

Broken Branches

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

Issue 110 – Apr/May 2016

Dear friends as I was scrolling through internet I came across this quote from one of our former Prime Ministers which fits perfectly with an article written by one of my “girls” herewith quote and following will be the article;

“It is a most primal and sacred bond there is-the bond between a mother and her child” these words from our former Prime Minister Ms Julia uttered in Gillard, in 2013. And further the words of another Prime Minister Mr Tony Abbott, “There is no stronger bond between mother and her baby”

These two eminent persons recognised that embedded within the psyche of woman is written a pledge of loyalty and bond between herself and her child unlike any other in existence. A bond which if disturbed causes such a disequilibrium as to cause anguish and even a pain so deep as to wish a desire to end it all. Miscarriage, stillbirth, death of an infant causes the mother an ache so deep that will render her frozen in that time. She cannot comprehend such a thing as “death” of her child who has been whole and now is not. It cannot be.

For an abortive woman the intentional factor plays a bigger role in her suffering because it is this factor which she believes has ultimately led to the death of her baby. Her intent. After the abortion all else, all coercion, all reasoning is forgotten and what is remembered is her role, albeit at times very small, which is then magnified, and this plays heavily on her heart and mind. So much so that it can lead to her own desire for self-destruction. Her desire to want to go and join her child.

ABORTION & SUICIDE

In My View by Bec Clark (not her real name)

I am a recovering post abortive mother. Not a

professional, but a living example. I have had four (4) abortions in my time and have experienced subsequent severe mental health issues. I have been in locked ward facilities in psychiatric hospitals under the mental health Act. I have been labelled as being psychotic, manic, depressed, anxious, and delusional and many many more things.

Before my first abortion at age 18 and half I had suffered depression, but mildly. Within hours of waking up in that abortion clinic, anxiety had set in to the max. Within weeks I was so clinically depressed I wasn't talking, eating, or sleeping hardly at all. Within six months I had attempted suicide three times in the space of three weeks and was hospitalised. I was put on one of the strongest anti-psychotic medications ever made and underwent 7 treatments of ECT Electro Convulsive Therapy treatments. That friends, was only the very beginning of a very long journey.

It occurred to me many years later that I had crossed that line with my first abortion.. Once you are on the other side of that line it is so easy to be swayed into further abortions. “I am a murderer anyway” “killed one, why not this one” “I'm going to hell anyway”

Progressing from there, I feel, in retrospect that killing myself was the ultimate solution to my constant pain. “I KILLED MY BABY THEREFORE I CHOOSE TO KILL MYSELF” “I will do God's work for Him” “An eye for an eye.”

But, attempting suicide puts you over yet another line you can't return from. Once you have faced death so intimately your mind never lets you forget. Something trivial may happen and your immediate thought is “may as well kill myself.” So intricately linked are abortion, mental illness and suicide in my life that I was coerced into my second abortion as I tried killing myself while I was pregnant but didn't know it. I had overdosed on pills and was told that the baby would be deformed. They also played the

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

www.victimsofabortion.com.au

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**

mental health card "IT will be taken away OFF you at birth"

So intimately linked in me are pregnancy and mental health that with each subsequent pregnancies (I have had five in total) I have become psychotic almost immediately. Twice I have been hospitalised for psychosis, only to find out that I was pregnant. With my youngest daughter I knew I was psychotic so I took a home pregnancy test and my gut instinct was correct.

I have attempted suicide over 10 times and I believe without the abortions in my story there would have been no attempts. Abortion is death. Suicide is death. Perhaps if we stop allowing abortion the suicide rate would also go down.

Submitting to the death of my own flesh and blood sets me up for suicidal ideation and attempts. It set me up because I had already been complicit in a death. I considered myself a murderer. My life had no meaning or value ("I have killed my baby") A violent act has taken place against my body-why not another one (suicide). Once done that will alleviate all my heartache and constant misery.

