

# Broken Branches

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

Issue 95 Oct/Nov 2013

## A Communiqué

“Dear Anne - Here is link hope it helps as WHO World Health Organisation acknowledges a new treatment approach to trauma may help in your talks around the world and adds impetus to help ban abortion and save women and men, and society the mental health problems from post abortion grief syndrome.

When I trained as an Occupational Therapist in the 1980s post abortion grief syndrome was already a known mental health problem e.g. in our psychiatry training book - Kolb Medical Clinical Psychiatry. It's ironic as in South Australia abortion is still under the criminal murder code and only allowed for the mental health and physical health of the woman.

Well as we know abortion actually causes mental health problems of post traumatic stress disorder PTSD - post abortion grief syndrome and not only mental health problems but it causes physical health problems like increased breast cancer risk, can cause perforated uterus, etc.

It about time the truth was fully revealed, transparency and honesty and this being another reason why abortion must be banned to protect the mother from mental and physical health problems of abortion as well as the cruelty and pain to the preborn baby and acknowledge the right to his or her life of the baby.

The ramifications to the community are enormous as PTSD affects the extended family and community - I know of one family where the son was told by his mother that she aborted his brother or sister- he has suffered terrible depression and even psychotic episodes wondering why he was spared and not aborted too by his mother - he feels terrible survivor guilt & loss of his brother or sister. These issues need to be addressed.”

*Thank you Sally for your communiqué, there are many fine points which you make and which I have spoken, written, argued about and defended in 17 years of doing this work. You say that “it's about time the truth is revealed.”*

*Sally the full truth is revealed. It's out there. It's revealed both in literature and intuitively. We human beings know that we are not meant to take our babies to die. It's a “known.” However, what has happened is that a “veil” has been placed over the horror. A “veil” which covers the monstrosity of the act and it's leading to the moral decline of society and the human person.*

*I believe that the veil is made up of lies, deceit, language manipulation, and selfishness never before known in any society.*

*Below I have placed a link to story for readers who have computer available and also link to the Coleman study I hope that those who have computer are able to look into these articles.*

*I have also just purchased a copy of the DSM V (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, and have been so disappointed not a word about abortion trauma and grief which means that the mental health practitioners*

*(Psychiatrists/psychologists/counsellors/therapists) will not be interested in looking at abortion grief as a risk factor for other emotional health deficits. And further, this manual appears to “medicalise” grief, that is, grief after a certain time should be ended and if not then medication is to be considered and prescribed.*

*Post abortion grief unless attended to can continue into end of life and have end of life consequences like a fear of dying, fear of meeting aborted child, fear of God and punishment. These are serious end of life concerns and abortion guilt, shame, regret lead to the end of life fears as well as ongoing life self wounding behaviours.*

[http://www.who.int/mediacentre/news/releases/2013/trauma\\_mental\\_health\\_20130806/en/index.html](http://www.who.int/mediacentre/news/releases/2013/trauma_mental_health_20130806/en/index.html)

Bi-monthly newsletter of **Victims of Abortion**

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Link to Priscilla K. Coleman Study on after effects of abortion and mental health difficulties of women who elect abortion.

<http://www.aaplog.org/complications-of-induced-abortion/induced-abortion-and-mental-health/huge-new-study-abortion-and-mental-health-quantitative-synthesis-and-analysis-of-research-published-1995-2009/>

## A Very Special letter:

Very often I am asked “do men experience regret following an abortion of their child. Are they like women who grieve it seemed for a lifetime?” I would like to share with you a letter written by a man. I asked him to write in brief his story of regret. I spoke with him one evening when he rang. These are his words.

