



The Mercy Messenger

Volume 7, Issue 1

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Please...Share My Story

By Debbie Miller

Whenever I give my testimony I always invite others to *share my story* - to raise awareness that **abortion hurts women** and **recovery is possible**, though it is not quick or easy.



By sharing my story you are inviting others to enter into the topic in whatever way it touches them. They may know someone in a crisis pregnancy situation and not know how to help.

You may be able to refer them for help, or ask them to call me...by the grace of God, several women *have* chosen life. Sometimes they want to speak with someone who's '*been there*'!

Share my symptoms of trauma...sadness, inappropriate anger, emotional numbing, crying...sobbing for no reason, emotional pain, and suicidal impulses. These symptoms began to surface immediately after my abortion and progressed over a ten year period.

Recently after I spoke in a parish a woman gave me a big hug and said "...now I understand...." She recognized these symptoms in a loved one and now realizes this person is dealing with a trauma.

When you share my story a person may know a friend or

relative who is suffering from abortions aftermath, and may not know healing options are available. By breaking the silence on a topic that affects so many people, you may be planting seeds of hope and mercy for someone who needs it desperately.

If a woman would confide that she has had an abortion you can do much to encourage her by actively listening. She needs to tell her story, in order to sort out in her own mind what happened. The more she shares, the more she discovers...and begins to connect the dots.

Don't be afraid...and don't feel like you have to know the 'right things' to say...



Don't be afraid...and don't feel like you have to know the 'right things' to say... just listen with kindness and love. Whisper a silent prayer to the Holy Spirit and treat her gently as you would Christ. "*For whatever you do to the least you do unto me.*"

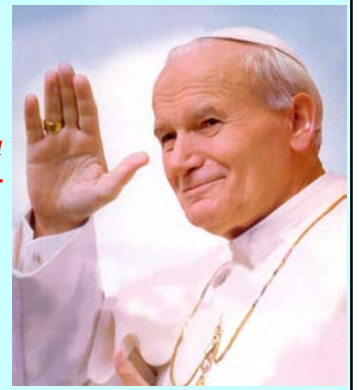
In either situation...I've been there and can help. There is no pressure to begin the program, and there are no fees. When they are ready to begin the healing process, I am ready to serve, and of course...Jesus is the healer!

"The Lord is close to the brokenhearted; and those who are crushed in spirit he saves." Psalm 34:19

HAPPY MOTHERS DAY

Words of comfort for mothers suffering from abortion... ***"You will come to understand that nothing is definitively lost, and you will also be able to ask for forgiveness from your child, who is now living in the Lord."***

John Paul II - *Evangelium Vitae*



Pray EVERYDAY for those "wounded by abortion"!



Healing Hidden Hurts

How it began...how you can help

by Debbie Miller

In 1999 **Healing Hidden Hurts** began after many years of prayer and discernment. I guess it was because of my own abortion many years earlier.

For approximately 10 years afterwards I suffered in silence, 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 called for help, He came immediately.

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

I went to the abortion mills to pray. I would see the women going in and would feel overcome with a 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, the Lord made it clear that He was calling me into post-abortion ministry. My own abortion and recovery experience would offer hope to others, since I could understand their pain and knew the hope to be found in Christ Jesus.

Since I began doing ministry I have discovered that abortion recovery is really a life-long process. That is why the message must 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 an option for birth control, that it is a safe, simple procedure that has little or no negative effects afterwards.

Women are often so hurt, broken and devastated after abortion they cannot speak about their experience for many years, until they find healing.

How can you help? Share the truth that abortion hurts women and men. Then join us to plant seeds of mercy and pick up the pieces of those who did not hear the message!



New Spiritual Director

The good Lord has provided an excellent spiritual director for me. In January I began meeting with Rev. Dan Donohoo.

Father Dan is the spiritual director for the *Bishop Simon Brute College Seminary*, and an archdiocesan judge, *Metropolitan Tribunal*. He is very experienced and knowledgeable director and has already been very helpful.

I feel very fortunate because spiritual directors are few these days with the priest shortage we are experiencing. Our many seminarians are a sign of hope for the future. Please pray for them daily, they need our love, support and prayers!

Upcoming Events

DATES TBA

St. John Vianney in Fishers

Please ask your Pastor if I may visit your parish this year...thanks in advance!



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. Don Donohoo
 Treasurer: Judy Chapman
 Board Members: Shannon Wenninger, Carole Williams, Kimberly Anthony

If you have questions or concerns, call or email Debbie Miller:

(317) 297-7578 all calls confidential

(800) 827-1617 toll free

Debbie@Healinghiddenhurts.org

www.healinghiddenhurts.org

This is a transitional board as we are in the process of putting together a Board of Directors...if you wish to climb aboard, please call...we need your expertise!

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Recent Places Where I've Been...

January/February:

Starke County; Right To Life event
 Nativity of Our Lord Jesus Christ, Indianapolis; weekend Liturgies

March:

Purdue University; Students for Life
 Nativity 8th grade students
 St. Agnes, Nashville; weekend Liturgies
 St. Joan of Arc, Indianapolis; RCIA pro-life panel

April:

Little Flower, Indianapolis; Women's Club
 St. Anthony, Indianapolis; Confirmation class
 Catholic Women's Conference, Indianapolis; information booth
 St. Patrick, Kokomo; weekend Liturgies
 Chatard High School, Indianapolis; student body



**Prayerfully consider sending a donation to support this important ministry...
 this program is offered freely to women!**

We are non profit and operate by donations only! OUR FUND ARE VERY LOW,
 WE NEED YOUR SUPPORT TO CONTINUE... remember to pray for us every-
 day...as ALL depends on prayer!

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 distribute your brochures and newsletter 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.
 - This is a one time gift \$ _____ .
 - I will commit to \$ _____ each month for 12 months.
 - Please list my donation as anonymous on annual report.
 - Save postage...**no thank you necessary** - *One time gifts over \$250.00 will receive a receipt for tax purposes.*
- Name _____ Address _____
street city zip
- Signature _____ Telephone _____
- Please remove me from your mailing/email list
 - Please list my donation as anonymous on annual report
 - 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"!

Some feedback from our current speaking evaluations...

"I was deeply moved at Debbie's willingness to risk reputation and ridicule to spread a message of forgiveness and hope to others who have or are considering abortion. Her testimony will and has saved lives - both mothers lives and babies lives! Keep up your ministry Debbie! Your sad experiences are a gift to the rest of us.

April Metzler - Nativity Church



What gave it strength – "Courage...Passion...Truth...Honesty... I don't think people expected you to say you had an abortion."

Anonymous - Nativity Church

"Debbie's personal involvement from both her past and present. You provide a very important message without condemning or "shaking a finger"; truly Christian and loving!"

Patricia Linder - St. Patrick's

"The fact that she went through the process of abortion and could teach us to learn from her mistakes was very inspiring, I like the fact that she talked about the consequences of abortions and that having one affects more than just the baby."

Claire Jaret - Nativity 8th grader

From the Pastors' Pen...



"Debbie's Miller's presentation on her ministry program, Healing Hidden Hurts, inspires and challenges people to affirm their pro-life position. Our parishioners were grateful for the opportunity to learn about and to support a ministry that compassionately and effectively responds to the trauma that people experience as a result of abortions."

Fr. Pat Doyle (Pastor, Nativity Catholic Church)

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

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