I was so traumatised by my abortions that I, in total, tried killing myself 10 plus times. But it's not just the attempts. It's the suicidal thoughts, ideas, thinking. The amount of times I have planned to kill myself, written the suicides notes, agonised over the details and then presented at psych wards to be admitted.

I have dreamt of suicide. I have longed for suicide attempts to work. I have woken up in intensive care angry as hell that I had been saved. Then comes the shame. Which is all pervasive.

"I am a piece of sh...t I can't even kill myself!" "I'm even useless at this. I can't even accomplish this..."

Having crossed that initial line (my first abortion)

having suffered severe pain and grief that I crossed yet another line, (first suicide attempt) I concluded that in my experience that my first experience of death lead to my next experience of death.

Abortion is strongly tied to my suicide ideation and attempts and sadly at times maybe even completed suicides. Looking back with a clearer perspective and having had much work with counselling and healing, I know that I was "longing for the release of death, yet yearning for the bounty of life"

Dear friends I have not edited or changed any of Bec's words - I have left her story as she gave it to me. I know it will be difficult to read but whenever I speak publicly the issue of abortion for mental health issues is always raised and I must admit people are not convinced when I try and explain that this is one of the highest risk factors. The one time when abortion should not be entertained or considered. This will exacerbate the mental health condition.

Mental health conditions are a deep crisis of meaning and adding a death of one's own child and asking someone with such a deep crisis to process such an event is asking too much of an already taxed spiritual and psychological being. Those imposing such a procedure believe that they are doing the best thing for the client in front of them but they haven't taken into account the very deep bond of a mother and her child written into her being, into her DNA, into her femininity, into her essence. Something that even her mental health condition cannot annul.

Bec is coming along really well but there is much work to be done but with her desire to be well I have great hope that the day will come when all will be well for her. Rebecca now mostly looks forward rather than backward this is important. This is the important step.

INFANT VIABILITY BILL

Many people are becoming aware of the disastrous effects that abortion has on women, and are working hard to offer alternatives to women facing crisis pregnancies. One such person is Victorian MP, Dr. Rachel Carling-Jenkins, who has introduced into Parliament an Infant Viability bill. If successful, this bill will ensure that no abortions occur in the state after 20 weeks' gestation, and that babies born after that time will be given all the medical help needed for them to survive. Medical facilities and abortion providers will be penalised under the new law, but mothers will not be criminalised.

The bill addresses some of the reasons why women decide to abort later on in their pregnancies and aims to provide support which will enable them to carry their babies to term. Around half of Victoria's late-term abortions are because of an unexpected foetal diagnosis, which means that babies who were very much wanted are not given the chance to live, even though that life may have been very short. Parents in this situation are often placed under an enormous amount of pressure by medical staff, when it would be much better for mother, father and baby to continue with the pregnancy and celebrate that new little life.

Nurturing and comforting a sick baby is very therapeutic for parents, and helps them heal more quickly from a baby's death than is the case after a termination. The Infant Viability bill aims to ensure that parents are given all the support they need to nurture their little one until its natural passing, so they are then able to grieve in a healthy way.

The remaining half of our state's late-term abortions are for reasons other than health-related ones, and the Infant Viability bill is an attempt to ensure that there is holistic help available to women in this category. If the bill is enacted, women beyond 20 weeks into their pregnancy who are experiencing distress will have access to practical and social assistance, as well as positive, professional counselling. Abortion will no longer be presented as the 'easy option' and mothers will have the opportunity to feel safe and confident in continuing with their pregnancies.

You can find out more about the Infant Viability bill on the website: <http://www.infantviability.org.au/>. There are lots of ways to help promote the bill and to educate people about Victoria's liberal abortion laws and about how damaging abortion is to men and women. This bill is a chance to bring hope into the lives of mothers, and to give life to our most vulnerable little ones.

Kathy Clubb.

Thank you Kathy for this, it has helped me a lot. For my readers there is still a second part to this campaign and this is the letter writing part which is so important. Please... and for this part of the campaign we have the months of April and May so please make use of them to write to your members of Parliament.



