

Broken Branches

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

ISSUE – Jun/July 2019. Issue 131

Mother's Day

The month of May has come and gone and as we know the month of May means Mother's Day a special celebration in acknowledgement of mothers and their invaluable role to children family and society.

Mother's Day celebrates motherhood and all that this means. Indeed an expression of all that is feminine. Motherhood, means feminine.

In our day this concept of Mother's Day still survives and to me it seems strange that those who would enjoin, insist, demand the death of the very things which speak about mother's Day, that is motherhood, have not demanded that this feast day be abolished in order not to remind society that mother's day actually means that woman is mother to a baby.

In Australia, Mother's day falls in Autumn a time of the year which is full of colour, the bronzes, the rustic, the emerging green and days of full sunshine mixed with days of gloom. A time of the year of great surprises.

Mother's Day, for many is a time of happiness with children doing their very best to do something special for mummy and dads actually going shopping with their children so together they would choose something beautiful for Mum and surprise her on Sunday morning at 5.30am (☺) with tray of tea, homemade pancakes and chocolates and that special present chosen by daddy and offspring.

However, this day can also be a day of pain. A day which brings memories of what might have been especially if there have not been other children born to an abortive woman.

I have had this past week leading to Mother's day two phone calls which were both devastating. One

was crying uncontrollably and would not be consoled. Karen had aborted her child many many years earlier but a trigger (the name of her baby) brought to mind both the child and Mother's Day and the fact that there should have been a child now teenager who should have been in her life and called her "mum" and brought her breakfast in bed etc. For some reason this year it seemed a more pertinent memory and what were unshed tears held back over 13 years now flowed and gushed down.

I did spend nearly two hours on the phone with Karen till she had calmed down and have after Mother's Day continued to call her to ensure that she is ok. Karen lives in Melbourne. I also promised her that I would be able to see her sometime very soon and we would have two sessions together. This pleased her especially as I said I would be there within 2-3 weeks. This is what I promised my six Melbourne clients that I would not abandon them. This time it has been longer between visits because of my spinal fusion surgery but even so I will go to see all the clients as soon as possible.

The second episode of pain this Mother's day came from Julie also a long past and completed client. Again Mother's Day contributed to the experience of renewed grief. Julie had her abortion 11 years ago and we have kept in touch over the years especially if she had a sad day and needed to talk again.

Julie completed her plaque for her baby and at the time she seemed peaceful though I must admit that there were moments that made me uneasy. However, when she felt confident enough to seek work and find it and be happy and seemed to stabilise I thought that perhaps I might have been wrong about my feelings.

This particular phone call concerned me and we stayed on the phone also for several hours.

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Victims of Abortion, National Office

PO Box 6561, East Perth, WA, 6892, Australia.

Or email: anne@victimsofabortion.com.au

Julie, whilst still working and had maintained her job for nearly 5 years and was happy in her job lived with the haunting memory and a “heard” whimper of her baby. What she considered a soft “voice” of her baby and the “voice” usually came during a time of crisis or even a special day like Julie’s birthday. With Mother’s Day the “voice” was heard to whimper louder and Julie’s equilibrium became very disturbed.

Over the weeks leading to mother’s day she’d heard the whimper 5 times. At first she thought she imagined it and then felt sure it was there. This of course led to much distress and anger at herself because she can’t seem to be able to stop thinking about her daughter even though she’d had two other children since. She felt that she was being disloyal to her two living children by thinking so much about the one she aborted and at the same time felt disloyal to the aborted one because she hadn’t “mothered” her.

Indeed her words seemed to me really angry and at one stage threatened to go and spoil her plaque. She didn’t want to hear the whimper anymore.

With gentle talking and leading her to understand that Mother’s day meant a lot to her and especially that it was a very important day because of the past event. I was able to convince there that by honouring her baby and by remembering, her the baby will not be forgotten there will always be someone who remembers her. Even on Mother’s day because she is still the mother of her baby. But also as long as plaque remains then whoever reads the name knows that this particular infant has existed.

To desecrate the plaque shows an anger, but to love and honour the words is a memory of a loved one

who passed by briefly but surely and left her mark by being here.

Again I assured Julie that I would be in Melbourne within several weeks and we would spend a few sessions together so that she can feel at peace. We might even have lunch together, as long as she pays ☺

All infants not yet born hope that we will want, defend, love, hold them tight and remember them. Motherhood and our communion is the mystery of life. She it is who is the centre of communion and we know that women are strong because God entrusts humanity to them. It is given into their care to look after “love.” This love is something which grows and deepens and doesn’t collapse. This is why when a woman aborts her baby an echo of this love reminds her of duty lost. Duty to care for “love.”

