

Broken Branches

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

Issue 108 – Dec/Jan 2016

Dear Friends,

And so we have reached the end of another year and like everyone else I say where did it go? But indeed it did go. And somehow it seems that they go faster and faster.

I have to share with you a story I recently read on one of the life newsfeeds I receive daily and I must admit I was left shaking my head, though it should not have surprised me. The story in the newsfeed said that “post abortive women who choose to tell their stories of regret publicly are “unreasonable” and “terribly unfair” this was spoken at National Abortion Federation Conference. Wow! How not surprised! First the comment and then the speaker and the venue.

As I thought about this I pondered about the reasons and of course the most obvious come to mind that those who openly grieve bring before the eyes of the abortion world the wrongness of abortion. They bring before the eyes of the world and especially the abortion and blood splattered society a reality that abortion cannot be carried out and passed as a minor surgical procedure as it has been attempted to be sold. It is not a minor medical procedure. It means to death of one's own child so it cannot be carried out and not leave a mark on the woman.

It has been suggested that those who have grieved have a weak personality, well studies over the last twenty years clearly show that all women who experience an abortion experience grief, sadness regret, sense of loss (Dr Anne Speckhard), 81% weep, 61% seriously contemplate suicide, 82% have deep longing for their lost baby, have flashbacks to the day of the abortion (a sign of PTSD).

Dear friends there are over 400 studies not just a few but over 400 studies which show abortion and mental health issues of women.

Pricilla Coleman's study (a very reputable study) found 81% higher risk of mental health problems of any type and overall the mental health issues of women 10% are due to abortion.

This researcher also found 110% increase in alcohol abuse.
220% increase in marijuana use and abuse
155% increase suicide ideation/attempts

Why?

Because abortion has written within it many factors. The intentional factor, the guilt and shame factor, the isolationist factor. Just these three factors alone are very damaging because they cause a depression and self-harm and possible long term self-harm. These three factors point to self-accusation. Not to other accusation.

Again why? Because abortion, still has no social support even though it is spoken about, demanded, legal, and a procedure which the feminist movement has long fought for its free availability to all women on demand.

For all of this, abortion still has the “whisper” factor about it because it is still a social taboo. There is still guilt, shame, experience by all women who go for an abortion, irrespective of those who speak of happy abortion stories which are temporary relief stories-temporary relief from present difficulties but the abortion is permanent and when this is realised a new reality is experienced.

Where relief and euphoria is experienced as a result of the abortion this is usually because it resolved an immediate problem (I won't lose my job. My husband won't leave me etc.). However, in her inner being, a dissonance begins and where it was because a husband or partner did not support her and their baby and urged the abortion a barrier begins to be formed and it does not bode well for the future.

Further, as pain begins to be felt, the woman begins to withdraw into herself and suffers alone. To continue to self-punish she engages in abusive relationships or stays in them because she believes that this is what she deserves. She deserves no better than this and so self-esteem continually diminishes as her self-degrading behaviour continues.

For most women regret, sorrow, guilt, is experienced because for them abortion has meant the death of their baby. In the quietness of their alone time, in their inner being, that decision has not been empowering or positive or has had any good result that decision has meant the death of their baby and pain for her.

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

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No matter what others have said, what Planned Parenthood, abortion conferences and abortion doctors wish to put out as information to make themselves feel good, abortion is not empowering for anyone, woman, man, society of baby. Abortion means the killing of another human being and human beings have not been designed to kill other human beings irrespective of size.

Today we live in a violent society and underpinning the very obvious violence such war, drugs, murder, terrorism, we have the silent daily violence of abortion. The shredding of human beings at various stages of development. The effect of which is not supposed to leave a mark on those experiencing this but it very much does.

Abortion, like all other kinds of violent murder depletes the spirit of individuals involved and the society and in which this occurs and to the extent which this occurs infects with negativity the surrounds of all of creation.

China's 2 child policy

Dear Friends some news reached our screens recently which on first glance really looks wonderful. China has lifted its one child limit to two children. China will now begin a new policy allowing a couple two children per family but I wonder if it is too late!

Several generations have grown up being indoctrinated with the mantra of one child and with the fear of consequences to follow if more than one child is conceived.

