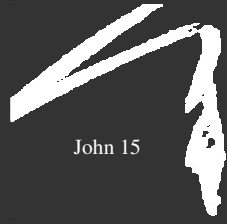


# BROKEN BRANCHES

Issue 79

Dec/Jan 2011



John 15

“Take courage! God has healing in store for you; so take courage” (Tb. 5:10)

## Dear Friends

It is that time of the year again and how fast it has come around. The time when we slow down a little and perhaps recharge batteries. This so that we can re-energise in order to continue with our fight for life and healing of those wounded and broken branches.

In the last issue of the newsletter I told you that I was attending a conference in Rome and indeed I have done so. At this conference I delivered a paper and workshop (at the Augustinianum!!Yeahhh!!! Anne Lastman from sleepy suburb of Victoria delivering a paper and workshop in the ancient and august lecture theatre the Augustinianum just metres from columns surrounding the St Peters Square yeahhh!!!) on the topic of early childhood sexual abuse and its relationship to later multiple abortions.

It was very interesting because the response was mixed, ranging from “yes I can understand” to “sexual abuse is not a life issue!!” (Grrr) and of course the range of other responses in between.

It was further interesting that after both the talk and the subsequent workshops, I was approached privately for counsel by 4 attendees who were deeply hurt in the area of sexual abuse and had never shared their story with anyone. It was the first time that they felt able to speak to someone about the deep lacerations to their heart and soul.

I felt very privileged that they chose me to share their pain with and I am more and more mindful of the importance of these conferences even if it is to help a young woman share an intimate pain that she has carried alone for over 23 years of her life. Or another who has carried the pain of forced physical attention for over 32 years. I am always humbled that they trust me and want to share with me and always I

feel inadequate because I know that I have to go away and not be able to be present to them further, but I know that the courage they have shown in “telling their story” and hopefully my encouragement to go for help will begin the journey of healing for them and a new part of their life . No, not forgetting because they haven’t ever been able to forget, but of remembering without the pain which has haunted them.

I particularly enjoy these conferences because they help to bolster me and keep me going for another season.

Again this year at the Human Life International Conference was Mons. Phillip Reilly Founder of The Helpers of God’s Precious Infants, Mons Ignacio Barreiro (Interim President HLI) Vicki Thorn (Founder of Project Rachel) Dr Anthoni Zieber (Poland ) Dr Wanda Poltawska (spoke on John Paul II and his Motto “Totus Tuus” Raymond De Souza, the proudly Australian now living in USA on De Christianisation and Catholic Counter Revolution , Dr Robert Walley, President of Mater Care International on his work in Africa and the suffering of women there, Dr Alma Von Stockhausen and beautiful theological talk which requires much reading for understanding, “Wake up Man! God Became Man for You: the greatness of Humanity in the Christian Perspective” Dr. Angelika Pokropp-Hippen who delivered a beautiful reflection on the Icon of Our Lady of Perpetual Help and linked this with the pain of abortion and healing.

There was the magnificent Archbishop Zygmunt Zimowski President of Pontifical Council for Health, and many many more magnificent speakers and friends. Further to the talks there were many moments of spiritual “feeding” with Holy Sacrifice of the Mass celebrated daily, Rosary, Eucharistic Adoration and a beautiful candlelight procession from our place of residence towards a Grotto of Our Lady of Lourdes.

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Dear friends it is very difficult to bring back the essence of talks but I jotted down some beautiful quotes to share with you;

“The body of man cannot be reduced to cells. From conception onwards a human must be considered a human and his life inviolate” (H.E Bishop Dr. D Klaus Kung)

“The passing on of Life is written into nature” (Bishop Kung)

“Parents are co workers with God in every aspect of Life” (H E Bishop Kung).

“In the area of sexuality we must work to win souls for Christ” (J.H. Westen founder/editor Lifesite News.com)  
“We must have love for human beings who are hurting themselves”

Mons. Phillip Reilly celebrating the 21<sup>st</sup> anniversary of the founding of the Helpers of God’s Precious Infants  
“Go to the place of the moral evil and by your presence shine a light on it.”

