

Hope in a Silent Struggle

*Whole Heart
Post-abortion support group
Begins Monday, March 16, 2009
Register by March 9*

January, 2009 marked the 36th anniversary of Roe v. Wade and the annual observance by many in the church community of the Sanctity of Human Life. And while we rightly pause to reflect on the lives of the estimated 50 million lives that have tragically ended in abortion, there are some among us who grieve on a very personal level.

More than one-third of American women will have had an abortion by age 45.* Many of these women are experiencing emptiness, sadness, shame and depression and many are in church each Sunday, quietly grieving. Men too may be having difficulty with anger, depression and a sense of being unable to protect those close to him. Grandparents, siblings and other family members or friends may have their own feelings to sort through. One abortion decision may affect many people for years to come.

Fortunately for women, men and family members who are experiencing emotional turmoil following an abortion there are places and people available to help. Care Net Pregnancy Center is one place that offers help. Care Net desires to partner with local churches to bring help, hope and healing in the body of Christ to any who are experiencing emotional turmoil following an abortion. Care Net's Whole Heart post abortion support program offers free, confidential and non-judgmental help so that women and men may forgive themselves, find forgiveness and healing and walk in a new-found freedom.

A former Whole Heart client, who now volunteers for this ministry, penned these poignant words describing her own journey.

"I buried the pain of my abortion for many years. I didn't discuss it with anyone until one day when I was talking with my pastor. I told him I didn't forgive myself for the sins I had committed. I broke down in tears and told him about that awful day so long ago. He listened quietly as I struggled telling my story. When I finished talking he told me about Care Net and gave me the phone number. It took me a year to get up the courage to make the phone call. I'm so thankful that I did because during the Bible study I realized I was not alone in my pain. There were other women who had been suffering from lack of forgiveness, low self-esteem, and addictions just like me. Care Net's 'Forgiven and Set Free' Bible study brought so much closure for me in facing my problems related to the abortion....I'm so thankful for this program and for those involved in it."

If you are seeking healing from a past abortion, there is help, there is hope, there is healing. Please contact Care Net today at 608-259-1605 or wholeheart@carenetdane.org or visit our website at www.carenetdane.org.

* Alan Guttmacher Institute, www.alaguttmacher.org, An Overview of Abortion in the United States, January 2008