*It seems like a lifetime ago (late 70's). Due to external circumstances, my girlfriend (later wife) and I ended up living together. During this period-about 3 years- we had two abortions. We killed two babies. We didn't talk about it much and I think we both deadened our consciences to what we had done and made a lot of rationalizations and excuses to justify ourselves but the truth is I am far more guilty in that regard than she is.*

*We stayed together and got married in the early 80's we have 3 daughters and they're OK and had 1 son who had a rare degenerative condition. He died in 1998 and as a family we dealt with that pretty well.*

*My wife wanted another child. The doctors had told us we had a 1 in 4 chance of having another child with the same condition as our son had. We talked about it but my wife particularly wanted another boy.*

*I forget how many weeks it was when she had an amniocentesis; the baby was a girl and also had the same degenerative condition. Without completely passing the buck, my wife decided not to keep the baby and had a late*

*term abortion. It was horrible. The baby was struggling for life but did not have the wherewithal to hold on.*

*I'd told my wife I would support her but I was so fractured by the experience that I was useless, became depressed, got into substance abuse etc. Our marriage did not survive. The truth is we were both in our own self made hells.*

*If I have an opportunity to speak to any couple who were considering abortion I'd say: DON'T. It is so damaging. Parts of you will die too. And particularly to the male, DON'T think you get off scot free: A long time ago God said “Thou shall not kill” Just because we have been doing it since Cain and Abel doesn't make it right. But Anne, miracles do happen, God dragged me into the Catholic Church in 2003 and probably the person most surprised about this was me. The relief of getting these murders of my chest in my Confession, and the certainty that I was forgiven was indescribable. No amount of wishing things had never happened will change the reality.*

*Anne you have given me some very sound advice and guidance-things I would not have thought of by myself or had ever heard about before. They make sense. And you will certainly be on my prayer list from now on as well as those children.*

God Bless  
Andrew

Dear Andrew Thank you for sharing your story with those on my reading and prayer list and they will pray for you also as they do for me and my clients/girls/guys.

Dear readers as you can see from the mouth of a male they do suffer as much as women and not all males want their babies aborted. Also if you remember I have always said that aborting for fetal abnormality is always more grieving because attachment has been made, the child is older, the baby is wanted and there is the challenge not to lay blame. Again thank you Andrew..

## Asia Pacific Rim Conference Agust15-19 2013

Dear friends, I have just returned from 5 days in Malaysia (Kuching, Sarawak) where I attended a conference, The Asia Pacific Rim Counsellors and Psychotherapists Conference. I also delivered a paper on Post Abortion Grief. I enjoyed the conference so much and made new friends and caught up with friends made at the same conference two years ago.

The venue the Riverside Majestic Hotel was exquisite and would recommend it to anyone visiting. The people are so courteous and helpful. It was simply a pleasure being there. For me who works 5 ½ days per week starting 3 mornings a

week at 7.30am (first counselling session) and having long days, it was lovely having nothing to do but to listen to talented speakers and hear how their journey in the counselling field progresses. I also met several Victorians and we will be in touch to continue friendship and share work ideas. I think that the most important thoughts I brought back for me are these; that what I am doing is good and correct, and this was confirmed by three separate people at different times during the conference who said words to the effect, “Anne you really are a strong and powerful person” I was surprised at the comment because I do not for the

most part feel strong or powerful and mostly I feel vulnerable and alone and lonely in this work a lot of the time.

And the other thought I brought back is that the style of counselling I practice is very very good and who I am as a therapist helps not only to change heart but helps to change brain structures leading to true healing. How interesting that the speaker speaking on the science of brain change and brain plasticity said “the brain develops within a few weeks after conception” and I thought about all the abortions and the loss through abortion of knowledge needed for our society.