“We cannot support a mother’s right to abort her child”  
“We are called by God to be missionaries to those coming to the modern day Golgothas”

“Say to a woman going into an abortion clinic Mum God never turned away from you”

“If you want to save babies then save souls”

“Prayer fasting love and compassion, babies should be surrounded by these before dying”.

From H.E Bishop Andreas Laun, Bishop of Salzburg, and a moral theologian, and a previous winner of the Von Galen Award.

“We live in Europe but in this country liberty is in great danger. It is reduced step by step to death.”

“Loss of God leads to loss of knowledge of truth including morality”

“Putting aside God leads to loss of sense of dignity.”

“When you kill a small person why should not an old man die because he is problem filled?”

“Loss of truth always means loss of dignity” and a darkening of the mind.

“One of the main sins of a Bishop is to remain silent when he should speak”

“Hope is in the blood of Jesus Christ where men (and women) get strength to fight for life”

From Dr Wanda Poltawska speaking on John Paul II, According to JP II man is capable of beautiful love because it is sacrifice” “Man is capable of beautiful love because he is made in the image of God”

JP II blessed himself and world under the protection of the woman whom he knew as “beautiful love”. John Paul II wants to give to the world “beautiful love” while the world wants the opposite.

“Love happens in the soul”

“Modern man imposed his own idea on what is love”

“Human sexuality is God’s creation. God wanted it this way. In sexuality is mystery of Life”

“The duty of love is a natural consequence of faithfulness to “beautiful love”.

“The teaching of JP II is optimistic. He believed that mankind is good and is the body of Christ came into the world.”

Mons. Ignacio Barreiro (Interim President Human Life International)

“Woman is not free to homicide her child”

“We have to teach truth with courage and determination. There is one truth and this truth comes from God”

H. E Bishop Jean Lafitte (Sec. Pont. Family Council)

“Western leaders who accept words like choice, freedom etc will see the collapse of Western Civilisation”

“It is characteristic of civilisation that a mass of people is blind to the tragedy of the times”

“The masses without faith are unconscious of how far they

have fallen” (eg *abortion-my thought*)

“The light has been dimmed ever so slowly”

“There is a grace which goes with the truth and which does not go with a lie. There is a twofold grace. To one who speaks the truth and the one who receives the truth. The Church speaks the truth especially by the Successors of Peter and his apostles”

“Life is no less beautiful when it is accompanied by disability”

Dear friends I could go on and on with beautiful quotes from really beautiful and holy people, this is why this conference is so good for me to attend because it gives me a lift, regeneration after a year which has been usually hard, exhausting and busy.

I wish dear friends that you could experience this Human Life International Conference, it is so beautiful. Thank you again to Mag. Dietmar Fischer for his invitation to me. Thank you dear friend. As the Hebrew people say “Next year Jerusalem” we say “till next year”

## Women, Abortion and the Brain

In a recent study titled “Women, Abortions and the Brain” (Evelyn Burge Vitz & Paul C Vitz, Sept 2010) a very interesting understanding of post

abortion suffering was offered.

The authors of this study (Vitz & Vitz) posited that hard wiring of a woman’s brain may explain women’s post abortion feelings.

Research according to these authors offers some answers and these answers can be found in the differences in the design of women’s brain and women’s psychology and men’s brain. It was posited that the part of the brain which processes emotion (the limbic system) is different in women and men. Women experience and feel emotions in relation to humans/people whilst the male is more affected by facts or even events.

Even in the recall of memories, male and female brains work differently with males recalling all kinds of data and facts whilst female recalls the person/s, faces and perhaps even the emotion within the story.

It is also posited that females suffer more from PTSD (post

traumatic stress disorder) whilst males suffer more “mental pathologies”. Through research showing differences in brain function it is possible to see that woman (because of her inclination towards “persons” rather than data) develops a relationship with her baby even long before she is aware that a relationship exists.

