

Broken Branches

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

Issue 107 – Oct/Nov 2015

Dear Friends, in this newsletter I would like to share with you several poems by a post abortive mother who is on her journey to wholeness and reconciliation. She captures so well everything that is ugly about the abortion experience through the art of poetry. Please “listen” and “hear” her words. “Mika” is not her real name.

The Poetry of Mika Burge, A post abortive mother

*I write in red to symbolise the blood
I wish to shed
My own, of course
Not others
Sisters or brothers
MY OWN
I am suicidal to the point of no return
I long for death like I once
Longed for cigarettes
But death is dirtier than cigarettes
Especially when you DIY
But why die?
Because the beauty has long gone
And the pain is in each of my tortured breaths
And I do not wish to inflict my misery
Upon anyone else
I've done that so often, it's not funny no more
And I have no meaning or self to cling to
Continuity did never exist
When it came to my 'self'
So now all I can do is carry out my plan
Pray to the Lord it will work
Not that He'd help
He's not into that I hear
But no fear
Anything would be better than this.*

The Abortionist's Table

*I am angry and I'm bitter
About what I was not told
That I may suffer Abortion Grief
It makes my blood run cold
There is a veil of secrecy
No-one mentions it at all
For me it was the start of my demise
I couldn't have predicted my fall
All I needed was a slip of paper
Signed by my GP
And I was free
To abort my baby
At the clinic I was just a number
It was a production line
The wait seemed like forever
The last moments with that child of mine
One room to another, and another
Routine questions and an ultrasound
That you are told not to look at
To this abortion you are now bound
You are treated quite horrifically
No sympathy or compassion
For they do this all day long
In their clinical fashion
After the abortion
You are given an information pack
And antibiotics, told to rest
Immediately I wanted my baby back
I remember going home and being left all alone
I felt like the world was caving in on me
What had I just done?
My grief had begun
We are supposed to feel 'relief'
We are supposed to feel 'grateful'
Forget about it now
It's disgraceful
There is no after-care*

Name _____

Address _____ P/C _____

Donation _____ I **would/would not** like to be on your mailing list.

Send to:

Victims of Abortion, National Office

PO Box 6094, Vermont South, Vic, 3133, Australia.

Or email: **anne@victimsofabortion.com.au**

*For emotional support
Only if you get an infection
Or something of the physical sort
After my first abortion
My world fell apart
Diagnosed as mentally unstable
No-one considered how much my grief played a part
I didn't even know it as grief
I just knew something was missing and was wrong
Deep pain in my heart, soul and spirit
I was incapable of being strong
And soon after, pregnant again
And again co-erced to abort
I was so, so low and defeated
But I should have fought
If I knew that what I was feeling
Was Abortion Grief and I wasn't crazy
I think I would have been more able
To keep myself off the abortionist's table
Repeat abortions, I'm told, are common
I think because once you have crossed that line
Nothing is ever the same
And you think you'll be fine
Because NO-ONE EVER TELLS YOU
ABORTION CAUSES UNTOLD PAIN
It manifests in many ways
I'll regret my abortions
Till my dying days.*

Calling Out My Shame

*My grief is the river running
Through my fragile veins
And the wind that is howling
Calling out my shame
My grief is embedded and rooted in my soul
So many years denied
I was unaware it existed
They lied
So many, so many, ignorant or just malicious*

*Claim the murder of your unborn
Will be quick, painless and hassle-free
As if your baby is no more than debris
To all you 'pro-choicers' out there
I am sending up a prayer
That your evil industry
Will disappear into thin air
I will spend my life raising awareness
Of Post Abortion Grief
My way of atoning
My sins beyond belief
Women deserve to know
The implications of their choice
So many of us are suffering
So many without a voice
I fail to understand
Why society perpetuates the myth
That abortion is a 'right'
For which so many people fight
Is it money-driven?
It's an industry of shame
Do they actually believe?
That's it's not murder by a different name?
They dismember the baby
And suck it out the womb
Incinerate the poor little soul
Who was once perfect and whole
Speaking from experience
The murders of my four children
The pain, the grief, is unimaginable
The reality is chilling
It took me 14 years to acknowledge my little ones
I've named them and I honour them
Two daughters and two son
I did not know I was 'allowed'
To think of them in this way
That the soul destroying grief I felt
Was normal, and oh how my heart did melt
When I claimed my Angel Babies
Stevie, Laura, Elsie and John*

