

Broken Branches

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

Issue 92 - April/May 2013

Welcome to the world baby Siena

Dear friends you have prayed for her and her parents who have been and are being helped by me and with your prayers. Please continue. Siena is soooo beautiful. This is baby 16 I have been involved with and they are here. Praise God.

Dear Friends I have sought permission from the author of the piece below to bring it to you. I found it inspiring and I am in contact with him. He is Dr. Imre Téglásy.

How Did I Survive An Abortion?*

by Imre Teglasz (Hungary)

I begin my story with my family, and especially with my father, who was a major in Hungary till the end of the Second World War. As a professional soldier with his religious conviction (he was born in a Catholic family of eight children) he was declared a class-enemy of the new Communist regime and was sacked at once and removed with his wife and two sons from Budapest to the Great Hungarian Plain (puszta). They were ordered not to leave their dwelling place. He could hardly find the most basic job ... he and his family were starving.

In this sad plight my father's wife realized she was pregnant. My father tried to protect me, but my mother did not want to carry me to term. But it was not so simple to get rid of an unborn baby in the early '50s ... so she asked my grandfather staying in the capital to get a doctor who would be willing to perform the abortion. He found such a doctor in Budapest but class enemies were not allowed to leave the plain (puszta), so while my father was absent she tried to cause an abortion by jumping down from a kitchen table; when that failed she took very hot baths in a tub but they were not successful either. Then she got a lot of quinine pills from her brother. She took them but they were not sufficient to cause a miscarriage so I was born.

I heard the story of my birth accidentally when I was 11

years old and when my father and I were staying in Yugoslavia with relatives. It was late at night and I had gone to bed in the room in which my father and my relatives were talking. At that time my parents had already divorced and one of my relatives asked my father why. Thinking I was asleep, my father told him the story.

As I lay there in bed, neither a small child nor an adult, I cried, speechlessly, all night long into my pillow. I experienced an emotional earthquake. I felt good myself and I did not know why my mother had tried to kill me at all.

I am still looking for the answer which is perhaps blowing with the wind, since she died some years ago. There are two different expressions in our Hungarian language concerning "mother". One of them ("édesanya") is connected with "sweetness" meaning that the sweetness of a loving mother has a connection to the milk you get from her bosom. The other word ("anya") simply means that somebody has a mother but this term is very formal and has no special content of sentiment so one uses this term in every official form requiring the name of your parent. In fact my mother tried to kill me, terrorised by the economical pressure of the regime and when it was not successful she didn't give me suck, so I was neither able to enjoy her milk nor her love.

Later when I was two years old I was found by a very nice young lady who lifted me up to her heart from under the kitchen table. She bought me new clothes, shoes, brought me to the opera-house for performances (since she was a ballet-dancer) and to the photographer since she was proud of "her" nice godson ... my relatives told me that I had usually called her with this word: "mother" (édesanya).

My biological mother could not love me although I was begging or dancing for her approval and acceptance. I studied well, become a well-known writer by publishing several books, carried out scientific research and won academic honours but everything seemed to be in vain

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since I was not able to win her love. In my twenties I published a book of poems and one of these works reflects on my life story using the ancient Greek myth of Penelope. In this poem you can analyse the confused bonding of an abortion-survivor with his parent or with the abuser of her child.

PENELOPE, MY MOTHER

You sit on the stigma of silence
with averted eyes
You would draw my face
onto your withered lap
Spin it over weave it through
with sea-blue veins
with scarlet reed
Spin me over weave me through
with snake
with strand of hair
Unravel me by night
give birth to me by day
only kill me by night

You would piece together my bones
a stripped-down image
for the walls of your palace
bind my skin and gut
as strings onto your harp.
Is it an axe that I am?
Propped up in a corner
is it a prince?
sewn inside a frog's skin.

(Translated by Eva Kovacs-Hicks, Toronto)

It took 50 years of pain and sorrow to overcome the situation of a deeply damaged (unborn) child and that of a post-abortive mother ... I always tried to love my mother ... meanwhile I realized that I hated those foods (cheese, beer, etc) which she liked whilst, on the contrary, I liked the kind of women who have black hair and eyes, slight face which reminded me of my god-mother. So many times I asked myself: where is my mother, how can I love her?

Before her death the Lord gave me the answer by His merciful forgiveness. After so many years of struggling, begging and dancing for her love I finally was able to

reconcile with her before her death. It happened by not accepting but rather understanding some of the elements of the kind of "internal" terrorism which pushed and pressured her to kill me. And finally I am going to die too and I badly need this forgiveness of the Lord for my own sins as well.

