

CALIFORNIA RIGHT TO LIFE EDUCATION FUND

P.O. Box 4343, Walnut Creek, CA 94596-4343

(925) 944-5351

E-Mail: info@calright2life.org

Web Site: www.calright2life.org

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Abortion Pain in Elderly Hearts

Excerpted from article by Sydna Masse - CEO & Founder at Ramah International, Professional Speaker, Author, Blogger

“I had two abortions that I completely forgot about until now,” the elderly woman sobbed as I helped her light two candles during a memorial service at one of Ramah’s seminars. “My husband made the decision and I just put those memories away someplace in my heart and forgot about them all these years. Oh, God, please forgive me.”

At over 80 years of age, this dear post-abortive woman was finally making peace with God about a choice she had been unable to stop many years in the past. She had recently been diagnosed with Alzheimer’s. Her pain was fresh and real, as if these abortions had taken place in the last few days.

Elderly post-abortive people exist all over the world. Many often encounter no obvious regret until nearing the end of their lives. Some have found God’s peace by quietly serving others. Others have lost not only children but grand- and great grandchildren as well.

“At my mother’s funeral, my siblings were talking about my mother’s abortion in her youth,” another depressed caller shared with me. “She told them but never told me. Why wouldn’t she tell me?”

I had no answers for this older woman who was so distraught. All I could do is give her permission to grieve a lost sibling she never knew existed and encourage her not to judge her mother for being silent with her on this topic.

Women have their own reasons for not sharing their abortion truth. Many speak about it during trigger moments like births and deaths. Their pain is ignited and they quickly confess to anyone who will listen. Then they wrap up their hearts and go back into silence on the topic once the moment has passed.

In order to discover if a loved one experienced abortion, it’s good to bring up the topic in casual conversation. Speaking compassionately about the common pain of abortion at a spiritual, emotional, psychological and physical level with family can dislodge hidden secrets.

Vocalizing in a general way that you would never judge anyone that had an abortion can set a loved one’s heart at peace to share this truth. More importantly, share with them that there is no sin that God cannot forgive – even abortion.

When such a secret is revealed after someone has already passed away, it’s important to understand the individual’s walk with God. The key often is that those left behind are grieving and another lost family member has been added to that mourning cycle.

In ministry conversations, many women share with me that they are terrified of meeting their children in heaven. My answer is always compassionate.

“God is the only judge in heaven,” I share. “Those who have gone before us have been set free of the emotions of this world. They are at peace. I believe they will welcome us and don’t want us to fear that reunion. God knows our heart. Have you accepted Christ as your Savior?”

Perhaps as many as [43% of this age group has potentially experienced abortion](#). Post-abortive individuals are at every level of society, especially elderly care units like assisted living facilities and nursing homes.

Seventy years ago, abortion was a very tightly held secret because it revealed the loss of virginity. Unexpected pregnancies held a deeper level of shame in that day and age. Most couples would marry immediately when they discovered an unexpected pregnancy, whether they loved each other or not.

If marriage wasn't possible, adoption was often the forced choice in resolving any potential family disgrace. Despite the fact that it was not legal, women could still secretly obtain abortions.

Abortion methods and legality may have changed over the years but the impact on the heart is often the same. The elderly may just be better at hiding secrets than a younger generation. Information about the [emotional, spiritual, psychological and physical impact of abortion](#) has only been proclaimed in the last few decades.

The elderly often isolate themselves from difficult topics like abortion and simply never hear the message of the hope of God's healing. Their generation rarely shared their sins in public as well. The shame of an unexpected pregnancy fifty to seventy years ago is far different from today.

There is no timetable on abortion pain. This choice can be forgotten for decades yet triggered quickly when the end of life issues arrive. The death of every loved one reminds us of those we have lost over the years. Grief expands and can overwhelm. It's more essential than ever that these men and women be reached with the hope of God's salvation and peace.

Those who have grieved their abortion and found God's healing are typically excited about meeting their lost children at last. If they are afraid of a future heavenly encounter, it typically means more healing needs to be accomplished.

[Hebrews 1:3](#) reveals the truth about God's love; *The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.*

The dear soul who was touched during our memorial service had the perfect opportunity to remember her aborted children and ask God for His forgiveness before Alzheimer's took control of her mind. God's timing was perfect and we were blessed to be there to help her finally grieve two children that she would soon meet in heaven.