A courteous hand written letter (no emails please) one to Lower House Member and one to Five Upper House Members. Please, Please. Addresses are available at (www.parliament.vic.gov.au/find_electorate). Send the letters between April 1st and last mail May 20th.

In your letter please don't be too verbose but simply ask them to support the Infant Viability Bill 2015 introduced by Dr Rachel Carling-Jenkins MLC., which will help resolve issues which accompany the present abortion

law.

Issues such as late term abortion (viable infants which are being aborted. And those aborted and born alive and not assisted with even minimum of care).

Issues like abortion to full term that is 39-40 weeks gestation when a child would be born.

And issues which may help a woman decide in her best decision and her best interest and mental health care.

And conclude your letter with a polite request for a response to your letter and thanking them for their time and co-operation,

Yours sincerely,

Name

Address

Dear friends we have an opportunity to do something to help in this abortion horror. Please, those especially who live in Victoria get behind Dr Carling -

Jenkins and her Bill and let's see what we can do for the babies let's at least try hard. We have heard of late term infants who have been aborted and born alive and not assisted and left to die. Let's stop this insanity. Let's help infants who have a right to their own life to be born and be given into a household even if their own mother cannot have them at this time. But their life is precious and not to be discarded as some trash and valueless. Please get behind this important Bill.

NEWS ITEM, March 28th 2016.

In one of our daily papers *The Age* on page 8, was reported an article about the death of an unborn baby in a horror car crash during Easter Saturday in country Victoria. It detailed the collision and the horror details of the collision but embedded within this story were the details that a 31 year old pregnant woman who was 31 weeks pregnant and her "31 week foetus was pronounced dead. The death brings the states road toll to 78..." This was amazing!!! Because the foetus at 31 weeks was counted as a statistic in the road toll and the report went on to say that "foetuses over 20 weeks are counted towards the states road toll."

Now if this is the case, and "foetuses" who have been aborted and are 20 weeks and over, are they counted as violent deaths and given death certificates? And counted as statistics and amongst the number of deaths in a given year? If not why not? Why are the aborted babies, even the one post 20 weeks not recognised as children? Is it because they have not been wanted? Indeed we live in a warped society.

Is it possible that infants who are "wanted" are recognised as children and all legitimacy and dignity given to them as human beings but those who are unwanted have their humanity, dignity removed and possible for abortion because they are unwanted? Could we suppose that this is the thinking and behaviour of an unstable and very unhealthy society?

It is wonderful that we can recognize that the child who tragically died in the accident this past Easter weekend though still in the womb, and completely and totally and rightly recognised and it is how it should be. As should all infants be recognised from conception as human beings, but the reality is that personhood of the child in utero is not acknowledged and that is why it becomes so easy to abort. The Roe v Wade (USA 1973) Bill, the Menhennitt ruling in 1969 in Victoria the Levine Bill in NSW in 1971, the McGuire ruling in 1986 in Queensland and different

legal Bills around the world sought to legally remove the personhood from the infants in the womb and thus make abortion possible because if a child isn't a human being or "person" then it's possible to kill it without ramifications.

The draconian Victorian laws of 2008 where abortion to 24 weeks gestation are available on demand (infants are now viable as low as 20-22 weeks with expert care) and after 24 weeks with the agreement of two medical doctors. (Much can be read into this).

When did our society become so sterilised? So 1984ish? So heartless? How did we miss the change? Why did we as a society not scream loud when the changes were happening? Did we women hate our lives so much that we need to change them so desperately?

Because the change to our lives has meant that our view of ourselves and how we view our children our role as women and our role as "child bearers" has changed completely. Is it better today? Has what been accomplished much better? Does the death of 40,000,000 babies every year of our babies taken from our bodies make us feel better or has it made us feel unwell.

I read in a study in a study several years ago that 10% of all mental health problems of women are abortion related. Imagine 10% of all mental health problems and it's not even recognised as causing problems!