There is a picture in my bedroom above my bed. This photo was taken by the sculpture of the Pieta carved by Michelangelo in the middle of 16th century. The picture illustrates the Blessed Virgin who is a Patron Saint of Hungary and now she is perhaps my mother and hope and trust as well.

Against the civilisation of death I am now working for the culture of life full time. From the special grace offered me by Almighty God, the Creator, I have a large family ... The smiles of my children and wife are my strongest weapons in doing my duty to protect life! Thanks to the Lord!



Imre at 2 years of age.

I have the permission of Dr Imre Téglyásy to print his story which can also be viewed on video @ www.hli.org
I am reminded of the words of C.S. Lewis. " God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is his megaphone to rouse a deaf world"

(C.S. Lewis *The Problem of Pain*. P 74)

Abortion Survivors

As you can read from the above story of Imre, being an abortion survivor has its own unique suffering. It is a great mercy of God that the child who is told or knows that they were meant to be aborted, that is to be killed, can live, forgive, and even thank God for their very lives.

Someone said (I don't remember who) "each life is a song of praise to God. Even a child at the 8th cell stage sings praises." So for an abortion survivor the song of praise perhaps maybe be a bit more difficult but with time it can become louder and louder in its praise.

Most of the psychological effects can be identity confusion, sibling seeking, anger, at times rage and hatred. The post abortion survivor longs to hear that they are worthy of being alive and not mistake.

Because of the confusion these individuals at times live a type of "vicarious life" that is, a life lived through another. A choice is made to live like that and so be thought or found to be as good as everyone else and if "I am good then I won't have been a mistake."

It takes much effort to convince an abortion survivor that they are valuable, worthwhile, masterpieces of God's creation but these words fall on deaf ears because the one who is meant to love them most (mum) wanted him/her dead. He or she wasn't wanted and therefore feels not worthy of being loved.

Some of the effects I have encountered in my office is self harm, involvement with drugs both prescription and illicit, occultism, (this I suspect is to find an answer especially when the parent has died..to know why he or she wasn't wanted). A secret desire for death so that this can be found out.

Children who survive abortion then feel the need to take on the burden of living and proving their worth.

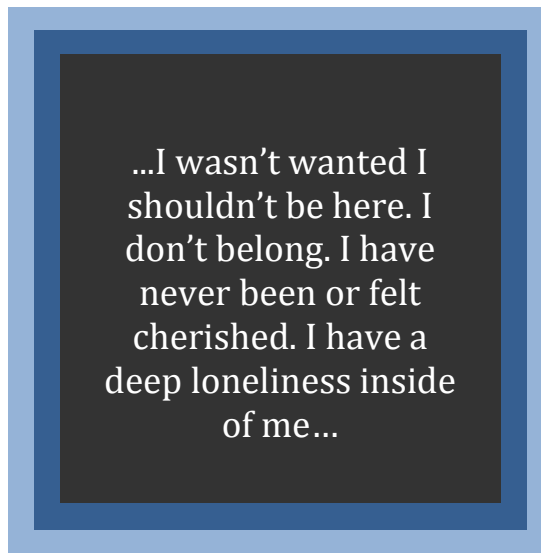
For women who grow up knowing that they were not originally wanted, there is a longing to find a "mother" who wants her or if the child is male, to find a man who wants him, to father him, this in my experience and opinion leads to confused sexuality.

Post abortion survivors have a distrust of life, family, and authority and there is a distrust by the child of the gaze, the look of mother's and father's eyes and when a mother's or father's look of tenderness is absent from the child, the child cannot attach securely. There is a lack of attachment and a lack of knowledge and superficiality on how to form deep attachments. In my experience, I have found that abortion survivors can speak with other abortion survivors but the only commonality is their survival of abortion. These friendships cannot survive because they are based on a common trauma which is recalled every time the "friends" are together.

This is why it is important for counsellors to know how to counsel well post abortion women and abortion survivors.

The wounds of an abortion survivor are deep and effectively are wounds of death. There is existential anxiety "I could have died" Ontological guilt "I should not be here, I wasn't wanted. I don't belong to anyone. I have never felt cherished. I have a deep sense of loneliness inside of me."

