

- Isaiah 49:14-16 -

E

*“The Lord has forsaken me,
and The Lord has forgotten me.”*

*“Will a woman forget her child, so as not
to have compassion upon the offspring of
her womb? but if a woman forget these, yet
I will not forget thee,” saith the Lord.*

*“Behold, I have graven thee
on the palms of my hands;*

THE ORTHODOX CHRISTIAN CHURCH

*believes that aborted children are among the holy innocents, martyred saints - in the presence of God. With the Saints they pray for us, and we may pray with them. We believe that God has carved them on the palm of His hand - and their Memory is indeed Eternal. Orthodox Christians remember their departed loved ones in every celebration of the Eucharist. We who have lost our unborn children by choice may reconcile and find peace with God, with our children and our selves. No longer is grief and pain our only link with our aborted children. As Alexander Schmemmann, the Orthodox theologian reminded us: **“To love is to remember”**. In joy we love our children by remembering them.*

May their Memory be Eternal!



**Need Confidential Help?
Call (760)741-7050**

Our Hidden Grief....

We chose abortion to solve our ‘problem’ but did not acknowledge it as a death loss. We stuffed our feelings of emptiness, regret and sorrow, anger and despair. Abortion was a secret wound to our heart, and we hid our tears, sealed our grief and hoped the pain would go away. But time only made it worse. We suffered in loneliness and self-condemnation. Some of us were siblings of aborted children. Abortion was a secret shadowing our childhood. The death of an unborn child affects the family. Hidden grief builds walls between us. Our self-esteem, faith, health and lifestyle deteriorated.

Until at last we admitted that our lives had become unmanageable, and we were powerless to change it. We needed help.

Our first step was to lift the secrecy and let tears wash our wounds, talk openly with someone who shared our experience.

We found hope In ASA. A group of anonymous abortion survivors is a safe place to face and name our pain. To you who are lonely and isolated in your pain; we say; take courage, you are not alone. We are many, and God is our Higher Power. Trust yourself, your will and your aborted children to Him.

Anonymity Pledge

“I understand the importance of anonymity as it relates to our program, and I accept my personal responsibility in safeguarding another's trust.”



How to Contact us:

*Abortion Survivors Anonymous,
Martha and Mary House
P.O. Box 161, Escondido, CA 92033
Phone: (760) 741-7050. (Sarah)
E-mail: ASASarahMMH@hotmail.com
Website: www.MarthaandMaryHouse.org*

Abortion

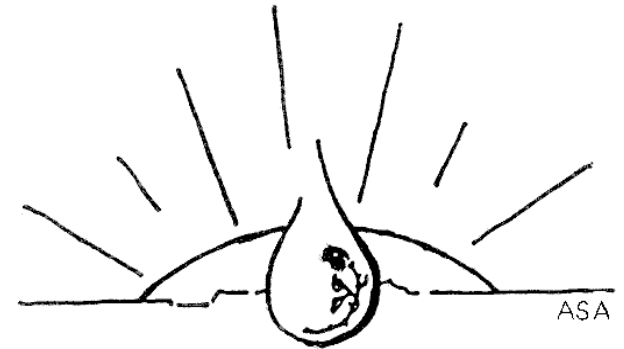
Survivors

Anonymous

“To Love

Is

To Remember”



**Sharing Our Grief;
12 Steps to Wholeness
After Abortion Loss**

Abortion Survivors Anonymous are women and men who suffer the impact of abortion. Our Twelve Steps and Twelve Traditions are adapted with permission from Alcoholics Anonymous. Ours is a spiritual program acknowledging a Higher Power can help us. With a Twelve Step Workbook we work through issues of grief and reconciliation after abortion, in 10 sessions, We use the Serenity Prayer and the Lord's Prayer, but are not affiliated with any sect or denomination.

Our goal for our journey to wholeness after abortion is:

1. To work through feelings of fear, anger, grief and guilt.
2. To reconcile with
 - *others who share responsibility for the abortion;
 - *God,
 - *our aborted child(ren),
 - *ourselves.
3. To sort guilt from grief and begin healthy grieving for our child(ren).

Choosing to forgive and accept forgiveness, we can leave guilt behind and give ourselves permission to grieve our loss. Grief after abortion takes time, but healthy grieving heals damaged emotions, and will one day be completed.

As part of our Twelfth Step we acknowledge the finality of death by saying "good-bye" to our aborted children in a memorial service of our choice. At last we can leave our past behind and embrace life in the present. Gradually sadness over our loss will give way to deepening joy. The promise is not vain that sorrow may last through the night, but joy comes in the morning.

SOME CHARACTERISTICS OF POST ABORTION SYNDROME

Anxiety/panic E Emotional numbness E Emptiness
 Depression E Grief/sadness E Despair E Nightmares
 Low self esteem E Anger/rage E Distrust of doctors
 Self hatred E Promiscuity E Drug/alcohol abuse
 Suicidal tendencies E Fear of intimacy
 Anniversary reactions E Feeling dehumanized
 Flashback to abortion E Fear of punishment
 Isolated/alienated E Eating disorders E Crying spells
 Homosexual tendencies/ behavior E Guilt/Shame
 Preoccupation w/ aborted baby E Regret/Remorse Sleep
 disorders E Reproductive Health Problems

The Serenity Prayer

"God grant me the Serenity
 to accept the things I cannot change,
 Courage to change the things I can, and
 Wisdom to know the difference;
 Living one day at a time;
 Enjoying one moment at a time;
 Accepting hardship as a pathway to peace;
 taking...this... world as it is,
 not as I would have it;
 Trusting that You will make all things right
 if I surrender to Your will;
 That I may be reasonably happy in this life
 and supremely happy with You forever..."
 Reinhold Niebuhr

The Lord's Prayer

Our Father, Who art in heaven,
 Hallowed be Thy Name.
 Thy kingdom come,
 Thy will be done,
 On earth as it is in heaven.
 Give us this day our daily bread,
 And forgive us our trespasses,
 As we forgive those who trespass against us.
 And lead us not into temptation,
 But deliver us from the evil one.

THE TWELVE STEPS OF ABORTION SURVIVORS ANONYMOUS

1. We admitted that we were powerless over the impact of abortion - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves can restore us to wholeness (sanity).
3. Made a decision to turn our will and our lives over to the care of God as we understand Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove all our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought, through prayer and meditation, to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other abortion survivors, and to practice these principles in all our affairs.

* Adapted from Alcoholics Anonymous, Copyright 1986, Alcoholics Anonymous World Services Inc.

For further information or to order Workbook, write or call

ASA P.O.Box 161, Escondido CA 92033
 Phone (760)741-7050 (Sarah)