If the brain is one of the very first organs developed so that it firstly builds the self, and then the rest of the body, then imagine the magnificence we have destroyed. Imagine the loss not only of beauty and talents but also the creativity lost. How sad it is that those teaching in schools do not bother to teach past the temporary. How tragic that schools don't teach the most important things for life...that is, that life is the most creative art that there is. If the brain is

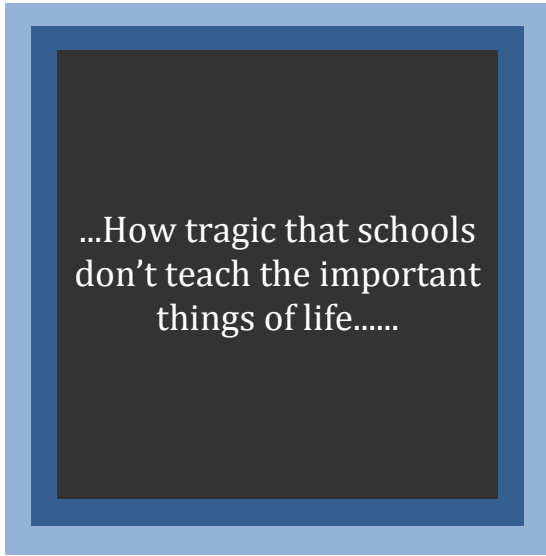
designed first so that then it continues its own self

Growth, then how important is the information of the generations inherent in that new, never before created brain and its configurations. What great losses there are in our world because we have accepted abortion of babies as nothing more than disposal of an inconvenient?

I at times feel tired and think that maybe I should “wind down” but a conference like this, and speaking to many counsellors and psychotherapists, and their willing to listen because they sat in on my talk (all the chairs set out were used and some standing in back of room) is important and I can come back revived and strong in the decision to continue.

With your ongoing help I am going to try and continue counselling but also talk more and more to others so in their own practices they may also help their clients to come to a peace with themselves, their babies and their conscience

and where possible their God.



...How tragic that schools don't teach the important things of life.....

**Grief and its trajectory.** For the past 17 years, I have worked with several thousand individuals who grieve. I have sat with women who sob, whose body is wracked with the pain and showing through the tremors. I have sat with young and the old. I have wiped faces and noses and offered tissues to bereaved parents in their inconsolable grief following abortion. I have worked with my clients and helped them to incorporate their grief into their personal history and helped them to

see that their history has helped to make them who they are today. I have sat in awe at the strength of the human spirit and its assisting the griever to engage with life even as painful as it has been. .

The grief process is today better understood yet it really has not changed in any way. Grief has always been grief and the expression of this has always been the same. The expression of grief is a must where loss is present because without the expression then grief becomes problematical.

As I speak at conferences, meet other counselors, speak with other grief specialist and with griever from around the world, I am reminded of the universality of grief and even as each person has their own grief journey, the grief experience including “feelings” “words” “expression” still they share many common experiences.

Yet, still, I am confronted with and hear so much misinformation and confusion around the grief experience especially grief surrounding abortion.

I maintain that the misinformation comes from the widely-held myths that grief is selective, only possible in specific politically correct aspects (e.g. loss of a “real person” not a preborn) should be easy, that grief has a finite level, that grief means closure of a history and thereafter griever should move forward on with their lives unchanged, as if nothing important had happened and that any ongoing connection with the deceased is somehow pathological (Continuing Bonds by Klass, Silverman & Nickman,) dispels this theory.

Today we live in an instant society, a society that like Nescafe Instant coffee expects that all things including emotions respond to the instant. Emotions like attachment, love, pain, sorrow, loss, are distant to an “instant” society but the society which is “instant” will come crashing down when confronted with a new raw grief, an unexpected grief, a disbelieved disenfranchised grief, like abortion grief, and or sexual abuse grief.

Individuals can only understand and feel understood in their grief when the experience visits them and if good counsellors and therapists understand “grief” really well and that it is in the design of the human to grieve when a loss is experienced, then we will be able to offer our clients more support and understanding when it is time to grieve.

