Program was Philippians 1:6, "*For I am confident of this very thing, that He who began a good work in you will see it perfected until the day of Christ Jesus.*" This verse is one that has always been reassuring to me, and is so now more than ever.

Healing Hidden Hurts

Recovery Ministry for Women

How it began...how you can help

by Debbie Miller

Healing Hidden Hurts began in 1999 after many years of prayer and discernment.

In 1977 I had an abortion and because of denial, I suffered in silence for ten years not realizing the abortion was the cause of my pain. When I reached a point where I had impulses to commit suicide I remembered God, and when I turned to Him, He came immediately.

A few years later I attended a **Christ Renews His Parish** weekend for women and it changed my life. After my conversion I felt compelled to help protect women and their unborn babies from abortion because I knew how they would be hurt.

I went to the abortion mills to pray for them. I would see the women going in and would feel overcome with great sadness, because I knew their lives would never be the same. They had no idea what they were getting themselves into, and how much they would regret this choice one-day.

After a period of time, I realized the Lord was calling me into post-abortion ministry. My own abortion and recovery experience would offer hope to women. I could understand their pain and with loving compassion and the Grace of God lead them through the 10-step recovery process.

Since I began doing ministry I have discovered that abortion recovery is really a life-long process. That is why it's so important that the message reach women that abortion is a life-changing, traumatic event.

Four thousand women a day are falling for the lie our society promotes...that abortion is birth control. That it is a safe, simple procedure that will take care of your problem. Women are often so hurt, broken and devastated after abortion that they cannot speak about their experience for many years, *until* and *if* they find healing. How many souls are lost from abortion?

How can you help? Share the truth that abortion hurts women. Become a stealth healer. Then join us to help pick up the pieces for those who did not hear the message.

Facilitator Trainings

(Our Lady of Grace, Noblesville)

Friday, July 28th will be the **Advanced Facilitator Training** for women who have taken at least one woman through the 10-step program. This session will include long distance facilitation which uses phone calls, email or snail mail. Elizabeth Verchio, Executive Director for *Victims of Choice*, will teach this session. Elizabeth has 12 years of experience and has taken hundreds of women through the 10-step recovery program.

The **Facilitator Training** on Saturday, July 29th will be similar to last years training. It will be conducted by Debbie Miller, Founder of *Healing Hidden Hurts*, with the assistance of Jenny Hack, and Shannon Wenninger. Elizabeth Verchio, our teacher, mentor and friend will oversee and add her wisdom and insights during the day.

The guidebook used for the 10-step program is called "*My Abortion Grief, Guilt and Shame is Ending Soon*". This program is both Spiritual and Therapeutic and was developed by professionals to guide a facilitator through a proven recovery process with the grace and guidance of the Holy Spirit. The program takes 1 1/2 – 2 hours per week, and approximately 10-12 weeks to complete.

It is completely anonymous, and since it is one-to-one program it is adaptable to meet the woman where she is in her own journey. There are currently 8 Facilitators who are using the 10-step program in Indiana.

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.

President – facilitator:	Debbie Miller
Spiritual Director:	Rev. Vince Lampert
Treasurer:	Paul Clarke
Board Members:	Bob Rust, Bobbie Lawless, Jean Knarr, Michael O'Rourke, Eileen Hartman, Elizabeth Kane and Karla Cockman

If you have questions or concerns, call or email Debbie Miller:
(317) 297-7578 all calls confidential

Thank you...for those who support the ministry with your prayers of intercession. A friend in ministry shared that she recently received a call from a 91-year-old woman in a nursing home suffering in silence and looking for hope. May she find peace at last.

And thanks too...for those who have chosen to support us with financial gifts. Because of you, we can offer a helping hand to women at no charge.

*If you feel called to help women... come to the Training being offered on Saturday, July 29th at Our Lady of Grace in Noblesville, Indiana. This is a one-day training and an introduction to the 10-step program. **“God doesn’t call the equipped, He equips the called!”***

Since I began this Newsletter a few weeks ago, my computer locked up and I had it repaired and upgraded to XP. The following week, the motherboard crashed and I had to purchase a new computer. By the providence of God, and the help of a very good and knowledgeable man from our parish all my documents, email address book and messages were recovered from the hard drive. Thanks be to God! I was able to get a good price on a new computer, but it has completely exhausted our resources. If you could help with a donation to help cover these expenses as well as the expense of printing the Mercy Messenger, it would be greatly appreciated. **May God bless you abundantly!** - Debbie



HEALING HIDDEN HURTS

Giving Opportunities Reply Form:

- 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 would like to be attend the next **Facilitator Training** to help women in my area
- I would like extra copies of the **Mercy Messenger** to distribute in my area
- 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.

I will commit to \$_____ each month for 12 months.

This is a one time gift \$_____ .

Name _____ Address _____
street city zip
 Telephone _____

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

I would like to receive email updates of Prayer Requests and Praise Reports!

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”!**

Men and Abortion

Life Issues Institute offers a CD ROM called "*Can You Hear Their Pain?*" a PowerPoint presentation on men and abortion. The software is extremely user-friendly, and it contains attractive graphics and images. More importantly, it will thoroughly educate your audience as to why men are affected by abortion, what the symptoms are and how best to treat them. The CD ROM comes complete with both a secular and Christian version. In each case, a full script accompanies the presentation. There is also information on available resources to help men on the path to hope and healing. Phone 513.729.3600 or order through their website at www.lifeissues.org.



Praise report for 2006:

- *Catholic Radio 89.1 FM. continues to air **Healing Hidden Hurts** advertisements, please support this worthy ministry of Evangelization.*
- *The TV interview on Insight Cable called "**Help for those Hurting from Abortion**" with Father Tim Alkire, Jenny Hack and Debbie Miller was made into a Pro-Life DVD and Video that was sent to pastors in the Lafayette Deanery and to spiritual care directors of hospitals.*
- *Upcoming speaking opportunities for Debbie to share her testimony.
Our Lady of the Greenwood July 1st and 2nd at all the Masses.
St. Patrick in Kokomo on October 7th and 8th at all the Masses.*
- *Debbie will be conducting the Facilitator Training at **Our Lady of Grace** in Noblesville on July 29th with the assistance of Jenny Hack and Shannon Wenninger. Please pray for all those who will be trained to facilitate women through the recovery program.*

HEALING HIDDEN HURTS

P.O. BOX 532992

Indianapolis, IN 46253

(317) 297-7578 all calls confidential

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

Pray EVERYDAY for those "**wounded by abortion**"!