Indeed in a Chinese Study by Huang, Z et al (2012) *The impact of prior abortion on anxiety and depression symptoms during next or subsequent pregnancy*. This study clearly shows that even having a "permitted" child after having a forced abortion/s has detrimental effects. So for the several past generations of women who have been forced into abortions either early or even late term or infanticide, the idea of now having a second child could very much arouse fear anxiety.

Whilst the new policy on the surface is good and we are grateful for this much still is unbalanced under this regime.

There is much needed to change and much time before a rebalancing of nature can be achieved.

At the present time there is an imbalance with millions of "illegal" children born to parents who struggle to maintain them.

Who cannot receive an education because they are not supposed to have been born. Who cannot receive health care because they are not supposed to have been born. There are more males than females and an imbalance for marriage purposes and lonely older men and women. This because the government decided in its flawed wisdom to tamper with nature. Has it (government) achieved its purpose and controlled population? Yes. At what expense?

More males because the males support parents and grandparents and not enough female children to be spouses for the male children who have been wanted. Imagine over 35 million more males than females and surely this will lead to other gender and sexuality issues.

When we tamper with nature we end up with deep regret.

Let's pray for China and its babies.

Exclusion Zone

Dear Friends,

As I sit and write this today I do so with a really heavy heart. The Safe Access Bill was passed first in the Lower House of parliament by 69/13 and second in the Upper House of the Victorian Parliament early in the am of night or 27th November it sailed comfortably through with only one politician having changed sides after hearing the debates. A great sadness is that the Minister who pushed it through is a supposed Catholic and an ex "Avila girl."

The law was passed by the Legislative Council after many hours of heroic and vigorous debate by eight members of Parliament including Mr Bernie Finn and Ms Inga Peulich, Mr Richard Della Riva, Dr Rachel Carling- Jenkins, Mr Gordon Rich Phillips, Mr Jeff Bourman, Mr Daniel Young, Mr James Purcell.

For those who may be interested and have computers this may be found here:

<http://www.parliament.vic.gov.au/hansard/daily-hansard/2413-council-2015>

We need to thank the heroic work of these eight politicians who opposed the Bill but finally by 4.30 am it was passed.

What does this mean for pro-lifers? It can mean many things. It can mean civil disobedience. It can mean giving up and going home. It can mean praying in quiet of church or home out of vision. It can mean many things.

But for me the thing that hurts most of all is the removal of the capacity to be present at the death facility by the Helpers, not so much for the children they might have helped to save, or even the women they might have saved from the ravages of post abortion pain, but being present when the babies who

had been destined to die do not die alone. That is one of the most painful thoughts of a post abortive woman. Even more than the abortion itself, that the baby died alone. With no one to accompany it while he/she died.

We would never allow someone we cared about to die alone yet every aborted child is condemned to die alone because the parents mother/father/grandparents/siblings cannot be present (the mother is sedated), the father is outside usually smoking, the abortionist is not present. The abortion assistant (nurses) are not present, they are distant, there is no one to stand with

them while they pass away, and when a woman realises this, it causes great anguish of heart. As a post abortive woman the greatest gift I saw the Helpers give was their presence at the place of dying of the child. They were there. All those children who died were prayed into heaven, they didn't die alone, and their parents were prayed for.

What a great tragedy that Ms Patten and those who have now stopped such a charism have not thought this through. Have stopped such a gift for the dying. But then if they had thought this through they would have accorded a humanity to the child and this would have meant that a "baby" had been killed and not "blob of flesh" or a "piece of tissue." You see when something like this is disposed there is no need to wait for their passing, it is simply disposed as medical waste, as those within the facility have convinced themselves.

Why is such a law necessary in relation to abortion?

Because deep down we as a society know what is going on in such a facility. We know that behind such doors there is human slaughter going on. There is an abandonment of little

human beings. And above all we know it's wrong. Very wrong. And to assuage such guilt we pass laws thinking that if there is a law and legal then if something is legal then it must be good. It really can't be that bad.

In every human heart and mind there is a knowledge that a "baby" is a "baby" and always is a "baby" and it cannot ever be anything else. When we see an ultrasound image even at the youngest gestation we can make out a "baby" because we can see "one of us" we can see one we want to see. So we as human beings know that the industry that is carried on in an abortion facility is an industry of baby killing and with shame we pretend we don't see it. Indeed we do not want to see it. We turn our faces away and better still if we (like politicians) can convince the public that we have done something good for them, then the guilt perhaps won't be so bad.