Further, because of the makeup of the brain and the woman’s capacity to recall her time of pregnancy (irrespective of duration), including her discomfort, nausea, etc., insecurity, fears, confusion, indecision, and other triggers processed during her period of pregnancy, even leading to the abortion time, a woman because of the way she stores and remembers (people rather than data) then this leads to her remembering with pain her pregnancy and abortion.

For the woman who processes her pregnancy as meaning a human person/her baby, even though she may try to convince herself with “bunch of cells” “tissue,” the logical fails because of the way in which she is hard wired to process information, that is people rather than data and she processes the information about her pregnancy as “baby” (person) because she already has begun a relationship with this little person in her life.

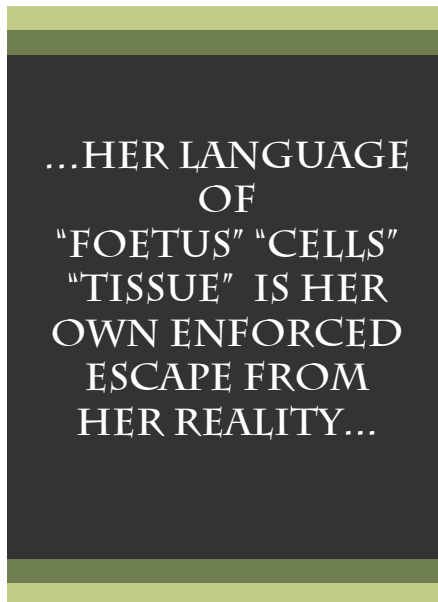
“Women care about relationships and a woman’s relationship to her baby is one of the most powerful of all” (Vitz & Vitz). However, dear friends, for me it what I read was nothing new. I have been speaking and writing about the processing of the abortion experience

since what appears time immemorial. I have said many times that depending on how the woman sees her pregnancy, that is, how she refers to her pregnancy, e.g. as “my baby” or “it” or “foetus” or “embryo” determines how she will feel following the abortion.

Someone who immediately sees her pregnancy as meaning “my baby” and not “my foetus” or my “tissue” will have already developed an image in her mind about what her pregnancy means to her and that image of “my baby” is processed and a relationship has begun.

When the understanding of her pregnancy is as “baby” and then “my baby” it means that subliminally she has connected to her pregnancy and her child even if her consciousness seems to propel her towards the abortion.

Her language of “foetus” “cells” “tissue” is her own enforced escape from her reality of having already seen in her own mind an image of whom she is pregnant with , and



of carrying, her “baby.” It is the image of “baby” which following the abortion, comes back to haunt her and at times she even externalises the image of her baby in ways she believes that the baby would be calling to her. For example, she can “hear” her baby calling to her. She can “hear” her baby crying. She can “hear” her baby’s gentle voice. Further, at the more extreme end she can “see” her baby dismembered, broken, bleeding and weeping.

The woman does not see or hear “tissue” or “foetus” (imageless word) or “bunch of cells” but indeed “sees” and “hears” baby. Her relationship is not with a “bunch of cells” or even with an imageless “foetus” but her relationships is with her baby, who is shaped and looks like a baby and it is this realisation which causes the guilt, pain, and ultimately the self destruction and punishing regime which she sets in place for herself. Written within the psyche of the woman is her deep connection to her child (as these researches have also said) and no matter how hard she might try she cannot ever remove the memory of “my baby” who was intentionally taken to its death by its own mother. It is this “intentional” and the irreversibility of this which causes the enormous grief.

This article can be found on

<http://www.thepublicdiscourse.com/2010/09/1657>

## **Abortion Boosts Breast Cancer Risk 193% Study Finds, Giving Birth Lowers It**

The above headline screamed!!! Yes another study has come out with results that clearly show the connection between abortion and breast cancer. This study carried out in Iran with results showing a whopping 193% increased risk of breast cancer in women who have had abortion and the more amazing news that giving birth actually lowers the risk.