These emotions need attention. Slow, careful attention in order to be able reframe the person's existence and change the belief from that of being nearly a victim of abortion to being a strong survivor and with mercy and love and connectedness to someone who can walk the walk with them, change their internal script from one of death imprint to one of life.



As I continue in this work I learn more and more about our need of one another. We have a deep need of connection and indeed know that we are carers of one another or "our brother's keeper."

This is why abortion is failure to love, is a moment when "hope" is totally absent. This is why when an abortion survivor learns of their having been unwanted even for a very short time, that unwantedness imprints into the essence of the individual and follows them through life via the means of behaviour which is

nihilistic.

Breast Cancer Shock

"Breast Cancer Shock" screamed a headline on page 9 of our daily paper on February 17th 2013. It was a Sunday and I had been feeling particularly "off" with cancer treatment side effects, so this headline stopped me in my tracks. And indeed it was a shock what the report was about. The results of a Victorian survey of almost 20,000 women over 20 years and the results of the survey found that 72% of women who got breast cancer had no family history of the disease (like me-no family history).

These findings then contract popular theory that genetics play an important part in a woman's history. It was found that 1 in 9 women will get breast cancer.

The CEO of the Victorian Cancer Council went on to report that "this belief" was guiding women's behaviour, that is believing that there is no family history of cancer

therefore no need for screening (bit like me) and like the CEO of the Council I urge all my readers to be screened. The mammograms are painless but the tumours and after effects are not. The idea that it "couldn't happen to me" is too often behind this and most especially those in the 50 and upwards age range because this is the range where mostly it is found (75%).

And for me how interesting is the age range, 50's and upwards. Throughout all my treatments and radiation and oncology visits most of the patients were of the more mature kind I think I was the "baby" of the lot which leads me to think why this generation of women?

The only thing I can think in relation to this question is that we are the generation of artificial hormone "pill" sexual revolution, and readily available abortion, HRT. Peri and post menopausal women are the largest number of cancer sufferers and still we as women do not learn. This is why self monitoring, mammograms, are needed please, especially if there has been "pill" in your life for any length of time, an abortion, these are known risk factors. Even HRT. Please check because its important because if it is detected early the chances of recovery are improved.

My own "inner listening" when I received a generic letter from Breast Screening Victoria, probably saved my life, at least for the time being. That "inner voice" which said go and get checked now probably saved me long enough to annoy you my dear readers for a while yet. If I had not gone by next year it would have been very advanced.

What this has said to me is that I have to speak louder. Every time I have a horrible side effect I have to remember that I need to speak louder about abortion and breast cancer. Breast cancer and mammograms, and I want to become a nag and keep doing this because dear friends it really is an awful experience.

I have recently been taken to task for speaking about the abortion and breast cancer link, by a woman no less, who told me that the risks of getting breast cancer are: Being a woman (males get it too). Several relatives have it (the latest findings show this to be untrue). History of ovarian cancer (hormone related) but this dear lady also suggested that being on the "pill" helps prevent ovarian cancer. No amount of dialogue with this woman worked so I left her to her ideas and me to mine.

Further, what left me reeling after reading that newspaper article "breast cancer Shock" was the thought, if familial history or genetics is not involved in breast cancer, how will those young women who chose to have double mastectomies feel knowing that maybe they would have been OK. How would they now feel with these results? And I realised the grief that they must be feeling at having intentionally removed a part of

their femininity and perhaps for no reason at all. Let's pray for them.

I also want to keep asking how long will it take and how many women must get breast cancer and die before Cancer Councils at least begin to take a look at abortion as a risk factor, HRT, and contraceptive as risk factors.

Truly we women are our own worst enemy. Ten thousand letters to Cancer Councils insisting that they look into the abortion breast cancer connection and advising women of the possible risks might stir them up.

Special Letter

Following the last issue of my newsletter, I received an anonymous letter which hopefully I will be able to respond to. I don't know if the author is male or female, so how I intend to manage this is by taking out the main points and speak to the points. The writer refers to my near future book on child sexual abuse and this raised questions for the reader of my newsletter which resulted in the letter. Indeed the writer asked had I had experience in dealing with the effect of pornography on the development of a child's self understanding.

I have in a past issue of newsletter written on the effects of pornography on marriage and the distance/barrier which the behaviour of previous or ongoing pornography usage in one or both of the couple's life affects marriage. I have also had experience with one of my clients, a young man whom you have prayed for being introduced to pornography as a young teen and the effect it has had on him (indeed many more prayers needed but we are winning).