What is behind the abortion law of 2008 and 2015? Shame, guilt, and desire by those who have a hatred for women. Not

a care or compassion for women as those who believe that now women can go and access "what is a legal medical procedure" but a despising of their sisters.

Woman has always known that her charism is tied to her infant. Deep down she is linked to her child's welfare and whilst she acquiesces to an abortion she always knows her baby died. And her ensuing grief is Redeeming. Her grief is important. Indeed as Scripture says in disbelief "Can a Mother forget her baby?" (Is: 49:15) The answer is No because unless there is a pathology a woman (mother) cannot forget her baby

because she is hardwired to be linked to her child eternally.

How did we get here? How did we get to a situation where women have pushed for laws to kill babies with impunity?

I don't know what the answer is but satan seems to be having his way in all anti-life matters. It seems society is unravelling, beginning with the very young and continuing through all ages and in all manner of violence. Drugs terrorism, street violence, domestic, wars, and underpinning all of this the persistent slaughter of innocents by the millions and I suppose we need to ask why?

What has changed so much in our society that has left us all very vulnerable and marked for persecution? What is missing or changed from our life which has opened the doorway for such terrible changes to become possible in less than one generation.

In my own generation, in less than 20 years we have gone from abortion being crime though not enacted to suddenly abortion being a "right" and a demand for infanticide (late



term abortions) being a “right” and a demand and this in a so called civilized society. Yes this in less than 20 years. Again what changed in this time frame?

My only thought about this is a loss of the sense of God. We have thrown God away. On our own this is the mess we create.

In an article in our daily paper the *Herald Sun* dated November 28th “*Abortion Safety Net*” the journalist reported in a language which clearly showed much bias. “Protestors” “banned” “picketing” “protesting” quotes like “the establishment of safe zones will ensure women can safely and confidently access abortion services without being subject to verbal and psychological abuse” (said Ms Patten) This is Ms Fiona Patten of the Sex Party.

And this same madam was delighted that she was able to bring to pass one of the promises made by her political party in the first twelve months since her election. Perhaps anyone on my newsletter list might remember this and her name at the next election and ensure and she is not returned to office and we might do the same with all the others who voted for the bill. Remember we get the politicians we vote in. We can have good honourable life affirming politicians or we can have the ones we have now.

Ms Fiona Patten continued using almost the same words as the late Joan Kirner used when 2008 abortion law reforms were passed “It has been a long journey” I remember Joan Kirner and several other females including Maxine Morand drinking champagne and using those same words when abortion to full term was decriminalised and with this buffer zone it seems that another part of jigsaw is complete. I am waiting for demand for legalisation of infanticide to complete the diabolical trilogy.

How interesting that Ms Patten said that this state of Victoria is now recognised as progressive because most of the government and members of parliament supported the bill and only a few opposed it.

And finally in the words of this dear madam who wants to stand up for women in this state and believes that this new bill will end the “vile” behaviour of these “protestors” now wants every state to adopt the same legislation.

How violent these “protestors” must be holding their rosary beads and praying the rosary. How violent these “protestors” must be offering to take care of the difficulties aborting women have for them to be going into an abortion facility. Yes and occasionally they might even sing a psalm that’s very very violent.

I have also been mesmerised by the words used “women have a right to access a legal medical procedure.” Indeed abortion is a legal medical procedure, just like removal of tonsillitis. However, it in this instance it’s not tonsils but another fully created human person. A totally different human being conceived with its own life and its own destiny. And not a by-product.

How sad that today we have a parliament filled with non-entities who have been voted into this position by people who haven’t thought well and about consequences.

I remember many years ago at a conference in Rome hearing an Fr Woodhall say “all those not yet born hope that we will defend them. We have to develop our potentialities as children of God.” Today I need to try hard to remember this.

And I also remember with fear and regret the words of Katherine Sinnott, Member of European Parliament (Ireland) some words of great wisdom “in exchange for solving our problems we give away our freedom” This I fear we have done here in Victoria Australia.

