

# Broken Branches

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

ISSUE 129 – Feb /Mar. 2019

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## Welcome to 2019

Dear friends,

Welcome to this new year of 2019.

For my part I hope that this year is a fair bit better than last year.

As I return to this keyboard which I have not looked at for several months, I am finding it difficult to think about life matters especially as I very recently and personally saw and experienced an intentional end of life.

Granted that it was a different type of intentional end of life (suicide) but still it was intentional end of life. That act said in unspoken words "I don't want to be here." Or even "no one matters enough for me to stay here"

The second thought "no one matters enough for me to stay here" was hard to take, but then I had to remember that someone who gets to this point has gone past a place of rational thought and rational behaviour.

It reminded me that suicide, whilst "intentional" is fuelled by letting go or loss of all reasoning and all hope. A ceaselessness in the soul's searching and not finding a doorway to hope or into its own being. It's lost. This is what has happened and this is what those left behind are left with especially their loss of hope.

I have in past counselling sessions dealt with loved ones left behind after a suicide and have

sensed the distance, the blank look, and the disbelief and above all the unspoken "why? Why Anne?" and to these questions I have just remained silent.

In front of such grief to remain in a respectful silence is possibly the best response. This type of silence is least wounding and most healing. Silence steeped in love has a dimension of relatedness and fully knowing.

Abandonment. Rejection...betrayal speak of not unwantedness, unlovedness and broken trust but meaninglessness which is a spiritual wound where the source of meaning of suffering is absent.

Psychological and physical self-abuse is assault on one's own absent belief in a valued self. Self-abuse and violence turns a life into a nightmare. Utterly joyless experience and found at the core of all self-annihilation and mental illness is a spiritual illness-disconnection from God and neighbour. Is a loss of love for both. Love is necessary for life. It's at the origin of life and the absence of love is of course the courtship of death.

Grief has a path of its own and one cannot tell grief how to journey or to interrupt its course. It's like a stream which must flow according to its path and trying to dam the flow only ends up in chaos. Grief is like life, love, joy to be lived and also to be endured and then tears are the final goodbye.

A hymn which I wanted to be played/sung at my beloved son's (Mark) funeral is titled "Turn your eyes Upon Jesus" and as he went away I willed to hold his hand and encouraged

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him to look towards the wonderful Face of Jesus and to leave behind his sufferings and move resolutely and beautifully towards Him who was waiting for him. Not to look back, as his journey here was now finished, but to look towards that wonderful face and as he does so the things and those left behind will become dim and fade away. I held his hand as he left me just as I used to hold his hand when he was little boy.

*R I P*

*My beautiful son Mark Anthony.*

Thank you to all who sent messages of sympathy and the very many cards. I have appreciated your care.

I have also appreciated the messages which said that it's OK to take time out and take care of me and my family through this and to come back when I can because my work is not yet finished.

I am slowly going to come back. It may be another moment or two but I am coming back. I also feel I have a few more things left to do.

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Dear friends I won't write a full newsletter this time as I have not kept up with prolife news happening around the globe or even with the work being down in Australia.

I have kept in touch with 4 clients in Melbourne and 2 clients and a possible 3<sup>rd</sup> waiting here I just wanted to let you know how things are progressing. We are slowly emerging from a very sad place in order to face life again and the work that must be done. I also want to tell you that I am seriously looking for an office here in Perth. I have seen several but either not suitable because of privacy issues or one which was really good and very suitable but too expensive and because my support base has shrunk markedly I feel I can't sign a 3+3 year lease.

I have much work I want to do this year but more on this later.

I would also like to say thank you to all who have sent a donation for the continuing of this work this coming year. It's in the account and being kept in care till I use it for the work's purposes.

Thank you to all who sent Christmas cards and promises of Holy Mass being offered for Mark and our family.

Please accept these words as my thank you for your kindness. These donations and indications of care gave me the confidence to think about continuing with this work when my strongest instinct was to stop.

I think between my husband's pulmonary embolism scare, the suicide and now possible back surgery for me because of injury whilst moving, I began to think that possibly it would be easier to quit and walk in the park.

When I shared this thought with a friend she said "I suppose you know what you want to do and no one would blame you but have you thought that perhaps the work you're planning to do is important and obstacles are being put in your way so you stop?"

I hadn't thought of that. In my wounds I couldn't see that far and I am now grateful for her words of encouragement and perhaps even enlightenment.

To conclude thank you for walking with me, for your patience and confidence. Slowly I will emerge.

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Till we meet again please pray for Mark and me and our family. And please consider your support of this work.

I think that there are so many pro-life calls for funds that works of my kind move down the scale and yet to become a pro-life woman from an abortive woman it's important to believe in life and this happens when the journey from grief to healing and grace is begun and fully completed.

Reconciliation with one's own very real baby is needed before the wounded psyche finds peace.

Till we meet again,

God bless



**Anne Lastman  
Clinical Counsellor. (Level 4)**

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*Thank you for your patience and confidence*



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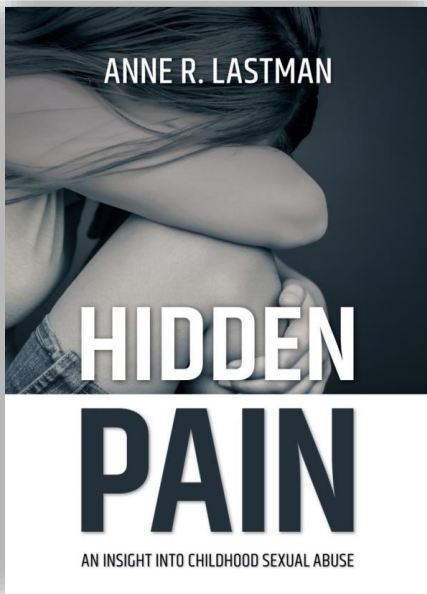
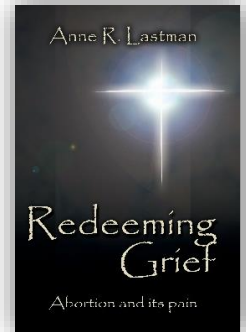
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If you or anyone you know may be interested, please pass this on to help me clear them.

AUD **\$10.00** (Including free postage within Australia)



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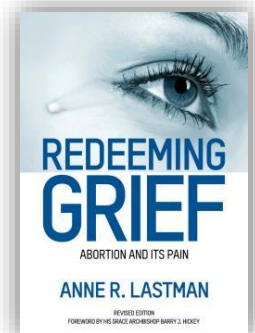
This is not a step by step guide to dealing with abuse. It is the result of my engagement with those who have come to me originally for post abortion counselling and on further investigation it was found that abuse (especially in cases of multiple abortions) existed in their history. It is my hope that **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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