This study comes on the heels of the Sri Lankan study (see my issue of newsletter No. 77 Aug/Sept 2010). The results of the Sri Lankan Study were published in The Journal *Cancer Epidemiology* has found that abortion can Triple a woman’s risk of developing breast cancer and further, this study found that breastfeeding has a protective aspect against breast cancer. Abortion was cited as the most significant factor in the sharp elevation of breast cancer risk.

The studies in Iran, China, U.S.A. Turkey and Sri Lanka over the last 2 years have all shown clearly that abortion elevates markedly the risk of breast cancer. So what does it take to have the Cancer Council come out and warn against this deadly after effect of abortion? And why has it taken so long for the Cancer Councils to act?

Again as I have written in the past I suspect that all this silence is related to the fact that abortion is now a “right” and as a “right” it surely cannot be bad. Because as we understand it “rights” are good things and not to be challenged as otherwise. Not even if it means death, through breast cancer, of many young women

## **European Union Attack On Conscience Defeated!!**

### **Pro-life Lobby Defeats European Union attack on Conscience.**

An attempt to remove the conscience rights of members of the medical and healthcare professions was soundly defeat at the European Parliamentary Assembly of the Council of Europe on October 7, 2010. I was at the conference in Rome and we had been praying, as a group, for the defeat of this attempted new incursion into real human rights whilst at the same time calling for new “rights” like the “right” of a mother to take her child to be killed. This parliamentary debate sought to forcibly remove from the medical profession specifically, and its members their basic human right to refuse to carry out or participate in an abortion.

On this day in October 7, 2010, in Resolution 1763 retitled “The Right to conscientious objection in lawful medical care” handed down not a right to the pro abortion lobby designs but instead affirmed the right of a medical professional to refuse to participate in procedures that go against his/her conscience. “No person, hospital or institution shall be coerced, held liable or discriminated against in any manner because of a refusal to perform, accommodate, assist or submit to an abortion, the performance of a human miscarriage, or euthanasia or any act which could cause the death of a human foetus or embryo, for any reason”.

In an inspired pro life assault by Irish Senator Ronan Mullen and Luca Volente (Italy) the Assembly was led to pass a series of amendments which reversed the way the report was intending. The changes forced the pro abortion lobby led by MS Christine McCafferty to vote against their own proposals and indeed defeat their own agenda.

Dear friends when I heard of the confusion caused by these pro abortion lobbyists which resulted in their voting against themselves, I had to smother laughter as I remembered the story in the Old Testament of the Tower of Babel and the confusion of language. God had heard our prayers and confused those poor deluded individuals who thought that they could invade the conscience of a human being. The conscience, the private sanctuary where God speaks to each and every one of His children. How foolish to think that they could invade God’s sanctuary.



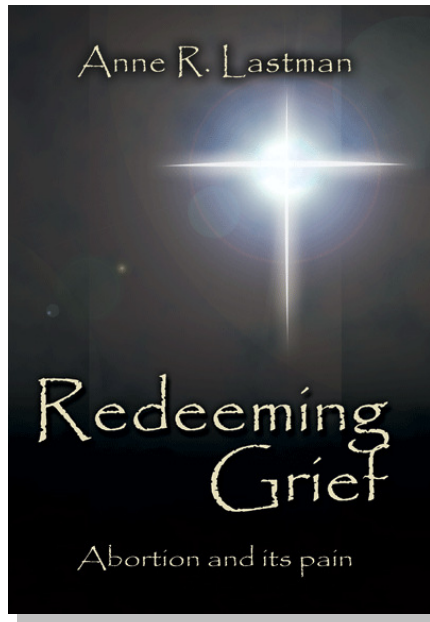
The Catechism of the Catholic Church speaks thus of the conscience “Deep within his conscience man discovers a law which he has not laid upon himself but which he must obey. Its voice, ever calling him to love and to do what is good and to avoid evil, sounds in his heart at the right moment....For man has in his heart a law inscribed by God....His conscience is man’s most secret core and his sanctuary. There he is alone with God whose voice echoes in his depths” (CCC 1776 & *Gadium Et Spes 16- Vat. II*)