This duty of protecting love seems to have lost its intensity and thus abortion is permitted and demanded and expected. First comment of a physician when confirming pregnancy is “what do you want to do?” Instead of “congratulations you are pregnant How wonderful” So For fear of being politically incorrect the joy of what should have been a celebratory moment is turned into a desultory “what do you want to do” The duty of protecting love has been muted even within the medical profession, the profession of care.

I have often said that because we use the word “abortion” so nonchalantly and as a normal part of language, asking someone to explain abortion will leave the person unable to quite respond except to say “it’s the termination of an unwanted pregnancy” Notice how sterile, how imageless the description and then proceeding to explain what exactly is abortion and techniques and instruments used leaves the listener staring blankly.

When I recently spoke to a friend, over coffee, (coffee club loves me) that today abortion in Australia is permitted to full term she was visibly upset and didn't believe me. "No it's not true and it's not possible" when I assured her it is both true and possible her answer to that was "why doesn't she have the baby and give it to someone who wants it. Someone who can't have a baby?" I told her that's the question we pro-lifers ask. I then remained silent as this is the usual response but then she surprised me because she continued that she doesn't believe it and when she got home she would look up this information on google. Personally I welcomed this action of hers perhaps

she might not distance herself so much from the issue of abortion. It's my hope that she sees what happens.

Again I have in the last several months spoken to a doctor who is known to me and met when we moved into our new suburb, and when I broached him on the topic of abortion and post abortion grief and sorrow and nightmares, and all the after effects, his response was "I only have one patient and that is the woman so if she wants to have an abortion I will facilitate it. I don't want to do the abortion but I will call a colleague who I know will perform the surgery" and this from a Christian practising doctor. I must admit that my confidence in someone whom I've come to know well due to back injury, I respect him, as a physician, respect his humour and intelligence and who now gives me this answer knowing what I do wounds me deeply. I suppose I should understand that abortion feeds into a cultural malaise. It excludes no one.

Law written our hearts.

Again sitting on my balcony and feeling sorry for myself because I am limited in what I can do and how much I can walk (about 300-400 steps per day,

whereas before surgery 15,000 steps per day without pain, I make myself busy by thinking about my work. Thinking about grief caused by abortion.

Exactly what is the grief?

How come that woman has been so convinced to change her design? Where is the essence of modern woman? Where has her being located itself? Is she the whole being as she was designed or has she volunteered her being for a mess of pottage?

At times it appears that the modern woman does not live in her own body. Her essence seems scattered between her many demands and most especially her career which seems to be her primary concern. How can she best fulfil that call to better and better herself, her position, her income, her social life?

...I have only one patient and that is the woman...

If we look at all these concerns of hers what we see is a need to further her essence from herself. All of these concerns are outside of herself. The more she achieves the more there is a need for more. The more she loses the more needed.

I am reminded of the current so called pro woman movement or the "me movement" and whilst improvements in treatment of women is needed the "me movement" isn't offering their assistance to women who really need help but a movement of \$\$\$ and revenge and use. The

very real need of women who are bullied, beaten, dominated, even murdered is not important to this movement. It is a movement of convenience and payback. This is again woman who has "left herself" her inner self in order to be noticed and for \$\$ and for payback.

Why need for such a movement in an industry which has been openly contra family, life, and loss of self? Because some female who has reached less than her expectations was promised revenge, \$\$ and fame for 15 minutes (Andy Warhol)

How to reclaim woman from all pain and wounds and to her feminine self? By remembering that there has been a law written on our hearts and this law is restless when it is violated.

Again how to honour woman? By rehumanising her. All women collectively feel the pains of abortion. The pains of "love" not protected. All women know

and feel an abandonment by our sisters, of everything which makes us the best of creation. We all experience the wounds of every abortion. We all know with horror that a baby is wantonly killed. We all know that woman who's experienced this death of her child, shares her grief with all of us women. Whether we like it or not we are all abortion survivors because we know that from deep within our wombs issues forth a huge mystery of the creation of a whole new life. And in our knowing we wonder how is it possible that one of our kind would demand and be happy that her mystery is not only rejected but killed.

We live in a time where it is known great mental health issues exist. Physical health issues exist. Previously unknown health issues exist and yet we wonder where these come from. As survivors of death culture and perpetual sacrifice of innocence we are deeply wounded by death because it has slowly become a monster in our midst yet impossible to move and in this we have all been purveyors of the abortion rationality.