The year that was

We have, dear and precious friends, have come to that time of year again. It seems that time speeds up more and more every year. I don’t know if its time speeding up but it only seems like last Christmas was only recently and we went to Perth. This year we are not going.

I hope to have about 3 weeks off completely and have just time out from all work. Just “veg” out as my children would say. I don’t want to hear one word about abortion, Bills, buffer zones. Just be.

My hope is that a complete break will help the health issues also.

As I looked through the diary in this past year I written newsletters, counselled, taken on many new clients, have seen many one-time clients, have attended conferences for my own learning and have attended conferences where I delivered talks and workshops both in Australia and two overseas. The overseas conferences were very short where I flew in delivered and flew out because I had much work at home. I keep promising myself that one day I will go to a conference overseas and take two weeks off and actually see and enjoy the place.

I have given many local talks to groups, women’s groups and several life groups, I have much enjoyed these (thank you.) I have been interstate four times for meetings. Thank you for invitation. I have met a new young woman and helped her save her little one (yeah love this-baby safe).

Have completed three girls, two which wanted plaques done and we went and saw them and then finished with a goodbye lunch together. The third one didn’t want a plaque wants to do something “personal” but we still went and had lunch together and it was beautiful to see her smile and be happy.

I was able to do 2 radio interviews and two TV interviews both in relation to my new book *Hidden Pain. An Insight into Childhood Sexual Abuse* We had the book launch for this same book both here in Melbourne and in Perth. I had hoped to do another in Sydney but haven’t had time. Perhaps next year.

I did a few book signings I like these because people show an interest and share their stories. It seems that sexual abuse of children is endemic but as a subject must remain taboo. It is so deeply embedded in society and yet so feared to be discussed and brought to the surface. I hope to do more work in this area in New Year.

As part of “life” groups I have attended many meetings and hope have I contributed to them. I am proud of the fact that I am slowly introducing post abortion grief to professional mental health world of counselling and that it is being slowly taken on board. I have so much wanted for this to happen. I hope that next year much more of this will happen.

As I have said in past and have spoken to counsellors the first port of call of someone who is depressed is not usually a “post abortion grief counsellor” because the patient may not even know that they are grieving as a result of their past abortion, but if counsellors, psychologists, mental health professionals are aware of the ramifications of abortion then they may be able to discuss with their clients and see if this is part of their clients history especially where clients who are persistently showing complicated grief symptoms may be suffering from abortion grief issues without being aware that this is the cause of the depressions.

It is my hope that next year I may be able to reach more and more counsellors and as they pick up the baton of abortion grief I would like to raise awareness of childhood abuse and make that known as a life issue. Because it is very much a life issue. Childhood abuse destroys life just as much as abortion in as cruel methods as the abortionist uses. So if the Lord permits I would like to do some work in that area in the coming year.

Speaking About abortion and counselling I received this from “Anne Marie” (not her real name-she wrote a letter for me in a recent newsletter). The abortion facilities “pride” themselves in “counselling” women before their abortions.

Please listen to this and hear for yourself. In “Anne Marie’s own words

“ I recently spent the morning cleaning out my bedroom and in the bedside cupboard I came across some paperwork from the Marie Stopes Clinic. You see, on February 9th, this year, I had an abortion. Something I deeply deeply regret. I had a quick look at these papers and read that I had agreed to a “termination” (as they call it) after receiving counselling. What counselling? I didn’t receive counselling. I was asked a question “do you agree to a termination. Unless you sign here, we can’t proceed.”

These clinics are master manipulators that manipulate women when they are filled with fear.

I quickly threw these papers out as the look of them repulsed me. I am now in my ninth month of counselling with Anne and with her I have received genuine caring counselling.

Thank you Anne Marie. There was a bit more personal stuff but have left that out. But “Anne Marie” like others did not receive counselling at the abortion facility. I have not heard one client over the many years, say that she received non directional counselling or optional counselling in one of these abortuaries. Whatever “counselling” was offered or pressured was always inclined towards abortion for what was supposed to be for her own benefit or the benefit of her partner or others.

So that “Anne Marie” said that she did not receive any counselling is not surprising, I have yet to hear of one person to say that she has received genuine counselling before the procedure.

The Dignity of This Work

Dear friends, we know that at the core of all grief is to hold the life story of the other in existence and in life.