*I love you and I pray
For your forgiveness
Everyday.*

Tricked Into torture

*I was tricked into torture
Told it was routine
Four precious innocents killed
No crueller way to demean
The torture starts the minute
You give up and submit
Then comes knowing life is inside you
But you've agreed to go through with it
My life ended in '99, with the first of my four murders
Once you've crossed that line just once
It's easier to be swayed other times*

*Abortion leaves you feeling
As empty as a bottomless pit
Nothing, it feels, is ever the same
You live with a disturbing shame
The person who you thought you
were
Has packed up and gone
You don't know which way to
look or turn
How could I be this wrong?
I was led to believe I would feel
no pain
Physically, they meant
14 solid years have past
My pain is as heavy as cement*



*Like waves crashing on the shore
To my darling Angel Babies
It is hard to know what to say*

*I have been told that you love me
And pray for me each day
How could you love me?
And wish me all the best?
It just shows how close to God you are
And that puts my mind at rest*

Away He Went

*My grief is a vine, strangling my heart
Locked in an inaccessible vault
I can't feel it directly, it's so repressed
But I know that it's there, never been addressed*

*It comes out overtly, I'm clinically
depressed
Who planted the seed, which grew
the vine?
The devil himself, when he took
what was mine
Four babies lost to abortion, dead
before their time
Oh, the devil grinned as I gave
consent
To have my children killed, I could
smell his scent
And he took my joy and away he
went.*

Close To God

*As I ponder my little daughter
A happy 10 month old
I think of the four I slaughtered
Never to grace this world
There are no words
Or any sentiment
That could bring any relief
To the damning shame I feel
Or the bone shattering grief
I feel alone without my babies
Four souls that were meant for me
To love unconditionally
Which I do from down here on Earth
For what it's worth
How can God still love me?
I do not love myself
I've sinned and sinned some more*

A quick anaesthesia?

*I did something obscene,
At the age of nineteen,
That was the beginning of my demise.
My heart wrecked with decay,
It haunts me each day,
And it's really no surprise.
I was de-humanised,
Now I'm traumatised,
At the decision that I made.
Told, "It's a simple procedure",
"A quick anaesthesia",
It will be over and the memory will fade.
How wrong could they be?
It was my precious baby!
Nothing has ever been the same since.
Now my tally is four,
I'm numb to the core,
Four babies out of my womb.*

*The only thing that keeps me going,
Is the steadfast knowing?
That they are safe in God's arms.
Dear Lord, hear my prayer,
Please look after them with care,
I will see you all again someday.*

Same Sex “Marriage”

Dear friends we are in the middle of a monumental societal challenge. A challenge for a change which was never envisaged as possible or even contemplated as a possibility. Since time immemorial marriage has always been marriage and it has always been between a man and a woman. It has not been thought, discussed or considered otherwise. Marriage has always been between a male and a female.

Because a male and a female have been designed to fit together. It has nothing to do with equality, or love, or desire but they fit together. In the union of man and woman they fit together and together they bring something to each other which can create a new human being. Together they have a possibility to create. There has always been an attraction towards each other the masculine and the feminine.

The global push for same sex “marriage” is a new phenomenon. That is, a phenomenon of the late 20th century into the 21st century. Whilst homosexuality has always existed, the demand for its acceptance as a normal practice is a new demand. What has led to this demand? What has changed in cultural norms which would openly not call for but demand so radical a change? I would suggest that society has reached this stage because fertility and children became fluid, became negotiable. Became so ho hum and unimportant, even sterile. Indeed for those for whom fertility should have been important it was considered negotiable and so for those who could not have such pearl of great price (fertility) legitimization of the intimate act seemed reasonable. And so the demand became louder and louder and what once was whispered about (like abortion) became hysterically loud.