**Grief is a normal response to loss** -- Grief is the natural emotional and physical response to the death of a loved one, the loss of a job, career, and friends, pet. These have been important to the griever and their loss has brought a pain different than any other pain. A soul kind of pain and even though the instant Nescafe society like ours wants to avoid or even fast track the messiness of deep sorrow, there really is no way around except through the pain. No amount of medication, alcohol, drugs, or other self soothing ideas can bring end to the pain. It has to be accepted and traversed in the length of time that it takes, whether 6 months or six years. Permitting or allowing the grieving one to grieve by going directly into the pain -- in manageable doses over a long period of time -- is healing. Avoiding the pain simply forces it to go deep into the heart where it subtly affects emotional and physical health.

**Grief is not a time of quietude it is a time of deep psychological work..** -- It is not easy and it is unpredictable. It involves tears, sleepless nights, pain, sorrow and heartache unlike any other emotion. It can be hard to concentrate, hard to think clearly, hard to read and easy to forget all the details of life that everyone else seems to remember and living. Grievers often feel that they're going crazy and live in a crazy world and at times long to die in order to end the confusion, pain, never ending sorrow. This doesn't mean that they want to die but , it just means that they're grieving and grieving is painful and at times seems relentless.

**Grief is not about ending but changing.** -- When grief visits us it invites us to reassess our own lives and the life of the one who has gone before us. The grief is our responses to that separation and our unwillingness to forget. It can and does interfere with day to day living but it is vital for health. Grief does resolutely refuse to be packaged and sold or even put on the back burner in order to be forgotten. But grief will not be a party to this behavior. Grief is etched towards healing of pain of loss though not for closure. The rites of end of life(funeral-saying goodbye) can be healing, visiting a gravesite (or children’s memorial garden) can be healing, performing rituals, writing in journals and creating memorials can be personally meaningful and healing. But none of these will bring closure because closure is about ending but grief is about remembering and comforting the human heart.

**Grief has attached to it affectional bonds** -- and because this is so, grief cannot be fixed with a tablet, a time structure, words, rituals. These help memorialize the lost loved one’s life but do not fix the pain of separation and loss. Although we all would like for the pain to go away and all be back to normal, and short-term solutions found, grief won't accommodate us, because grief is tied to love and love is eternal, it refuses to be forgotten. The grief of a post abortive woman, man, family, society is good because it remembers eternally. Whilst many would want grief to be over in a few weeks or a few months and certainly within a year the reality is that grief has its own schedule and time frame and refuses to be appeased. This we know through the words of grievers who find the going tougher the more time passes.. Why? Because the first year is passed in a state of shock and for an unwilling abortive woman coming out of the shock time, the reality of what she has allowed to happen to her baby and the pain of this reality begins to truly sink in.

I believe it is important to let grievers who come to me for counselling know that the impact of grief is lifelong just as the impact of love is also lifelong. No matter how many years pass by, there will be times of remembrances. Days of birthdays, anniversaries, special songs, and movies, days when grief bursts through with certain rawness or we may even call it flashback so intense that the loss seems to have just occurred. There will be days; even decades later, when sadness seems to have the upper hand, overwhelm and makes the idea of looking to a new day seem a blasphemy because every day moving forward will involve some memory, some reminder to the missing loved one. .

**Grievers need to stay connected to the deceased especially when it comes to abortion and or miscarriage because it is this which keeps the memory of the baby alive**-- and while some might find it uncomfortable that a woman might want to keep talking about her loss even though it was by a decision she permitted, the connection and history of the baby/ies is built by the talking, imagining, naming, burial (plaque with name) and via this

method a life is not forgotten. Disconcerting as it might be for the listener to hear about the loss, see a photo of the plaque with the name of the child on it, thus re humanizing the child who died is healthy and important to keep the connection alive.

I feel for the generations of the past fifty years who have been told that their in utero child was not a child but a bunch of cells to be forgotten and to move on, almost as if they had never existed. That this "problem pregnancy" was not much more than a temporary inconvenience and disposable. Such unwitting cruelty! And so we have anniversary syndromes, flashbacks, etc., because the human psyche refuses to forget the death of another, especially the death of one's own child at the hands and with permission of self

Their physical presence is gone, but they remain in relationship to the griever in a new way beyond form, a way based in spirit and love.

