



EMOTIONAL NUMBING

By Debbie Miller

Recently while working with a woman in the 10-step program I was reminded of the beginning of my healing journey.

Prior to my abortion, I had a very sensitive nature. I would easily cry when a friend or family member would share some sad news. Often I was embarrassed, because the tears would flow, and moved by compassion, they would speak words to console me.

In the years following the abortion this began to change. In order to cope with my 'choice', I had to deny my responsibility in the abortion by claiming "I did what I had to do", and "it was not my choice". This ten year state of denial led to emotional numbing. I was no longer able to engage my emotions as I had previously.

Although I knew something was different, it didn't become apparent until one time, many years after my abortion, a friend shared a tragic death of a loved one. I felt nothing...there were no tears, I didn't even feel sorrow.

Although I sympathized with her, I knew something was terribly wrong with me; my heart had been hardened to the point that I could feel nothing.



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My healing journey began on my *Christ Renews* weekend in 1986. I re-discovered Jesus Christ, the One who could save me, and I began to seek Him diligently. I wanted to know everything about Him, and I asked continually for His healing touch.

I found this through the sacraments of the church, frequent confession and the Holy Eucharist. I devoured



the Word of God and I sought His ministers who would lay hands and pray over people. I would ask for inner healing, because I knew I was in great need.

Eventually the Lord led me to this 10-step program, which brought into focus my particular needs for healing. But it was the Lord Jesus who healed me. The program is only the vehicle He used to touch my inner self... because healing is an inside job.

It took many years for my emotions to be restored, and I still am on the journey. Each woman I take through the program helps me to discover new areas in my life that are in need of the Masters touch. Each woman helps me to grow in my faith and love for Jesus, as I watch in awe His saving power, and His ability to make all things new.

"Rejoice in the Lord always. I shall say it again: rejoice! Have no anxiety at all but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."
Philippians 4: 4, 6, 7

Rejoice



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!

UPCOMING EVENTS



St. Joan of Arc

Kokomo

Sep. 26, 4:30 pm.

Sep. 27, 7:30, 9, 12, and 5:30



St. John Vianney Church, Fishers

Oct. 3, 5:00 pm.

Oct. 4, 8:00 and 10:30 am.

Theology on Tap

Indianapolis

Nov. 4, Vito's on Penn



Holy Cross Church

Indianapolis

Nov. 8, 10:15 am.

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, Mary Ann Wyand

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!

We welcome Mary Ann Wyand, senior reporter for the Criterion, the weekly Archdiocesan newspaper!



Pray EVERYDAY for those "wounded by abortion"!

Monthly Prayer Support

Please come join us...with your prayerful presence. Many have asked "How can I help you?"

The best and most important contribution is to pray for the ministry work and the ones who will benefit. We need powerful intercessory prayer, and the **greatest prayer** is the Holy Sacrifice of the Mass!



This ministry seems to reach the ones who need intensive care, so their healing depends on special graces given through our united prayers. Beginning in October, on the **first Saturday** of the month, my home parish of St. Anthony will offer the Holy sacrifice of the Mass for *Healing Hidden Hurts* ministry. If you would like to support us with your presence and your prayers we welcome you!



St. Anthony Parish
379 Warman Ave., Indianapolis, IN

The Mass begins at 8:15 am. followed by exposition of the Blessed Sacrament, a communal rosary for priests, and the Divine Mercy chaplet concluding with benediction. (Confessions will be available).

Mark your calendars...and plan to join us!

October 3rd

November 7

December 5

During these difficult economic times it is still very important to support ministries who help those in great need. Please consider a monthly pledge of \$5.00 or a one time gift of \$25. No gift is too small, and together they will supply our needs. We are non profit and operate by donations only! This ministry is free to women, but **OUR FUNDS ARE VERY LOW, WE NEED YOUR SUPPORT TO CONTINUE...** Remember to pray for us everyday...for ALL WHO HAVE PARTICIATED IN ABORTION, and join us for our monthly Mass!



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 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.
 - Save postage...**no thank you necessary** - *One time gifts over \$250.00 will receive a receipt for tax purposes.*
 - I would like to distribute your brochures and newsletter in my area.

Name _____ Address _____

Signature _____ Telephone _____ street city zip

- Please list my donation as anonymous on annual report.
- Please remove me from your mailing/e-mail list
- 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"!

10th Anniversary
Celebration

Mark your calendar! The month of November marks the 10th anniversary of **Healing Hidden Hurts** ministry. Please come join us as we give thanks for what God has done. Women have been helped to recover from the abortion experience and family relationships have been restored. Mothers and babies have been saved from the abortion experience. Family members have helped loved ones begin the program. Women have grown in their faith and love for God. Program trainings have allowed women to facilitate the 10-step program in their parish communities.

The Holy Mass will be offered **Sunday, November 15th** at St. Anthony, Indianapolis at 2:00 pm. Our celebrant will be Father John McCaslin, pastor. A collection will be taken to support Healing Hidden Hurts, and refreshments will follow the Mass in the school cafeteria.

If you facilitate this 10-step program in your parish community, or have benefited from the works of the ministry. If you support the ministry with your prayer, financial support or volunteer your services, please be our guests to make this celebration special. All are welcomed!

1999-2009



From the Pastors' Pen...

"I want to thank you for sharing your ministry with us here at St. Patrick. What you are doing is so very important and I know that you have deeply touched many hearts. Please be assured of my prayer for you as you keep moving forward in your ministry."



Rev. Andrew Dudzinski
Pastor of St. Patrick, Kokomo



Many thanks to **Red Line Graphics**, who generously supplies our printed materials and prints this news-

letter at a reduced price. May God bless your family with health, healing and peace!



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

Pray EVERYDAY for those "wounded by abortion"!