The victory against this attempt to remove an individual’s right to act according to his/her conscience is very important because to have failed in this would have meant loss of a most intrinsic human right and freedom given to each and every human being. Loss of this right would mean the beginning of total loss of freedom and of democracy and ultimately indeed the true “Big Brother” situation.

When the outcome was announced to the conference attendees by SPUC’S John Smeaton, (Society for the Protection of Unborn Children –UK) a mighty cheer went up to God in thanksgiving for this great moment filled with great graces. The feeling of jubilation was palpable. We won!! The doctors in our midst were elated.

As Canadian gynecologist Dr. Robert Walley, who conducts international medical aid projects and networks with international pro-life physicians, said “there are two gynecologists here who will sleep much better tonight.” And indeed the whole of the healthcare profession can begin to reclaim their right to act according to their Hippocratic Oath “to do no harm” and not be forced to carry out a procedure that that not only causes death to another human being but has the potential to cause spiritual death.

Perhaps here in Victoria Australia, our doctors and health workers can use the same strategies that were used in Europe in order to defeat this diabolical law which attempts to intrude into the private sanctuary of the human person.



**Redeeming Grief** is a reflection of and study of abortion grief, which is experienced by some women who choose to undergo this elective procedure. These reflections are the result of listening to over 1000 personal stories and listening to the expressions used by the women as they spoke about their decision to abort the life of their child. These reflections then attempt to reconstruct the meaning that this procedure has had for the aborting woman and how this one procedure has been the catalyst for life changes.

**Redeeming Grief** looks at abortion trauma and grief from the spiritual and the psychological perspective. Its influences on the individuals involved and society. It is hoped that the language used is reader friendly and the concepts (both spiritual and psychological) are also reader friendly.

**AUD\$29.95 (inc GST)**

Plus postage and handling

To order your copy of *Redeeming Grief*, please complete this order form, detach, and send with Cash, Cheque or Money Order to:

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## Violence

Recently, floating into my hands came a brochure on the statement issued by the Australian Catholic Bishops Conference, for Social Justice Sunday, titled “Violence in Australia, A Message of Peace.” I read through this and thought it excellent except.... It saddened me that all manner of violence were addressed, e.g. domestic, media, terrorism, TV, movie, games, refugee, drug, street, youth, etc., but not one word about abortion violence was to be seen. How sad not to be able to see that society has set up the conditions for all the above mentioned violence by subtly accepting, little by little, the violence done to the smallest and weakest member of humanity. If society is ready to accept violence done to those who cannot defend themselves then the aggressor continues to find more and more outlets for its work of violence.

Indeed we are today seeing newer sorts of violence when we can read that 52 infants were born alive after surviving abortion but died because of lack of attention by medical attendants. That is pure evil and pure violence done to life! Abortion is pure and simple unadulterated violence and the after effects of this type of violence continue its ripple effect in all of us.

Today we understand that there is a condition called post trauma stress and we know its debilitating effects. It leaves those who experience this “stress “almost disabled. Yet this type of stress is what is experienced after abortion but abortion is not considered “violence”.

Post traumatic stress is the result of violence done to a person’s “being” It is the result of the person being unable to cope with what it has witnessed, endured, experienced, and because of the shock and horror it , its “being” goes into meltdown. This is violence done to the essence of a human being.

Abortion violence leaves in its wake an urge for more violence. The woman violence to herself and others around her, the man self induced violence and loss of self knowledge. the medical profession loss of their sense of knowledge of why they entered the medical field, (to heal and care for), the family, loss of history and generations, society, loss of care for our generation and the future, and further society a condoning of all types of violence including euthanasia.