The author of the letter to me speaks of being inadvertently accidentally exposed to an explicit pornographic image, so explicit that the horror froze his/her mind and was unable to turn away from the image. This writer stared in "horrificed fascination" feeling ashamed but still being unable to turn away. It needs to be said that this young person was only 12 years of age (the very formative years) the years where tactile and images are important for learning. The years prior to the abstract learning, so the fact that he/she was frozen to the image is not unusual.

The imagery involved adult coital behaviour viewed by a young person for whom this behaviour was still, unknown, a fantasy, unreality, or something spoken about in hushed tones and spoken about in whispers, but now turned into a confirmed real image of what sexual intercourse means. This experience was a violence done to the innocence of the child. This is violence.

This experience was in due course placed on the back burner but not entirely forgotten because it continued to

influence, especially whenever overtones of sexuality were present in his/her life.

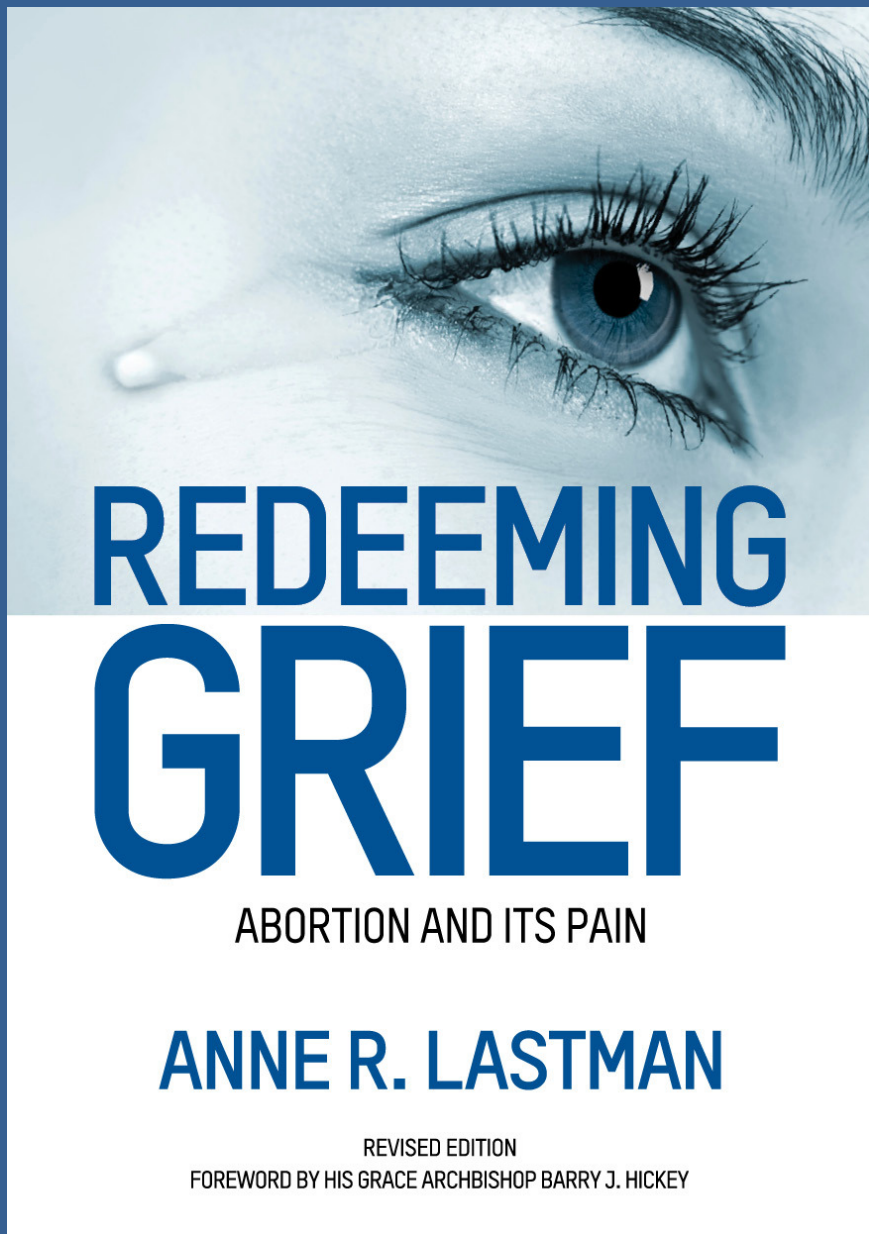
The writer then goes on to say that years passed and with it memory of the event, especially as the writer has deep faith and spends much time in prayer.