To this end creating a healing journey for the client so that at the end of the journey a new person emerges, not forgetting...never forgetting but remembering with love and pride and honour and holding strongly and permanently the life story of the other.

This occurs when the dignity of the human being is acknowledged in its totality from the moment of its conception to natural death. Somehow society seems to have forgotten this. The conception has created and brought into being a new icon of God and written in this icon is seen “dignity” which God has conferred.

There has been a loss of knowledge of the dignity conferred by God on to each Human being because of the humans’ relationship to Him. (Rms 1:21: Gn 1:27). Man is capable of beautiful love, said St John Paul II, because he is a created in the image and likeness of God and he placed Himself in the care of one who knew love. A return to the understanding of how God desired life must needs be the new call to woman which must speak again to her feminine genius and speak to her of her precious vocation which is not to be used and abused and discarded and the infant of her body also discarded, but she is to hear her true story and experience her true romance which is that she is the one created for life” “mother of all living.” “Mother” the word meaning nurturer, carer, heart beat donor.

The new call to woman must be aimed at speaking a truth which has been lost. It must needs speak of life because it now serves the culture of death. It must speak again loudly of holiness and speak this word to “Woman” so that “child” might live.

Larger Font

Dear friends as I come towards the end of this newsletter just some housekeeping notes. I have been asked by a few of my older readers could I please when possible use bigger type (fonts) because of difficulty in reading so just to help my dear

Letters

Dear Anne,

Hi Anne, I hope you are battling along without much effort. The poems in your last newsletter really touched my heart.

I am halfway through reading *Hidden Pain*. It's helped me accept that people who have experienced trauma keep repeating and helped me to understand a friend of mine.

Last night I dreamt of you. You keep sitting at my desk when I moved away from it I ended up complaining. Then I woke up.

Enclosed a couple of my poems. Hope you are able to go to Perth again this year to be with your family.

God Bless you and your family this Christmas. Take care
With love and prayer

Mary. Brunswick Vic

Dear Mary thank you for your kind donation and sorry that I disturb your sleep. No we won't be going to Perth this year. Maybe next year.

Dear Anne,

Thank you very much for your last issue of the newsletter the poetry of Mika Burge is so beautiful it touches the core of the heart.

This poet touches the heart strings and tugs at them with her words. She truly understands pain of loss of her babies. God bless you dear Mika.

Thank you Anne for bringing these precious words.

Sandra K.

Bentleigh Vic

Dear Anne,

After many years I have received your bulletin and for the first time I wish to put pen to paper and say how much I love and appreciate what you write and especially what you do. I am one of your silent admirers and have followed you quietly. Please dear Anne, continue what you do and God bless you dear.

I enclose a small donation to help with your expenses.

Blessings and a blessed Christmas to you and yours

Sarah B.

Preston Vic...

Dear Anne,

I would like to congratulate you on your newsletter I look forward to receiving it and reading it from cover to cover. It is amazing how you manage to bring new information with each issue and you make it so readable. It seems like you are talking just to me.

In your last issue you spoke about the Exclusion Zones and the Helpers of God's Precious Infants being stopped from being able to offer help to anyone who might want it. What kind of politicians have we got that would do this? Not to be able to offer help to someone that might want it? And who does this help? The women or the abortionists? How sad that in Victoria the so called the "World's most liveable city" there seems that there will be a law that forbids people from peaceful praying. This in a most liveable city. I shake my head at what is happening in Victoria.

I enclose a donation so that you might be able to continue your good work

God bless

Mrs. Anne K.
Chelsea

friends I have used a larger font for this issue. Please let me know if this is OK. Especially those who have asked for larger print.

Postage

Dear friends, please let me know if you are changing address or if you do not want to receive newsletter anymore. Please advise any change of address. At the moment I receive about 5-10 RTS newsletters which means wasted stamps etc. So if changing address and still want newsletter I'm really happy to send or if you do not want to receive further just let me know. Thank you.

I would really appreciate your assistance with this because from January onwards the postage is going to increase to \$1 each within Australia. I am really happy to send newsletter so please don't think I am not but if you can receive it by email or especially if you don't want it or change address just please let me know.

I would also appreciate your help in spreading the newsletter further and getting new subscribers. This usually helps. Let's see if we can increase subscriptions and supporters for me.