Dear friends I don't usually get involved in other issues other than post abortion issues because there are others who do a fabulous work of the issues but it pains me to see the slow breakdown in society. I have lived long enough to remember a time when family was family and it was understood as family. I remember when abortion was only spoken about in whispers, homosexuality was not even spoken about. Suicide was not spoken about. Families remained silent and prayed around these

issues. What has happened? What has changed societal mores so much that what was once hidden is now flaunted and demanded. What was once shame filled is now law?

I would also say that the introduction of contraception into marriage, the making of marriage and conception a human negotiable property. And when this occurred with the vagaries of the human person then anything became possible. In due course a pregnancy became a nuisance and so abortion became the answer.

When abortion became the answer for some cases then this opened the door to the slippery slope to open abortion.

Abortion simply means the rejection of children. Unwanted children. So if children are unwanted then sterile relationships (homosexuality) are deemed to have a right to exist. If contracepted sterile relationships are desired then other sterile relationships are or have a right to exist.

Once the demand for same sex unions have been heard and legalized the demand for children to be brought into the household will also be made. And this will be because the child/ren will be deemed as wanted children unlike those who have aborted and rejected their child these children will be seen as wanted.

Irrespective of possible psychological wounds and deficits to the child/children they will be brought into households with one gender parenting and as yet we do not know what the long term developmental effects will be. There is not enough research done to know what the effects will be long term on children brought up in SS households because of the imbalance in their own developmental processes because of the lack of male/female input. Or Mum/dad input.

There is in this moment in time a rage permeating society an anger both from the homosexual lobby and the non-homosexual lobby. There are threats by the homosexual lobby and threats carried out against freedoms and religious freedoms which indeed are of deep concern. Threats as we have seen recently with Archbishop Julian Porteous being threatened and had to answer charges of discrimination by Rodney Croome, homosexual marriage equality advocate, for standing up and defending the church's position on marriage between a man and woman to the exclusion of all other. And we are told that nothing would change? Loss of jobs and business. What about the rights of conscience of those who don't believe the same? It seems to me that there is a hidden agenda and much to be lost.

Permitting SSM was not supposed to change anything or affect anyone or anything except give those involved what everyone has, but it seems that those who do not agree are already being punished by being jailed for their beliefs (by refusing to serve the homosexual lobby) so there are after effects. What will happen if religious

priests and pastors and rabbis refuse to perform a marriage service for a SS couple will they be contravening law? Will redefining the marriage act mean that it will come to this?

What about those who in conscience do not want to serve same sex couples as has happened overseas will they lose their jobs and careers or be jailed. So in reality already we can see that there are after effects.

.Finally dear friends may I suggest that we pray that the Lord not leave us to our own devices but in His Mercy help all of us and in the meantime please contact your members of parliament and speak with them about your concerns on this matter. But always remember that we must act with love and respect towards those with SS attraction and know that indeed they do feel towards those they care for deeply. We must not belittle them. It is God's work to do the judging our work is to do the right thing.

Exclusion Zones

Recently in our state of Victoria a Bill has been introduced in our Parliament to enforce exclusion zones around abortion clinics. This Bill introduced by the Sex Party's Ms Fiona Patten (not surprising) seeks to remove from around the abortion clinic members of the Helpers of God's Precious Infants who pray daily and offer help to those entering the clinic if they wish to receive the help. Many babies have been saved because these people have been there through summer and winter and year round and offer a hand to those who may have just needed someone to walk with them through a difficult time in this crisis pregnancy. They have at times sent women to me and I have spoken to them and helped them to decide against abortion and I know that there are 20 little ones running around because of help I personally have given. One of the little ones is my very precious God son. So those helped are very real.

Imagine the wickedness which would try and prevent peaceful offers of help or presence outside this house of death.

You know the thing that has amazed me most of all through this is the lies that have been told about the "protestors" or as we know them the Helpers. The media play right into the hands and do the bidding of the abortion clinic. Why? Why is it important for the media to be so biased?