We know that there is a link between abortion and breast cancer and yet it's not even recognised and yet breast cancer goes on increasing exponentially in young and in post-menopausal women. Yet it's not recognised and Cancer councils would rather look at rats droppings or whatever rather than the politically incorrect "abortion."

Dear friends, abortion means death in the womb, we will never eliminate this scourge from existence. It has been with us since time immemorial. However, what it has not been is its legality. Its badge of honour.

Abortion has gathered around itself a cabal of women and wimpy males who will not even permit offers of help to be given to those going for abortions just in case it's possible to help them to save their child. Imagine not to be legally able to give help to someone in case immediate help is all they need.

It took a member of a minor party the "Sex Party" to bring to Parliament a Bill to prevent/exclude offers of help to be given to women in case they can be helped and members of parliament to pass the Bill and

enforce that Bill so it became law. Indeed I suspect that this infringes on my freedom of assembly somehow. I'm now not permitted to go anywhere near an abortion facility to offer help because I will end up arrested, but the "Sex Party" members can gather and protest anywhere they like so long as it's about sex. How come. Because it's not about Abortion.

But dear friends we have remained silent and slowly we have allowed this to happen. There should have been 20,000 proliferers marching and saying no we will not stay away from outside the abortion facility we are only praying for the dying babies they have a right to be prayed for even if their mothers cannot be stopped from going in the babies have a right to be prayed into heaven. Catholic and Christians always pray the dying into death.

Sadly only a handful of people, the same handful, were there and the sex party had it in the bag. The politicians who didn't hear from enough people knocking loudly on their doors, and saying no more, voted the Bill through and now the babies die alone without anyone there to be with them as they pass away.

I conclude this with: *Please make the letter writing to the members of parliament count. Make the Infant Viability Bill get through so overwhelmingly that the sex party won't know what hit them. Please. Let's get this through. Anne.*

PLAQUE FOR BABIES AT MY PARISH, ST LEONARDS, GLEN WAVERLEY, VICTORIA.



Dear Friends, I just want to share with you the above photo. I took it this past Easter week end and it fits beautifully with the theme in this newsletter. I want to say a huge thank you to my wonderful parish priest, Fr Brendan Dillon, a most marvellous

prolife priest who takes every opportunity to speak about life matters and especially about the abortion issue.

Our Parish has erected a beautiful memorial and wall and on the wall our parishioners place plaques with the names of their loved ones who have passed away and they want to be remembered. I asked Fr Brendan if it was OK to put a plaque for the babies who died in the womb. I had in mind in the parish but left that out. But put "died in the womb" in that way gentle way of saying miscarried and aborted infants.

My thinking has been that every time someone reads the plaque a baby who has died in the womb (miscarried/aborted) will be brought to mind and remembered and this long after we have all gone to meet the children. This is a permanent memorial.

It would be my greatest hope that we could see this in all parishes. Just a plaque with a simple message inside the Church wall if there is no memorial garden which remembers the children lost in the womb and which no one remembers and are lost to history, time and memory. These are satan's victory. We remember them and make them Christ's victory because then no child passes by unremembered.

Imagine if every Church around the world remembered every child lost in the womb no child would pass by unnoticed. Imagine the beauty. I haven't included Stillborn because these babies are usually given names, funeral and place of burial with all rites and a resting place whereas those who die in womb, die to memory.

SO WE REMEMBER THEM.

WEBSITE SHOP AND ONLINE DONATIONS

Just a short note to let you all know that I know have setup now an online shop, available through the Victims website (www.victimsofabortion.com.au) so you can buy copies of the books online. At the moment it's only available for Australian orders, please email me for international orders. Alternatively, you can still use the form at the end of this newsletter and mail it in if you prefer.

Also, we have set up an option through the shop to make donations. Hopefully this makes it easier to help if you can. Payments or donations through the online shop can be made using a PayPal account or a credit card.

Letters

Dear Anne,

Your newsletter gets better and better. Mika's poetry has the power to speak to people of so many things, values, and emotions. It gets to you! What you said about your work and experiences is very good. We have come to expect and accept that. Enclosed my donation Keep up the good work. Some private info.