Dear friends today we have a diet of violence previously unknown and whilst the life of the modern person has been

made easier because of modern technology, the cost of this has been enormous. The cost has been a slow and progressive loss of what it means to be human. Of what it means to be gentle. Today violence is what we live with and violence is what abortion is. It is the gravest type of violence which acts to change all manner of thought.

Dear friends please begin to see abortion as violence and speak out about this violence wherever silly individuals would posit abortion as a “right” Please rebuke this and offer in its stead that abortion is violence to men, women, children, society and God.

## The Year That Was

Dear Friends,

A quick review of my diary for this past year has surprised me and explained to me why I am so tired. It also explained why the year seems to have passed so quickly and almost unseen. Yes it was busy! Apart from the usual counseling sessions which included many one off sessions and of course the long terms ones, I accepted new clients, have attended monthly pro life and pro family meetings: spoke on the matter of post abortion grief three times at school, this as part of a pro life team. Spoke to 5 women’s groups, prayer groups and youth group.

Attended workshops and seminars for my ongoing professional development in the areas of grief, trauma, losses, and vicarious grief and trauma. This is important for my ongoing learning so that I am able to better understand and help my girls much much better. I have delivered two workshops here in Victoria which were really well accepted.

In May I travelled to France for Federation of International Catholic c Christian Medical Associations (FIAMC- thank you Jose Maria for invitation), conference and then to Vienna (thank you Dietmar) and followed on with Bratislava for talks and workshop. (Thank you Maria in Bratislava for invitation).

In October attended Human Life International Conference in Rome and delivered a paper and workshop.

I have continued to write another 6 issues of newsletter and responded to mail and requests for information about abortion and post abortion sufferings.

The area of sexual abuse is ever increasing and I am seeing more and more sexual abuse/abortion sufferers. This area

“IT SADDENED ME... THAT NOT ONE WORD OF ABORTION VIOLENCE WAS TO BE SEEN”

# Letters

My Dear Anne

Thanks for the recent "Broken Branches" (How well that heading suits!) So pleased to read that at last a person in a high place in our wonderful faith has decided to speak on the heart rending suffering of post abortion. How could it be otherwise?

Sooner or later our scientist and others, who study so diligently re cancer etc especially in women, will have to realise that abortion is one of the main causes of breast and cervical cancer.

They seem to avoid such an idea at all cost!

Contraception is also a risk.

God Bless you for your dedicated care of those who hurt so cruelly. May He give you renewed strength to continue.

Love and prayers always,  
Ivy....NSW

\*\*\*\*\*

Dear Anne,

Thank you for continuing to send the newsletter even though I haven't sent you any donations for some time. I appreciate your generosity and assure you that I continue to pray for you and your "girls" and the work that you do.

Please keep going dear if you can.

God Bless

Sally O...(Vic)

*Thanks Sally just keep going as you are and I will keep going as I do....Anne*

\*\*\*\*\*

Dear Anne,

Enclosed a small donation. Thank you for your work and your ongoing care for others.

God Bless

Milly L.....(WA)

Dear Anne,

Yesterday I came across your newsletter and was really amazed at your work. I didn't know that this kind of work was being done. Could you please put me on your newsletter list and also I would like a copy of your book. I enclose money for book and small donation.

God Bless

Marion K.. S.A.

\*\*\*\*\*

Dear Anne,

You really must look forward to the Christmas break. I have read your newsletter for about 6 years now and you seem to be getting busier and busier,! Do you ever slow down!!

Keep going dear Anne, I love reading about what you do and eagerly look forward to your news

Blessings

Mary C.

\*\*\*\*\*

Dear Anne,

Your newsletters are always great insight and encouragement and also very informative. How wonderful that the Pontifical Academy for Life is preparing a document on post abortion grief. I look forward to reading this in 2011.

I also look forward to your report on the Human Life International Conference in Rome.