Even in news services why speak about "protestors" in the negative tone who "have been there for 20 years" the reporters imply that they harass and call out "vile" names to those going into the clinic.

On the day that the Bill was introduced the Lord Mayor Mr Doyle was on radio and was asked about the group and he called the "helpers" "vile" 7 times in the space of 2 minutes. I was driving and unable to do much but I am of the opinion that he should be visited and his opinion clarified about what is and who is and is not "vile." I felt deeply wounded as he called these holy people "vile" and I really understood how friends of Jesus must have felt.

Conference

On Saturday September 12th I had the great pleasure of delivering a workshop at the Rydges Hotel here in Melbourne for the Australian Counselling Association in conjunction with Counsellors Victoria (I am a member of both bodies). It was to be a 90 minute workshop but it went on for nearly two hours and no one walked out. Yeah!!!! It was on Post Abortion Grief. A Disenfranchised Grief.

There were about half a dozen concurrent workshops occurring and mine had about 25 people attending. It was so interactive. It was really good. In fact I didn't even finish the slide presentation because there were so many questions and discussion.

As a result several practising counsellors would like to speak with me and meet up to discuss learning and seeing if the Lord (they are Christian) is calling them to this kind of work. I took in some photo copied materials and literature on studies and it all went instantly. 20 booklets on the abortion the abortion and breast cancer link went which instantly. My own booklet *A Time to Recover* did a whoosh and disappeared. I also took in 10 copies of my book *Redeeming Grief* (abortion and its Pain) and 10 copies of *Hidden Pain* (sexual Abuse) and they both sold before the talk in fact I have orders for the sexual abuse book to post out. So I am amazed I was not expecting anything so positive. Thank you to all who prayed for me.

Many people came to speak with me after the conference and one particular counsellor wanted to consult with me re one of her clients. I felt honoured. I am seeing two counsellors this coming week in my office to share with them work what to look for in abortive clients and not to be afraid of the work. I had been so afraid of this conference because it was a secular conference but the attendees were genuinely interested in the welfare of their clients and what to do best for them. We even spoke about rituals and I shared about the rituals I do and those that they might do for their clients. Amazing! I came away with the thought "God is really good."

Letters

Dear Anne

This is the first time I have written to you thank you for your bulletin I enjoy it so much. When I receive it I make a cup of coffee and toast and sit down and read it immediately. It's my ritual. I have done this for the last 12 years since I first heard about you and started receiving it. I want to thank you and I enclose a small donation to help you with your work and I want to say I was so much touched by Anne Marie's story. I could feel her stress so much I wish she had met you before she had her abortion I'm sure you would have helped her and she would not have had to go through what she went through.

God Bless you dear

*Karen J.
North Ryde*

Dear Anne,

Thank you for your latest Broken Branches, excellent as usual. It was so heart breaking to read about the selling of the foetal body parts. What has the world come to that we not only kill babies in the womb but sell their limbs and parts? What kind of society have we built?

Anne I was so moved to read Annemarie's story and I am so glad that you have been able to help her. I enclose a small donation to help you to keep going.

*Mrs Gloria K.
Vic*

Dear Anne,

Your latest newsletter really is excellent and you are such a surprising person you bring such news with every issue. It was so nice reading His Eminence Cardinal Pell's endorsement of your book. You do have and know people in high places don't you? With such recommendation could you please post me a copy of your book when you have some time? I

enclose some funds for donation and to cover the cost of the book. With much appreciation.

Please make this Anon.

Dear Anne,

Thank you for the copy of your book Hidden Pain I will read it and let you know what I think. Much appreciated.

*God Bless
Cynthia*

Dear Anne,

Thank you for your latest BB I so much enjoy reading it. I have a ritual. When it comes I make a cuppa, sit down and read it from cover to cover. I enjoy very much the letters page and I am getting to know some of the names. God bless you dear, you do a marvellous work.

*Connie L.
Vic.*

Ps.....Anne Marie's letter brought me to tears. I kept reading and reading it.

Dear Anne,

Anne Marie's letter should be in every secondary girls college and it should be read by the girls. It should be mandatory reading.