God bless
Fr John C. MSC.

Dear Anne,

Thank you for your newsletter I have now been receiving it for a number of years and have enjoyed it immensely I look forward to receiving. I don't always understand what you say and sometimes am not sure I fully agree with you dear but you are so strong and I admire your conviction and your stamina. I hope your health keeps going strong and you are able to continue. I enclose a small donation to help with your work.

Affectionately,
Mary L.
Bentleigh.....Vic

Dear Anne,

Your newsletter arrived this morning and I sat down with my cuppa and read it from cover to cover. How much I look forward to it. It is always so full of information and so friendly. You deal with an awful topic in such a friendly way and you help us understand what is going on in this awful world. These days I am able to respond about abortion because I remember what you write about in your newsletters. So I want to thank you for teaching me how to answer people, Once upon a time I would have stayed silent because I would have been afraid I would have been wrong now I don't stay silent anymore. So thank you for helping me to have a voice.

God bless you and keep you strong,
Gloria K
Kensington.....

Dear Anne,

Thank you for another excellent newsletter as always full of new information and full of heartening stuff. I wait for it To come and look forward to reading and what you have been up to since your last bulletin. Keep up the good work and may God Bless and keep you healthy

Affectionately
Jim..J.....
NSW

Dear Anne

I just want to say how much I have enjoyed reading Mika Burge's poetry it is so deep and it pulls at the heart strings. She feels so deeply. She seems to write from somewhere deep in her heart. I hope you let us have some more of her poetry sometime soon.

God bless both you
Angela M.

Dear Angela,

Yes Mika, does write beautiful poetry and she does touch and tugs at the heart strings. I have a great hope that sometime in the nearest future Mika and I will publish a book of her poetry together. It is the only one of its kind as far as I know. We are in the middle of putting it together now but there is still work to be done but the poetry is beautiful. I hope to announce it in next newsletter. Anne

PRO LIFE DINNER 2016

Dear friends we come to that event of the year again. It's a very important event for many reasons but especially because I get to meet up with some of you and get to sit and talk with you and dine with you and share an evening with you. This year it's a month earlier and we are going to have Dr Rachel Carling Jenkins MLC speaking on 20 week movement and the Infant Viability Bill 2015.

It's the Pro Life dinner for 2016, Saturday, 14 May. The dinner again will be held at Mannix College Wellington Rd, Clayton, Vic. Ticket Price \$80 adult/student \$65 and this includes 2 course meal and pre dinner drinks.

Please RSVP by 9th May to Anne Marie Kiely on (03) 98160800 or mob: 0447 352 252

Please dear friends remember when booking to ask to be seated at Victims of Abortion table and a portion of funds goes to VOA as a fund raiser. Last year there were only 8 people, can we make it a few more this year please?

For other information on this evening please contact AnneMarie on the above phone numbers she is a most helpful lady. Or at these sites but please register its important amkiely@family.org.au or at www.family.org.au/life2016.

CHRISTIAN COUNSELLORS ASSOCIATION:

Dear Friends, recently I had the greatest pleasure of delivering a talk to the Christian Counsellors Association. I delivered a PowerPoint presentation on the nature of post abortion grief, a disenfranchised grief. It was such a great pleasure because about 40 qualified counsellors came to hear about post abortion grief and it has been my hope that many others will pick up the baton and run with it. That

many other qualified counsellors (these are Christian counsellors) will begin to look at the pain which abortion grief causes and begin to look at the consequences.

I hope I was able to be of help and of service to them and I hope that sometime in the future I am able to reconnect with some of them for further discussion on this matter and possibly on the matter of treatment of sexual abuse and abortion. But for now I am so happy that I have been granted the privilege of being able to speak with them and late last year of delivering a presentation to another counselling association group of counsellors, and delivered a paper Counselling conference, and several years ago Asia Pacific Counselling conference.

