

In his encyclical

The Gospel of Life,

Pope John Paul II speaks to those who have had an abortion:

"The Church is aware of the many factors which may have influenced your decision... The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong.

But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly... The Father of mercies is ready to give you His forgiveness and His peace in the sacrament of reconciliation... With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life."

healinghiddenhurts.org

All calls are confidential

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**Healing
Hidden Hurts**

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There is no charge for this Ministry. The Lord says, "Give freely to others what I have given to you" and healing comes from the Lord! Healing Hidden Hurts is a non-profit organization. Donations are gratefully accepted.

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Healing Hidden Hurts

Confidential Peer Ministry for Women



*"He heals the brokenhearted
and binds up their wounds."*

Psalm 147:3

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Grief, Shame, Guilt, Pain

These feelings and more follow a woman who has had an abortion. Maybe you are feeling them right now. Maybe you are angry at the father, at making a 'poor choice' that has filled you with shame. The abortion has filled you with regret and has left you aching from the loss of your child.

You are not alone. Many women who have had an abortion report these types of feelings, one, two, even twenty or thirty years after having had an abortion. If you have had one or more abortions, and are experiencing the above mentioned feelings, you may be suffering from **Post-Abortion Syndrome (PAS)**.

PAS is caused when a woman who has had one or more abortions has not fully accepted the possibility of forgiveness for herself and others or has not been able to fully grieve the loss of the child. **PAS can affect your entire life, sometimes without you knowing it.** All you know is that something is wrong; that you are not acting (or reacting) normally in situations and you have no idea how to fix it. You may ask... what are the symptoms?

Symptoms

- Eating disorders
- Panic attacks
- Anxiety
- Sadness
- Feelings of loss
- Drug and alcohol abuse
- Nightmares
- Repeat abortions
- Self-destructive behavior
- Anger/rage
- Severe emotional pain
- Blunted emotions

Making the call

I know how difficult it is to make this call. **Be assured your call is confidential!** A safe and loving environment is offered with the care and support you need as you process your feelings, thoughts, and realities of your abortion. We will work with you to heal from the trauma and accept God's forgiveness. We will set up a get acquainted session first, so you may learn about the process and share any questions or concerns you may have.

Healing Hidden Hurts

HHH is a one-to-one peer ministry where a woman who understands your pain will guide you through the process of healing your hidden wounds.

Through a Ten-Step program, you will be helped to look honestly at your past, see how your abortion has affected your present, and experience a future filled with God's peace and love.

If you have had some healing from your abortion, *Healing Hidden Hurts* encourages you to go deeper; allow God to tenderly reveal hurts that may be hidden so you may be freed from the pain and anxiety you still experience.

The memories of your abortion will fade into the past, the pain you suffer will be transformed into love for your child who is with God, lost dignity and relationships will be restored ... as you experience God's personal, intimate and Merciful Love for YOU!

Freedom is possible ... so that you may do the good works ... through God's grace ... that He has created you to do!

Note: Trained Facilitators are available in other locations throughout Indiana.