Anxiety, depression, suicide, death ideation, isolation, helplessness. Violence, murder, disrespect for life, all life, are in our midst and we view these daily, yet it cannot be mentioned that the violence and death and depression, and murder and disrespect for life begin with the violence committed against the smallest of our species. Our children and if it becomes the norm to do this to the most defenceless then we cannot expect different. We can expect more of the same.

Abortion is failure to love and failure of woman to care and protect love. Above and beyond male it is given to woman to protect love which is infused in each cell of our body including an infant's body. Love forms the baby and love (barring untoward) is the nucleus of each cell. In the aftermath of global abortion, grief is there but expressed differently or as the cultural norms have been established. Cultural violence of every description has increased and is brought to our vision daily for our digestion.

Mothers carry cells from every child conceived for the rest of her life because she is herself created in love and she does the same with her baby so she cannot forget her child and from the beginning mother and child exchange these love cells which dialogue between themselves. We carry each other's cells for the term of life and cells know their history.

Tears have a different molecular structures. Grief and the tears for a loss. Hollow. Shadowed. Tears of happiness are different and to visibly view them they appear the same but chemically very different. Shining, glistening a smile written in them. Tears of loss are wounded and continued tears can affect mental health. The tears come to wash pain and stay as long as there is a need for washing. These tears speak of love invested in another and are doing the important work of taking pain out of the system and speak of the value of that human being.. Value which is never lost but reinforces love. Remembers love. And the nature of these tears is imprinted on the psyche and are always present (but not always intrusive) when memory of that loved is triggered. An Imprint never to forget love, and washing again that pain so that in due course there will be a time to remember the good things of life. These tears permit a memorial of past love to be kept and taken forward through the nucleus of love cells and so love keeps all individuals attached to the vine.

Tears of love are tears of joy and glisten when shed. These tears help the emotional life to grow and shine. The work of grief helps to conclude a history and it's one of the most important responses in life. Whilst tears of love encompass the wounded to return to health.

I am now reminded of one of my former clients who grieved for her aborted daughter for 67 years even though she had had other children, raised a family and her life seemed normal. However behind her normal were the tears and fears of her action when she was 17 year of age. Her tears kept the memory of her baby alive till the day closed her eyes and encountered that daughter she had rejected so many years earlier.

Grief means changes because nothing will remain same and one cannot go back to a time pre grief. Like abortion we cannot go back to a time pre abortion. It cannot be erased but does not have to destroy. Grief leaves not one cell untouched because each cell has as its nucleus Love and love has been wounded..

The tears have washed much until all that was needed to be removed has been removed, and what now remains is the new person, a new memory, for the one changed because of the pain encountered through the journey of grieving-a journey which we must make alone because this journey began in a garden eons ago.

SELF DESTRUCTIVE BEHAVIOURS A SYMPTOM OF ABORTION EXPERIENCE.

I have spent much time over the last month thinking about self destructive behaviours and self mutilation and some of the reasons for this.(probably related to violent death of my son). The earlier two women mentioned were not the only people I have seen who have physically hurt themselves following an abortion. However, the spate of calls this past month forced me to sit back and think and review the cases and look for common ground between the different cases both past and current. As I listened to the people in question I noticed that there was a similarity in their life story. That is, their history contained event after event which was both demeaning and demoralising and at times very destructive. There was a sense that a complete psychological shut down had been purposely activated. It was almost as if the pain receptors were now closed and no information from the brain was getting through. No pain could be felt by these people. The self protective measures had been so strongly secured that nothing, not even physical pain could be felt.

I think I began to see some kind of breakthrough when Melissa said that it did not hurt her at all when she scratched herself raw or even when she cut herself with something sharp because as she muttered quietly "I have no love inside of me-and if you can't love you then you can't feel." The actual mutilation is perhaps an unconscious action to "feel pain" to feel "alive" to feel that there is some normality to her life so that like others she can feel.

Of further interest I found her comment that "I like to watch the blood ooze because it reminds me of the way the baby must have bled to death." With Mel it's possible to see the 'why' of the self mutilation. It's her response to her causing her baby pain, bleeding and death. I also suspect a mood disorder, as indeed I do with several others also. With these several past cases there is a similar pattern of suffering in their lives, beginning with early childhood abandonment (psychological) followed by years of other wounds and a deep yearning to be loved and "wanted." A fear of being left behind and the depression which follows. An aimlessness.