*Carole T.
Glen Waverley....*

The Pope's Words on the Year of Mercy:

Many letters and phone calls and emails have come my way as a result of the reported comments of the Holy Father Pope Francis making comment that during the year of Mercy beginning December 8th, 2015- closing with Jubilee 20th November 2016. all priests will be given special dispensation to forgive the sin of abortion.

Having heard this reported, people who had abortions in the past are now unsure if their absolution is valid or if their sin is still heavy on their soul.

I must admit that when I heard this I shook with horror. Something was not right because this issue was done and dusted with *Evangelium Vitae 1996 and St John Paul II* We have also known that priests have had the faculty to forgive and absolve the sin of abortion since the early 1980s this applies to women who have an abortion/s. However, it's the canonical crime of abortion, or the doctors or providers of the abortion who would incur automatic excommunication and require a bishop's intervention. These in the year of Mercy the priests may also forgive the sin of abortion.

Vatican Press Office has agreed that, under current church law an abortion may be absolved as would any other serious sin. So to my dear friends who have been distressed all is good. The Holy Father would not do or say anything that would harm or hurt someone who is already hurting. To those who have written to me or called, all is wonderful as it should be. And remember as it says in *Evangelium Vitae* "your baby is Living in the Lord" and at rest and one day you and I we will meet our children but for now we have lots of things to do, places to see and money to spend. ☺

Dear friends as I come to end of this newsletter I have a few notices: Please mark your calendar it's really important:

March for the Babies

Date October Saturday 10th 2015 1pm at Treasury Gardens, Melbourne. Meet at the corner of Spring Street and Wellington Pde.

Show your support by wearing pink and or blue This is the 7th annual march for the babies a peaceful rally to defend the rights of the unborn babies and their mums.

RIP FR PAUL CAMPBELL OFM dear friend. I will miss his gentle notes to and his encouragement to keep going

Dear Friends, I am still trying to sell Hidden Pain. I am still holding 750 copies in my lounge room could I please entice you to purchase a copy? It has been said that it is very good by those who have read it. Indeed I think It's good. I know coz I wrote it! I would love to see my lounge room again. However, your support \$\$\$\$\$\$ for VOA would be gratefully appreciated. I continue to work really hard and hopefully I will spread the work and the word in the coming times. Till we meet again Keep well and bless you.

Thank you to anonymous donor (through Chris B) 3 books given to worthy recipients.

Thank to Verna have posted 3 Books to schools as requested.

Thank you Pauline

Thank you Maureen

Thank you Bridget (Vic)

Thank you Fr. Brendan

Thank you Cathy H.

Thank you Sr. Marie Bourke

Thank you Frances M. (NW)

Thank you Fr Anthony

Thank you Christopher

Thank you to my two Sister Elizabeths for your kind words of encouragement and prayers.

Please continue to pray for me and those in my care, Lisa, Frances, Anne, Lucy, Kerri, Cameron, Yvonne, Mel, Diamante, Anna, Marlene, Sandra, Annemarie, Claire, Elizabeth, Janna, (lots) Christine, (lots) John,(lots)



Anne Lastman

© Copyright Anne Lastman, VOA, 2015. No part of this publication may be reproduced without permission.

Broken Branches – By email!

Dear Friends,

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



REDEEMING GRIEF

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.

AUD **\$20.00**

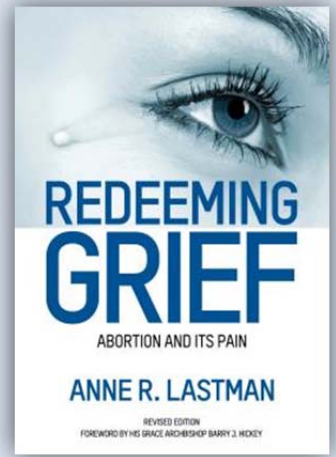
AVAILABLE FROM:

VICTIMS OF ABORTION

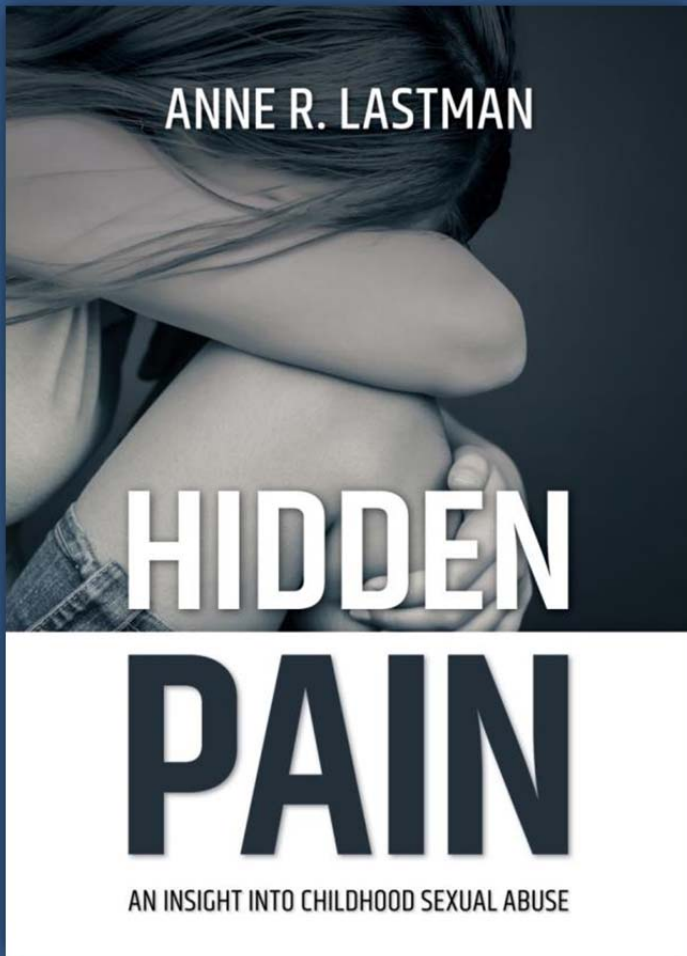
(Including free postage within Australia if using the form below) or

FREEDOM PUBLISHING

(Check with Freedom for pricing/availability)



NEW BOOK – HIDDEN PAIN



HIDDEN PAIN is written about memories which are hidden and cannot be spoken out loud. It is a book about shame, pain, sorrow and lives which have gone wrong both for victims, families, and perpetrators. Sexual abuse of children is common in all communities, in all societies, and yet it's still one of the last remaining taboos. It is something which cannot be spoken about because it's so awful, so inappropriate that it cannot be discussed. Yet discussed it must be, because the children are crying and pleading to be helped.

This is not a step by step guide to dealing with abuse. It is the result of my engagement with those who have come to me originally for post abortion counselling and on further investigation it was found that abuse (especially in cases of multiple abortions) existed in their history. It is my hope that *HIDDEN PAIN* can be of help to those who read it and more so be vigilant and not to turn away when a child is suffering.

AVAILABLE FROM

VICTIMS OF ABORTION

AUD **\$25.00**

Including free postage within Australia if using the form below.

Contact Anne via email for overseas orders.

anne@victimsofabortion.com.au

ALSO AVAILABLE FROM

FREEDOM PUBLISHING

35 Whitehorse Road, Balwyn, VIC, 3103, AUSTRALIA.

Phone: (03) 9816 0888

Fax: (03) 9816 0899

Web: www.freedompublishing.com.au

Email: orders@freedompublishing.com.au



To order your copies of **Hidden Pain** or **Redeeming Grief**, please complete the form (right) and send with Cash, Cheque (made out to Victims of Abortion) or Money Order to:

Victims of Abortion, National Office
PO Box 6094,
Vermont South, Vic, 3133, Australia.

Name _____

Postal Address _____

_____ P/C _____

Phone:(_____)_____

Number of copies of Hidden Pain @ \$25each: _____

Number of copies of Redeeming Grief @ \$20each: _____

Total Price: \$ _____ (Free postage within Australia)