However, during prayer about 4 years ago the image returned as a "flashback" incidence (sign of a simple post traumatic stress disorder which occurs as a result of a single exposure to a traumatic experience) and once the image was "released" from the confines of repressed memory it has continued to disturb.

This is not unusual because we process events differently. Normal day to day experiences of non importance are not "filed" to be retrieved, but an event which caused shock is "filed" in a special file in the memory and all future traumas especially any which have overtones of the originating one which caused such shock, will be "drawn" to that particular file and the file and imprint strengthened.

It's my suggestion to the person who wrote to me, that about 4 years ago when the flashback recurred there had been something happening which acted as a trigger and brought to the surface a shock or pain which had not been acknowledged, explained or processed correctly when it first happened. If this author were coming to me for counselling I would begin by looking deeply into the originating trauma, the intervening years and how that trauma did in fact affect the person even unconsciously and what surfaced clearly the event not processed.

The author continued that as time passed the sense of disturbance increased to the extent of physically feeling as if abused which the person is consciously sure did not happen but accepts the possibility that that "shocking" image taunts with the possibility of the feelings and emotions that that image promised. There is now a struggle within this writer who finds he/she struggling



NEW REVISED EDITION!

REDEEMING GRIEF is a reflection of over 17 years of counselling 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 1500 personal stories and listening to the expressions used by the women as they speak 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, and 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.

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with the rational and the emotional part of the mind. The rational would say “no that one incidence cannot affect so much, it was disgusting etc.” The emotional part of the mind would argue that the feelings would have been good and are good and perhaps good to experience.

The part of this letter which disturbed me (Anne) is that the author feels “somehow evil” and even believes that he/she permitted the experience or image to occur, which was accidental, and with no self intent at all.

I also understand that the author feels the sense of immense loss of something of great value (innocence and stealing where pornography is the thief) and perhaps feels responsible for not having shut down the image much quicker. But shock does this. Shock freezes. There is no intent, no fault, just a freezing for what appears to be endless time though usually a short time, but the impress on the mind can be and in this case very deep.

About being “trapped in the experience.” Because I cannot work with you (as you wish to remain anonymous) try reframing the experience from the standpoint of an adult looking at the child and seeing the innocence and be forgiving of the child because there is no fault in the child. The child needed to speak to an adult about the event so it didn’t remain hidden to cause the havoc which it has.

I am reminded that satan works best in the dark. He keeps those he wishes to hurt in the dark, so dismiss him. The child and later the adult did nothing wrong. It’s only the whisperings of the enemy which are holding you “trapped in the experience.”

You say that you have tried to speak to many about the issue, perhaps they could not help. Wounded sexuality requires gentle/special work and understanding of life, theology, body, woundedness, healing, innocence, loss of innocence. . Wounded sexuality leads to many uncertainties, including the uncertainty about God’s love and forgiveness. Also when we cannot accept forgiveness we are saying that the sin (if there was one) is greater than the sacrifice of Jesus and that cannot be.

So again because I cannot see you and work with you, place the whole image into the mind of Jesus because this is a “mind wound” whilst He is on the Cross and the crown is pressing into his beautiful head. And believe that Jesus took that image and changed it into something beautiful for His Father. However, you need to want this. Refusing can then be the sin.

Thank you for writing to me and I hope I have been able to help a little and I wish you could contact me and we would work together but write back even anonymously and let me know what you think.

What we are seeing in this letter is the effects of even one shocking image of pornography and why it is

difficult (though not impossible) to heal, because pornography touches the human at the most intimate part of their being, their sexuality, the part which should be Holy. The most serious of disruptions in a human person’s life is disruptions to sexuality as originally designed. This, because written within sexuality is the imprint of God and imprint for human sanctification and because we are all sinful this area, the human is most especially vulnerable to temptation.

As I come to the end of this newsletter I would like to share with you several bits of good news. First, I have been accepted as speaker at the World Congress of Families in Sydney (see last page of this N/L for details) now you have to come just to support me! Yeah!!! Another wonderful piece of news is that my book *Redeeming Grief, Abortion and Its Pain*, second Edition, published here in Australia by Freedom publishing <http://www.freedompublishing.com.au/> see details in this newsletter, has also been accepted for publishing in UK and possibly in USA. Yeahhhhhhhhhh. I am really happy.