What is distressing at times is the necessity to listen to and hear the stories of people who appear not to know what it is to love. Mel said it herself "I don't know

how to love because I don't have any inside of me." Mel also confuses love and sex. She has led a most promiscuous life "looking for someone to love me and for me to love." She admitted that she has never had a best friend because she doesn't know how to be a friend "and they wouldn't want me anyway" No one wanted to be her friend was her belief. Her physical appearance changed from moderate to extreme. She goes from pharmacy to pharmacy buying various over the counter painkillers (self medicate) and suicide ruminations, suicidal ideation. And the list continues. She has a deep sense of loneliness which she appears to alleviate temporarily through a new sexual encounter and when this ends she is left with the same loneliness and now a deeper self loathing.

Mel continually sabotages herself, her life and her relationships. Further, it's interesting that most of her relationships have been with men who are patently unsuitable and transient and certainly not the type to want a marriage, family or even long term relationship. Perhaps the only sense I can make of her life and story is that Mel needs to know, learn and feel love for herself first. This, long before any other work of abortion grief is attended to. The abortions in her life are not surprising because an abortion is a moment of absolute absence of love which she feels for herself. Absence of love. Love totally rejected. Both for herself and her babies.

Marion's story is different even though she also self harms. This young person scratches her upper thighs till they are red raw bleeding then waits for scabs to form then begins the cratching again so that healing never occurs. She also has said that she does this on her arms (showed me-and told me she always wears long sleeves so her family don't know) and told me she used to do this to her abdomen but this has (temporarily I think) stopped. Marion also strongly believes that her lower body is "so ugly."

As I sat and pondered more I realised that the mutilation occurs in places hidden. Again as I sat and thought it dawned on me why she hates her body so much and especially that part of her body and why the mutilation in hidden areas. Indeed the clue was given to me by Marion herself, "I lay there while they did it to me." It was the exposure, the violation of her intimate area, the comments made during the preparation for the first abortion and was alone with only her boyfriend and the pact made never to speak of this again.

For him this pact was very acceptable because he was gone within a month, but a further ignominy was the

Letters

Dear Anne,

We both lost a large part of our lives this past year please God some of the pain will lessen soon. Also your back pain. Sometimes it's all overwhelming. Hang in there and keep up your wonderful work.

Ree. Q.

Dear Ree, yes it's been a difficult year for both of us and another dear friend (Margaret) who also lost deeply. It has been a year of pain.

Dear Ree I hope that the back issue will have been solved. I've had spinal fusion surgery and I'm hoping that after all the surgery pain goes away all will be well. I can feel a huge difference already. The pain in my left leg and under my foot that I went into the operating room with has gone. The pins and needles which were like razors cutting into the bottom of my foot have gone away. So I'm hoping for great things.

*Love to you Ree
Anne*

Dear Anne,

We were pleased to read your latest issue No 130 of Broken Branches with your varied thoughts on the diverse behaviours and attitudes we find in contemporary life. It must be a powerful brew of coffee you drink to prompt such a myriad of thoughts from embryology, philosophy, modern human behaviour and existentialism!"
Etc etc.....

John & B. F. (Qld.

Goodness John, did I write about all those things and here I thought that all those musings were the thoughts of a decaying mind ☺

Dear Anne,

I am so sorry to hear how unwell you've been and the loss of your loved son. Be assured of prayers for you and your family.

You've been through the mill as they say haven't you dear.

I wish you speedy recover and I will pray for Mark

God Bless Sandra S.
Victoria.

Dear Anne,

Thank you for continuing to send me your bulletin over such a long time. I have appreciated it.

I was sorry to hear of the death of your son Mark and will offer prayers for the repose of his dear soul.

Keep strong you are a woman of faith you'll make it through this dark time.

Enclosed is a donation to help you continue. But take time to heal and recover from your loss.

God bless you

Mary T. (NSW)

insensitivity of the facility staff, which made her feel even worse. The areas which were exposed for the abortion are now the areas which she hates most and which she wishes to hurt most. I also believe that because she felt no physical pain during the abortion she now wants to compensate for that lack of pain. She wants to “atone” for her absence of feeling, at the time by over compensating. Self cutting.

And in order not “speak of it again” she kept her part of deal, she had made an inner vow never to speak again about the abortion. Later with the other abortions and in denial and the effect of the promise made she found a way to speak of her pain without breaking that “pact” Self harming.