**Grief changes all of us** -- Those who expect grievers to eventually get back to their old selves, will be quite disappointed and especially those who experience abortion grief speak of this one incidence changing their life forever. An 85 year old spoke these words "I have never forgotten her in 68 years of living and now I am afraid she will hate me" (Marie-who has gone to meet her daughter Catherine). Grief, like all major life experiences, changes a person irrevocably. All days, experiences, actions, joys, sorrows, gains, losses are viewed through the prism of pain of loss. Future babies will remind a woman of the lost one. Remind the man of lost fatherhood. Remind grandparents of lost grandchild, and brothers and sisters of lost sibling. Grief, too, adds to the mix of life, creating rich and fertile soil. It teaches all of us about life and death, about temporariness of life and about pain and love. And while some people are changed by grief in a negative and self destructive way thus making them bitter and closed to empathy and love, it's also possible to see and utilize grief as a springboard for change and care..



# REDEEMING GRIEF

ABORTION AND ITS PAIN

ANNE R. LASTMAN

REVISED EDITION

FOREWORD BY HIS GRACE ARCHBISHOP BARRY J. HICKEY

**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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**Grieving adds a new dimension to life** because grief means death, separation and the need to ask the huge questions "Is this life all there is? And what happened to love? – Transcendence and the metaphysical have to do with seeing the bigger picture, seeing in a new way and holding pain in a larger context. Seeing grief from a larger perspective allows it to be born easier and to give life and love a new meaning. Those who pass through deep grief are changed because love changes loss and makes it permanent and valuable because the griever has passed by a place of holiness (Pain). Transcendence might also mean reaching out to those who suffer and being comforting for them or being a voice for them. For someone else, it might mean rendering service that would not have been thought about before (me and post abortion counselling, where my intent was to be involved in teaching theology), and for another still the passing through grief might mean becoming open to love because love has been experienced. Grievors who look to transcendence for comfort understand that they are not alone in this pain and that they share a common human condition called tears, loss, pain, love grief. Many T use their experience of pain in a way that touches others. The pain is still there, of course, but it is transformed into something beautiful for God.

Dear friends I have shared with you some of new learnings about grief and its effect on the human person and its importance for healing when the grief is handled well and shared. There is no excuse for not sharing the pain of one who grieves; we are mandated to do so.

## Voice for Life Conference New Zealand

Dear Friends,  
Have just returned from Voice for Life conference in Dunedin, New Zealand where I gave two talks and a session (forum) of questions and answers.  
It was a marvellous conference full of life, energy and dynamic speakers like Hillary Kieft whose personal story is one of pain and victory and who will be a dynamic force for life.

Dr Chris Pemberton Research Associate Professor at the University of Otago, Christchurch School of Medicine, He is an Endocrinologist and many more accolades, His talk was on "The Beginning and the End" Euthanasia- It's on the radar: Chris also spoke about abortion and what do medical students and neonatologists think of this practice.

Another speaker Brendan Malone a really strong speaker on abortion and is involved in reaching out to the young through speaking at university and high school forums. He speaks to the youth on matters of leadership, values and ethical issues. He is involved in pro life apologetics. Brendan is so dynamic that it was easy to see why the youth would be attracted and encouraged to be involved. His obvious passion for apologetics and life makes him really listen-able.

Other speakers were James Bedingfield and his Pro life team from Hawkes Bay whose work in pro life began with the fetal models and now he and his team work to save babies from death.

Another two speakers were Kate and Jordan who also do work of saving babies "I do not want to live in a town where the systematic destruction of the lives of precious children can take place silently without a word of protest" (Thank God for such thought).