So very very very slowly I hope that this kind of grief is getting little exposure and attention. With some prayers and help and God's help and your help we will get there. I remember several years back a former supporter asking me to train others to do my work and I said couldn't do that because they have to be qualified, I recalled this as I was talking to the 40 counsellors several weeks ago. The Lord does have a sense of humour doesn't he? The supporter has gone but I'm doing as he suggested at the time ☺ ☺

Dear Friends as I come to the end of another newsletter please don't forget to pray for me I am suffering a little with lymphedema (quite a bit actually) and also please pray especially for Rebecca and Viola (much much) Kerrie, Cameron (much) Lucy, Eve, Marlene, Kathleen, Frances, Anna Sandra, Yvonne, Roger, Bette Christine, Clare, Elizabeth, Marie, Paul.

Till next time.



Anne Lastman
Clinical Counsellor

© Copyright Anne Lastman, VOA, 2016. 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**

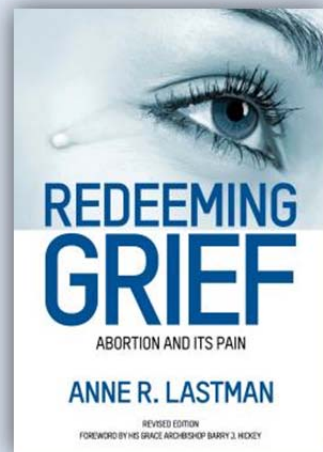
(Including free postage within Australia)

AVAILABLE FROM:

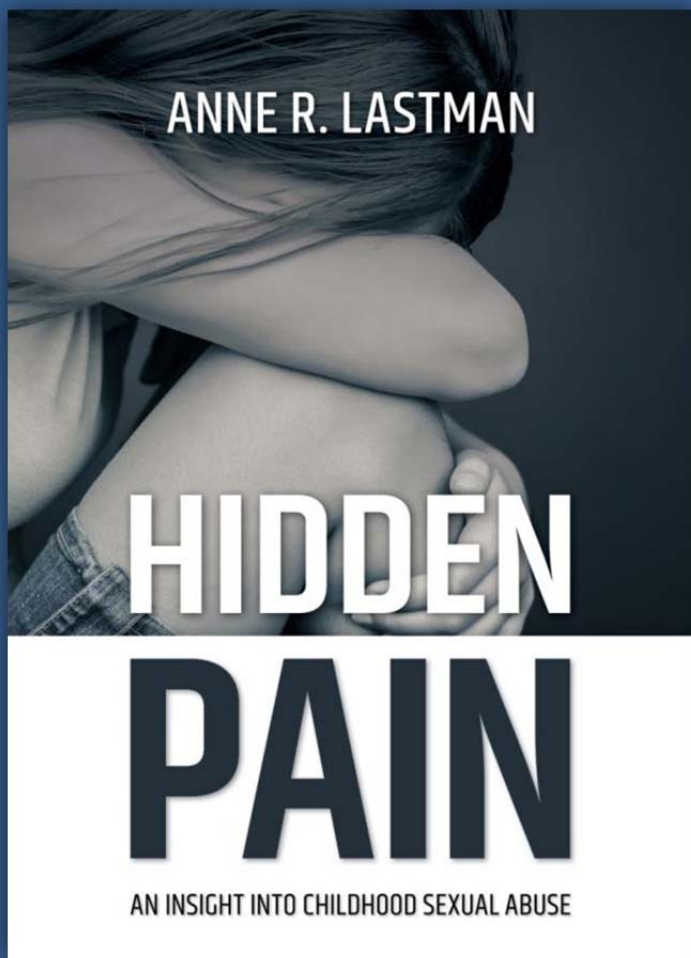
VICTIMS OF ABORTION

Order using the form below
or online (Australia only) at

www.victimsofabortion.com.au



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.

AUD **\$25.00**

(Including free postage within Australia)

AVAILABLE FROM

VICTIMS OF ABORTION

Order using the form below
or online (Australia only) at

www.victimsofabortion.com.au

Contact Anne via email for international orders.
anne@victimsofabortion.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)