If you have experienced abortion, the [Her Choice to Heal abortion recovery program](#)

(<https://herchoicetoheal.com/>) can help you address any conflict that exists in your heart. Our team would be blessed to help you begin to process this pain and/or refer you to a local abortion recovery program for tangible comfort.

For those of you who are actively working in abortion recovery, please prayerfully consider visiting a local assisted living or nursing home and share the truth that there is no sin that God cannot forgive – even abortion. Help these hearts come to a place of forgiving the younger version of themselves that made this choice.

Resources available for post-abortive women (and men) of any age include:

Rachel's Vineyard: 877 HOPE 4 ME (877-467-3463) <http://rachelsvineyard.org/> Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing.

Project Rachel -<http://hopeafterabortion.com/> The Catholic Church's ministry to those who have been involved in abortion. A diocesan-based network of specially trained priests, religious, counselors, and laypersons who provide a team response of care for those suffering in the aftermath of abortion. In addition to referring for Sacramental Reconciliation, the ministry provides an integrated network of services, including pastoral counseling, support groups, retreats and referrals to licensed mental health professionals. It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness.

800-712-HELP (7357) And of course our "go to for everything" number 1-800-712-HELP. If you're looking for emotional support after abortion, you can chat with us here on the website (<https://optionline.org/after-abortion-support/>), or text HELPLINE to 313131, send us a message, or call us at 1-800-712-4357. We're here to help.

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one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. You are not alone...

Library Corner

Redeemed by Grace: A Catholic Woman's Journey to Planned Parenthood and Back by Ramona Treviño & Roxane Salonen



Ramona Treviño begins her life story by recounting a situation as a pre-teenager and how she climbed a ladder and sat on the roof and asked God to send her a sign so she would know God was real. (Spoiler: she got her sign.) She promised herself to follow God always. A few years later, while watching the movie Song of Bernadette she told her mother she wanted to become a nun. However, a stormy family life and growing pains made it hard for her to be faithful to these commitments.

Pregnant at 16, she dropped out of high school, and married the father of her child. The marriage quickly became abusive, eventually ending in divorce.

Ramona had always wanted to make a difference in the world, and when she had an opportunity to work at Planned Parenthood, she accepted a position as the manager of a Planned Parenthood facility in Sherman, Texas. While the location did NOT do abortions, they did do referrals, and being a small office, everyone pitched in and did everything.

Ramona shares in detail the experience and feelings she had the first time she referred a woman for an abortion. Another "adventure" Ramona recounts is her speaking at a youth detention facility about "safe sex." These experiences led her to ponder as she struggled with whether she was doing women more harm than good, setting her on a path to seek the truth, no matter where it might lead.

Ramona shares her "falling away" and then return to her roots in the Catholic faith, and she shares how this impacted her struggle and decision to eventually leave her job with Planned Parenthood. Realizing she could no longer refer women for

abortions or provide them with false assurances of risk-free sex, Ramona took a leap of faith and left the financial security of her job. Her eventual resignation from manager at Planned Parenthood eventually led her to a new role as a pro-life advocate and speaker.

This compelling story tells of Ramona's struggle to reconcile her identity as a daughter of God with a world that sends conflicting messages concerning the source of our dignity and happiness. It is the honest and heartfelt account of a woman who, with the help of grace, strove to overcome the wounds of her own past while becoming an agent of healing for others.

If you would like to borrow any of our library of books, contact our office. Also available at Amazon.com in both English and Spanish.

Calendar of Events

*For the latest updates of events see
www.calendarforlife.org*

40-Days for Life – “Spring Campaign”

Continues Feb 14 – Mar 25, 2018.

To find a location near you, visit
<https://40daysforlife.com/browse-campaigns/>

Pro-Life Action League 2018 Lenten Prayer

Challenge Each year during the season of Lent, the Pro-Life Action League asks all pro-life Christians to join in prayer for three individuals who deeply need God's help. For the fifth annual "Lenten Prayer Challenge," please pray and fast for three people who say their work performing abortions is inspired by faith in Christ: abortionists Willie Parker, Sarah Wallett, and Leroy Carhart. Pro-Lifers who accept the 2018 Lenten Prayer Challenge will pray every day and fast from one meal each week for the true conversion of these three abortionists.

View more at:
<https://prolifeaction.org/event/lent2018/>