As I reviewed the cases I realised that the physical pain that these individuals and others attempt to cause to themselves, and which I only discovered because I saw Marion very agitated, is something important to them. It's important because in this action there is a deep sense of the rightness of their pain. It is a flawed human (not of God's demand or wanting-but human) act to understand and feel the pain of the another.

It's of course also a self punishment regime which is more violent than any punishment another would mete out. A self mutilator so dislikes their own being, their own self that this is an action which falls just short of complete annihilation. At the heart of self mutilation is a desire for self annihilation. At the heart of self mutilation is a loathing of “self” which is so deep that it could be said to be diabolically motivated. At the heart of self mutilation is a complete shutdown of emotion leading to a sense of nothingness. This type of absence of pain is destructive because it leads to the feeling and notion that there is nothing worth living for. This type of self hatred is utterly paralysing and sad.

Can I help these people? I don't know. I do however know that what is lacking is Love. Any form of love. There is no love at all for “self” and yet some would say that this is a good thing. A deconstructing of pride. Not to be able to feel love, warmth, compassion for “self” would then make it impossible to be able to feel love, warmth, compassion for others. There is no imprint of love so there cannot be an extension of the self honour and love so that it can be shared with

others, least of all another who is part of the ‘loathed’ self.

It makes sense that an abortion was sought. It could not be any other way. Proudful and boastful love of self is always wrong but love of the creature which God has infused with His love is not wrong indeed it is needed if we are to survive. It's said that we must despise the “self” then surely if this the case it must make all things possible including euthanasia, abortion, suicide, overdoses in fact any death

I conclude this month's newsletter with a request for prayers for Belinda (much please) Tania, Sharon, Marion, Julie Fran, Chris, (much much please) Helen, Mel. All of these people need strong prayer support and of course I do too. Thank you to those who have sent in wishes for quick recovery from spinal surgery thank you to those who have continued to send donations even though I couldn't use them during illness. They are safe in care for the office I hope to find. Thanks also to those who respond in one way or another. Could I please ask my priest friends for remembrance at Mass of the above names and please remember my Son Mark in your prayers. Thank you. And please could each reader of the newsletter try and find at least one more. I need to increase numbers .

I am slowly recovering and making every effort to build walking up to 1000 steps per day. Down a bit from 15,000 but Im slowly hoping for no pain again. It was sooo terrible.

Also please check that you have the right new address I am getting a number of return to sender which means wasted funds. Stamps. And if anyone changing their address please advise me otherwise again RTS and wasted money. Even if you don't wish to received newsletter anymore. Just let me know. God bless our ociety please and heal us. Or we wont make it.



Anne Lastman

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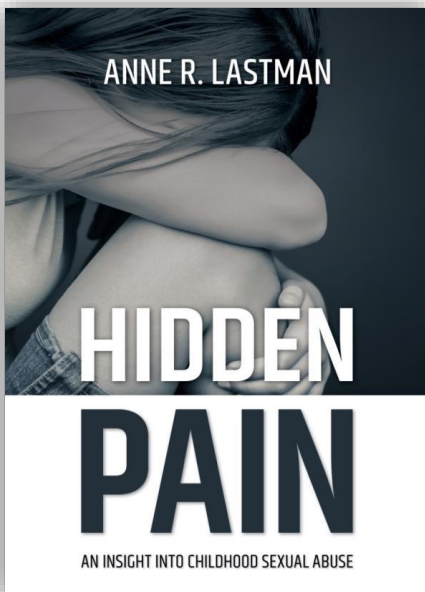
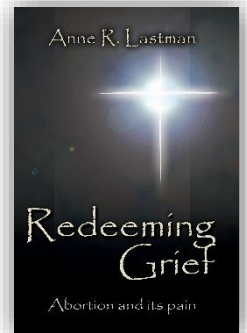
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Contact Anne via email for international orders. anne@victimsofabortion.com.au

CLEARANCE!

There is a limited number of the first edition of Redeeming Grief to be cleared at a reduced price of **\$10.00** including postage within Australia.
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)



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.

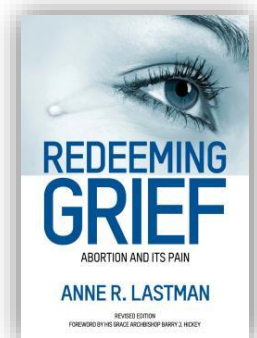
This is not a step by step guide to dealing with abuse. It is the result of my engagement with those who have come to me originally for post abortion counselling and on further investigation it was found that abuse (especially in cases of multiple abortions) existed in their history. It is my hope that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

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