Appeal Letter

Dear friends,

In this issue I enclose my annual appeal for help. I only do one appeal per year because I know you have many calls on your generosity, so I try and manage. However, I really do hope that you can really help. In the past I had someone who I could turn to in case of emergency but that person stopped 15 months ago so it has been difficult since. I leave the matter of \$\$\$\$ in your care. The Arnott's biscuit tin is rattling with coins that's where we are at.

As I come to end of this end of newsletter please keep me in prayer together with my girls. This past year I've continued

With my cancer treatments and ongoing tests and epilepsy tests treatments etc. Apart from Lymphedema I'm going OK. But I really do need prayers mainly because I'm tired now.

Please also pray for my ongoing people Frances, Lucy, Kerri, Cameron. Yvonne, Rhonda, Joanne (new) Mel, Diamante, Anna, Marlene, Sandra, Annemarie, Clare, Elizabeth, Janna (lots) Christine) John (lots) Gina (new) Sandy (new) Joanne (new) Nadine (new)

I wish for you dear friends a happy and Holy Christmas filled with happiness and family and friends and lots of presents and laughter and let's pray for one another. Let's pray that the coming year will be different than this past year. Will bring new graces so that we can be better equipped to handle life's curly balls.

Please be safe, and be happy till we meet again,
God Bless



Anne Lastman

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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.



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**

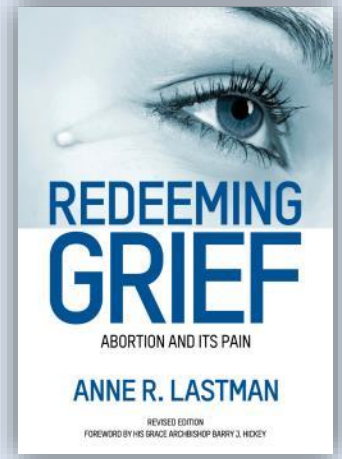
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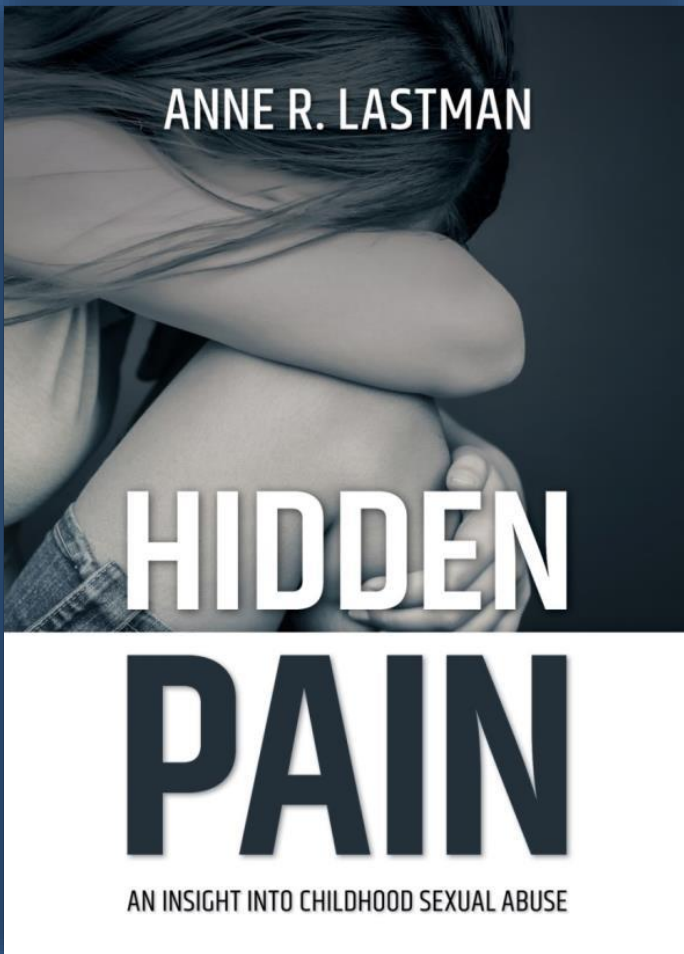
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NEW BOOK – HIDDEN PAIN



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.

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