Dear Anne, How God uses us if we say yes-and He is using you.

Please continue with the great work you are doing. The garden will wait. Mine does and I have no excuse.

Love and best wishes to you and yours,

His Peace

Love, Bridget Vic.

*Thank you for your beautiful words Bridget, I hope what I said in this issue re Rome conference is to your liking.  
Anne*

of work continues to distress me as I am beginning to see that sexual abuse of children is deeply etched within society and we are not really taking interest in this because it continues to be a taboo subject and has a huge “YUK” factor attached to it. Yet we must take an interest because like abortion it will not go away and the children and later adults will suffer alone, and in silence, and later bring into their adult life a disfigured understanding and inner life, leading to more suffering. I suspect that sexual abuse of children is as big a problem as abortion and will not decrease but increase unless we begin to take notice of it and do something to protect a child. We cannot save a child from the abortion facility only to leave it to the suffering of the raping of innocence. No it cannot happen. I particularly noticed at the conference in Rome (where I spoke about a link between early childhood sexual abuse and multiple abortions) faces in the crowd which were quietly weeping as I spoke and later I was asked for counsel on the matter of sexual abuse. Not abortion but sexual abuse.

Dear friends, as I have written over many times sexual abuse of children is widespread and remains silent because of the disgust which is felt by all of us at the mere thought of its existence. But it exists and contrary to the individual at the conference who confronted me and told me that sexual abuse is NOT a life matter, I wish to say that it IS a life matter. Indeed it is a matter of life and death. It brings death to the spirit which of course leads to death of life as it should be lived and in some cases indeed either slow suicide (drugs/prostitution, promiscuity etc) or indeed even suicide in its natural terminology. Yes..... It is a life matter and must be seen as such before we can help.

Today I believe that we are with this topic where we were with abortion 15-20 years ago. It is slowly being mentioned but indeed it is very slowly and yet children continue to suffer.

As I come to the end of another issue of the newsletter and another year, I thank each and every one of you for your love, care, support whether financial or prayer or both and I want to say that without you I could not continue, I would have to shut down the doors immediately.

A special thank you to Fr Raymond, Paul B and family. Thank you to anonymous donors. Thank you to those whom I had reason to ring for help and they responded to the need. Thank you Paul B, for the influx of \$ so I could continue with the rent. Thank you to several of my friends and family and volunteers who have helped with newsletter labelling, stamping, folding and inserting, for the past year. Thank you to those who continued to support the sale of my Book *Redeeming Grief*. (I tell you, you are missing out on something if you haven't got it!!!)

As you know dear friends I depend entirely on your Generosity so if at all possible please helps so that I can continue this very important work. As I have said in past in 15 years I have never ever written an invoice and I don't plan to. This is a work of love and Mercy. If a day comes when I have to “write an invoice” then it's time to go.

I plan to take 3-4 weeks completely off (I say this every year and it never happens) and my husband and I hope to go visit our family in W.A. I should have a new grandchild any minute so I want to see him or her and my other beautiful ones who live in Perth Western Australia.

Please continue to pray for my people Juliet, Suzie, Heather, John, Josie, Matt, Stephanie, Gabby, Charlene, Roger, Erica, Judy Diane, Anna, Monica, Marlene, Lynda, Patsy, Rosemary, Jacquie, Talia, Carol (new), Lin (new),Maggie, (new) Rose (new) Bianca (new)

Till we meet again in February, I wish for you dear loved friends a *Happy and Holy Christmas and a coming year filled with graces.*



**Anne Lastman**

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## BROKEN BRANCHES · BY EMAIL!



Dear Friends,

In an effort to help reduce the costs and time put into preparing each newsletter, I am now able to email it out to you in Adobe Acrobat format (.PDF). So if you would prefer to receive Broken Branches electronically, please email me at [anne@victimsofabortion.com.au](mailto:anne@victimsofabortion.com.au) to be added to the email list.