I for my part did two talks, one on post abortion grief and a second on the similarities between the suffering of abortion grief and the suffering following sexual abuse and the link between sexual abuse and multiple abortions. Both of the talks I think were well received especially the second one. I particularly enjoyed the forum type third session 45 minutes (all the talks were about 45 minutes-50 minutes) where questions and answers are possible without "time constraints" as usual after a talk when only 3-4 questions are quickly permitted. The 45 minute time, forum type, allowed listeners to ask questions and to have them answered without the pressure of taking too much time on one particular question only. I was invited to give three talks so decided (made an executive decision ☺) to run the third time slot as a Q & A.

Anyway I want to thank Bernard Moran President of Voice for Life, and Steve Jauney, also Voice for Life, for the invitation and for looking after me so well. Hope we meet again.

## Book Launch September 17<sup>th</sup> 2013 Parliament House Sydney Australia.

Dear friends, since last newsletter I have also had a wonderful experience of having my book *Redeeming Grief, Abortion and its Pain, (Sec. Ed)* launched in the New South Wales Parliament House. It was launched by the Hon. Mr Paul Green member of the Legislative Council, and all this organised by his very beautiful personal assistant Yvette Hannah

Mr Green had very obviously read the book, that is, not just the back cover as sometimes happens, because he seemed to know all the topics covered. His words of commendation and encouragement nearly made my heart burst with pride that we have such good members who represent us.

Thank you Paul I very much appreciated everything you said and a huge thank you to Yvette who amongst all the work of a personal assistant also organised this beautifully. I would also like to say a big thank you to the Rev Fred Nile MLC for his presence and other distinguished guests. Thank you also to Kath and Carolyn who travelled hundreds and hundreds of kilometres from Canberra to be present. There were others there but I didn't recognise them except Ray. Thanks Ray Wood.

# Letters

Dear Anne

I received your current copy of Broken Branches. Thank you for all the work you do to help the pro life cause and the gift of love to those are finding their journey back to life.

I generally send you a gift at Christmas but let it be in August this year. It seems to be needed

God Bless you and your noble work.

With kind regards,

Fr, John S. (Vic)

*Thank you Fr John I appreciate your thoughtfulness. Anne*

Dear Anne,

I have just read your Broken Branches from cover to cover and am forwarding it on to friends will also appreciate it greatly. I have just said a prayer for your health and your work, In God's plan because of your medical condition and treatment you will meet people whom you would never have met before and you will speak to them (one to one) of your concern to protect life. I am forwarding this issue of Broken Branches to friends today-Catholic grandparents and good friends, Anne I enclose a donation. We all need God to provide for our needs.

*Thank you Shirley, I appreciate your donation and prayers for both healing and my work. Take care please. Anne.*

Dear Anne,

Your August/September issue of Broken Branches did not contain any hint of good news concerning your health but rather a hint in the contrary. You have been and are a Good Samaritan to so many who need your help and financially you have given more than your supporters, as you have hinted. But there is danger for us in not valuing what you do, and overlooking what you are-what you have become. Pope Francis may not have heard of you ☺, or be likely to fast track your canonisation but that is because he and all of us cannot see your soul. If we could we would see pure love.

(Some personal stuff)

Good on you, which is my colloquialism for God be with you now and always, affectionately,  
Fr Leo.

*Thank you Fr Leo. Love you too ☺*

Dear Anne,

Greetings and blessings to you and your family. I trust and hope that if you and your husband cannot make either our **23-27 September Retreat or the 15-18 November retreat** you may be able to let others know that they are on so that they may be able to come.

Please find enclosed cheque as donation to help in your great work for life.

God Bless

Richard E (Vic.