After the year that’s been it’s good to be able to say good things to you. My husband always did say it would be a best seller if it ever saw the light of day. But all these things are still in the melting pot so please pray for the success of Congress in Sydney and publishing of the book. Oh, and I nearly forgot to tell you that my submission to Asia Pacific Rim Conference for Psychotherapists, Counsellors, Psychologists, (in Sarawak Malaysia) has also been accepted even with the word “abortion” in the title. So please prayers because I will be talking and presenting to these already qualified professionals. And I need to conclude with:

Please I really need your support. For some reason the \$ support has declined hugely but I am seeing more and more new people and working 6 days per week.. My cancer specialist is Not pleased with me at all says I am not taking it seriously, and that’s probably true.

Please also continue to pray for these in my care. Margaret Mandy (new), Denyse,(new)(Liz) (new) Stefanie Lynn (new much much) James,(new) Melissa, (new 2 abortions much please)Anna, Christine, Kristie, Greg, Terri, Marilyn, Tandi, Sue, Cathleen, Debbie, Sam, Alyce, Joan, Irma, Daniel (much) and Emily (new) Phillip, Chloe, Maggie (new) and
Please continue to pray for me too...



Anne Lastman

Letters

Dear Anne,

Brilliant!

Thank you for the latest issue of Broken Branches and for me it proves so instructive. I've learnt much that's new, most especially re the sexual abuse to children and its multiple later results. Plus the "Emotionally Detached Generation" 'tis one if those common practices in the child's upbringing that I've never seen examined for its effects.

And Christie's letter – Oh! How practical, brave and helpful, please our Holy Spirit, keep up the good work. With prayer and Love...Fr Paul.

Dear Anne,

Re your latest issue of Broken Branches issue 91 on page 6, "A Beautiful Article", the first sentence "...an exchange begins between...; and "...the child shedding cells..." Could you please expound on the occurrence of that "exchange" in our Blessed Mother Mary's womb after the Annunciation.

Yes, Yes yes in such a query might be, is, rather the wonder of mystery.

Indeed Father Paul the mystery of the divine Y chromosome penetrating the X human chromosome to create for us Jesus and from the moment of conception the human/divine child shedding cells which will remain in His mother's body for the term of her life.

Dear Anne,

You are a great example to me and my daughter, you are always in our prayers as well as the people you minister too. Enclosed donation to help with shortfall.

May God Bless and keep you.

Jacqueline and Miriam.

Dear Jacqueline and Miriam it is I who have to thank my supporters like you. I have appreciated your care so much. And every time I write your daughter's name Miriam I am reminded of my beautiful daughter in heaven whom I also called Miriam.

Dear Anne,

May God Bless you for your continual hard work and the many sacrifices you each day to help heal souls. I've finally had a few moments to myself (while kids play) to sit down and read your latest newsletter. It was just wonderful!

I was so moved by young Christie's letter. If only every young person could read it and really hear her message. She is brave and beautiful girl to be willing to share her story to try and save others the same pain. God Bless her. I am enclosing a small donation to help pay the bills. John and the kids all send their love and their hope that 2013 will be a good year for you.

With much love and prayers

Jane and family.

Dear Jane and family, thank you for all your words. Please, please pray because Christie is in a down moment. With her its one week up and one week down. We are on a down at the moment so I need all the help I can get.

Love and hugs to you and family.

Anne

Dear Anne,

You have yet again written another inspiring newsletter. I can connect to what you are saying in relation to childhood sexual abuse on a personal level and its effects on the child's life. I feel, as they say, you have hit the nail on the head.

I also will continue to look towards the heavens and pray for a change for the better in the pro life movement and also I will continue to pray for all your clients and for you also Anne for improved health and financial support. The story that Christie wrote did bring a few tears to my eyes and please tell that my heart goes out to her as it does with all your clients.

With Blessings

Heather.

Thank you Heather for your lovely letter and I hope you are happy. Yes please pray lots for Christie much needed.

Anne

Dear Anne,

Greetings, love and prayers and blessings to you and family and all you help for life and love.

Enclosed a donation to help keep your work going in these difficult times. May God Bless and love you always.

Richard.

Thank you Richard, yes this past year has been a struggle in a lot of ways but hey, still here! More prayers please.

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Broken Branches – By email!

Dear Friends,

Please email me at anne@victimsofabortion.com.au to be added to the email list.