*Dear friends if you can should go to this retreat in Marlo Victoria. It is on a land which must have been designed by the creator Himself. Beaches, nature walks, trees as far as the eye can see, natural beauty. The retreat centre has its own rooms for retreatants and the rooms are named after the Apostles.*

*I'm hoping to make the November one if I can get away. Herewith some details about the retreats*

You are invited to a Country Retreat at The Ark in Marlo. We have booked two excellent orthodox Catholic priests:

- Fr Michael Corriveau (formerly of the Fathers of Mercy), assistant priest at St Paul's, Kealba. 23-27 September, Monday afternoon to Friday morning.
- Fr Terry Hoare, retired priest living in Queensland. 14-17 November, Friday to Monday morning.

Payment is by anonymous donation. Everything is provided: home cooking, talks, Holy Mass, rosary, Stations of the Cross walks, beach walks, shrines, adoration, prayer and daily Benediction.

For booking and further information, phone 5154 8419.

*Thank you Fr Paul OFM for ongoing stamps. ☺*

*Thank you Maureen W (Victoria) for your ever strong support ☺*

*Thank you Fr. Anthony G. (Vic). ☺*

*Thank you Hans and lovely lady (NSW) ☺*

*Thank you Carol & ladies Apollo Bay ☺*

*Thank You Margaret G ☺*

*Thank you Fr Brendan ☺*

*Thank you Giacomo and family ☺*

A final big thank you to my publisher (Freedom Publishing) for assisting in all ways to make things happen.

I hope that this book finds its way into a million hands. It really is a hope filled book which explains that abortion grief is not to be despised, hidden, denied but accepted as a “good” kind of grief experienced because of love and loss and a grief needed so that an aborted baby does not pass by unnoticed and the mother has a chance to openly grieve for her loss. Not the manner of the dying BUT because of the dying of her child. This is utterly important because this changes the grief from one which is complicated to one which is grief for loss of love. Also when this grief is experienced and expressed then we can slowly begin to change the hearts of women, men and nations. Without this grief then abortion would simply be the scourge of time and would ensure that no voices would be heard speaking for and on behalf of those infants who have perished.

Abortion Grief is good grief but a grief which needs to be handled really well. It still is a new grief and counselling for this kind of grief has been left mostly to Churches and whilst this is good, indeed excellent; it must also be taken on board by secular counselling world that see most of the grieving women and men. This is why a book like *Redeeming Grief* is good because it helps the reader understand the grief. As I have also outlined in a different section of this newsletter.



Anne speaking at NSW Parliament House!.....Yeah!

## Book Signing at Koorong Books

Also since last issue of the newsletter Koorong Books has accepted to sell the book in their very large bookstore here in Victoria and also other stores within Australia. As a result of this I was invited to do a “book Signing” day at their store and meet and greet which I did and found it lovely. I met many who came up to me to speak about abortion, I met two women who had had the experience and asked to see me privately and met several lovely pastors who bought the book so that they could help those who came to them. It was for five hours and it was a packed five hours. I have also been invited to do the same in other states but this still to be finalised.

Dear friends as I come to the end of this second last newsletter for this year (2013) I would like to thank those who have helped \$\$\$ but please I need to ask again as the number of donors has dropped markedly and I don’t know if it means to “shut the shop” (Australian colloquialism) I have needed to make phone call for help, so please let me know if I am meant to continue.

Please also continue to pray for me (I am feeling OK at this moment) and my people, Marlene, Phil, Marilyn, Christine, Terri, Chris (male), Anna M., Greg, Laura, Tara, Denyse, Anna Z., James, Steffi, Jayne (new) Chloe (new) Tamsyn (new) Jessica (new) Amy (new) Melissa (new) Sara (new) Jade (new)

And please pray for Andrew whose story is in this newsletter and to whom I have recently spoken and is not well.

Till we meet again in early December, may the Lord Bless and keep you in His care.

A handwritten signature in black ink that reads "Anne".

**Anne Lastman**

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## Broken Branches – By email!

Dear Friends,

Please email me at [anne@victimsofabortion.com.au](mailto:anne@victimsofabortion.com.au) to be added to the email list.

