

IT'S MY STORY

From Does Abortion Hurt?

Women by the millions experience abortion every year. Our nation has a huge population of women of abortion. The question always arises, does abortion hurt?

This report is a compilation of many women who have chosen to share their story so that others might here.

The organization: www.DoesAbortionHurt.com is an outreach of Last Harvest Ministries, Inc. of Garland, TX USA.

For help after abortion, visit our recommended links:

National After Abortion Helpline: 800 -



Women share their stories of abortion Real stories from real people

No matter who you are, what you have done, or what has been done to you, there is hope!

Since 1984, Last Harvest Ministries, Inc. has been actively helping women of all ages, backgrounds, races and cultures through after abortion recovery provided in private settings within churches and pregnancy resource centers, counselors offices and pastors offices.

Over these years, more than 35,000 have completed our recovery course, ***FREE ME TO LIVE***, which is available at www.freemetolive.com. Further, we have had an approximate 8,000 individuals complete our relatively new ***After Abortion Survey*** found at www.afterabortionsurvey.com.

In this special report, ***It's My Story***, you will discover several women who have shared their personal story about their own abortion. The statements within this report are not "prolife" propaganda, nor are they statements designed to shame you.

These are real women, from diverse backgrounds, ages, races and histories who share their real stories of what abortion did to them.

They each "made the choice" to have an abortion. Each decision was personal. Some experienced multiple abortions. Yet, the bottom line of each life is that abortion does hurt.

Do yourself a favor and read each woman's story. At the end of this report I provide you an encouraging personal message.

It's My STORY!

Abortion is never an easy decision. The only stories that can really be believed are written by women who have experienced abortion, written in their own words. As you read these stories, consider what your story is or will be.

Women Who've Had Abortions speak:

"I lost a part in front of me. I simply miss my baby. I constantly wake up wanting to nurse my child, wanting to hold my child. And that's something the doctor never told me I would experience."

LORI NERAD - former national president of Women Exploited by Abortion



"I wreck. The following day I was empty, sad, numb. I knew that day I had made a huge mistake. I wish with all my heart I have done things differently."

CARRIE CAMILLERI
LOS ANGELES, CALIFORNIA



"I was 18 when I got pregnant. At three months pregnant, I had an abortion. About seven years later, my heart broke. I was so overcome with grief. How could I have taken the life of my unborn child?"

TEWANNAH AMAN FORT LAUDERDALE, FLORIDA



"I was told that I would be out for eight minutes and I would feel only a little discomfort afterwards. They lied, it ruined 10 years of my life."

MAE ABBOTT LONG BEACH, CALIFORNIA



Sonya had an abortion and advises other women, Don't do it. Regret of a permanent decision is like watching a sad movie over and over again and hoping the ending will change, but it never will. As Whitney Houston sang in a song, "Don't Throw Away Your Miracle!"

SONYA KAYE LAKE STEVENS, WASHINGTON



"I was deceived because I was not told the truth about what an abortion means to the life of an unborn baby. I was not told that at 10 weeks (which is when I had my abortion) my child was already fully formed. I was made to believe that I was doing something that was as natural as going to the dentist for a teeth cleaning. Throughout the years, with each abortion, I became more and more depressed and I gained more and more weight."

CECILIA GOMEZ TUSTIN, CALIFORNIA



"The suction machine was turned on, causing tremendous pain. I was frightened, it hurt so much. I wanted to scream. I wanted it to stop. I suddenly knew there was a baby inside. They were killing my baby!"

DOES ABORTION HURT? IT'S MY STORY! YES IT DOES!



”STEPHANIE WILLIAMS RIDGECREST, CALIFORNIA

“After the first abortion, I did get more depressed. I developed a very angry character; I became very violent. After the second abortion, I really didn’t notice a change. By the third, I had really low self-esteem, and after the fourth I became extremely promiscuous and destructive. Throughout the years, with each abortion, I became more and more depressed and I gained more and more weight.”



JENIECE LEARNED, MERCER, PENNSYLVANIA

“Having an abortion was the biggest, most tragic mistake of my life. If there is anything I can ever say or do that would change a woman’s or man’s abortion-bound course, I will do it.”



CARNA SPINELLA SEATTLE, WASHINGTON

“If you abort your child, this child will haunt you the rest of your life because no other child can replace him. Your problems will multiply, not disappear. Talk to others who have had abortions, who have chosen not to abort, who have found other ways to give life instead of death to their children. Abortion is wrong. Even if you don’t believe that for sure, wouldn’t it be smarter to err on the side of life? Abortion is irreversible, once it’s done, you have no more options.”



MARGARET CARSON MEDFORD, OREGON

“I was told I had caught it at a great time because it was just a tiny mass of tissue (4-6 weeks). Boy, was I deceiving myself! What ignorance I was in.”



LISA AND WILL WINDHAM TORRANCE, CALIFORNIA“

Two weeks after the abortion, I went into labor. I staggered into the bathroom. And there, with my husband beside me, I delivered a part of my baby the doctor had missed. It was the head of my baby. I’ll wake up in the middle of the night, thinking I hear a baby crying. And I still have nightmares in which I am forced to watch my baby being ripped from me.” “I lost a part in front of me. I simply miss my baby. I constantly wake up wanting to nurse my child, wanting to hold my child. And that’s something the doctor never told me I would experience.”

LORI NERAD - former national president of Women Exploited by Abortion



SUSAN CARPENTER-MCMILLAN PASADENA, CA

“I know millions of women across this country feel as I do about abortion. We all somehow know deep down inside that we alone made a horrible decision and no coined phrase about choice and rights or the denial of biological and fetal facts can ever erase the truth. For we as mothers instinctively know during those still moments of aloneness, that we ended the life of a separate human being growing inside of each and every one of us.”



STAR PARKER LOS ANGELES, CALIFORNIA

“Abortion destroys self-worth and dignity. I bought into the idea that abortion was simply a matter of choice. I used abortion as birth control until after my Fourth abortion. I felt inside that this action has to be wrong. I wish I had given more thought to the abortions I had. If just one person had said, “Star, what you’re doing is wrong” it might have changed the destiny of my life.”

WHY SHOULD I EVER SHARE MY STORY OF ABORTION?

There are millions of women who need to know the truth about abortion from the perspective of women who have been there and done that. Here's four key reasons for you to consider sharing your story.

1. There is a catharsis or a form of healthy release that comes from telling your story, even anonymously.

(Catharsis (Κάθαρσις) is a Greek word meaning "purification" or "cleansing" derived from the ancient Greek gerund καθαίρειν transliterated as kathairein "to purify, purge," and adjective katharos "pure or clean" (ancient and modern Greek: καθαρός).

(Source: wikipedia en)

2. Other women will hear/read your story and discover that they are not alone, crazy or insane. As they learn from other women their real feelings, it helps them identify their own feelings. helps them identify their own.3. Women facing abortion as a choice who read your/hear your story are likely to make a different choice when they see and or hear other real women sharing their real feelings about abortion.

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4. The Bible's last book, Revelation, states: "They overcame by the blood of the Lamb, and the word of their testimony; and that they did not love their lives to death." You will overcome the pain as you begin to share your testimony with out shame.

WHERE CAN I SHARE MY STORY ANONYMOUSLY?

<http://tellmyabortionstory.com/>

HOW CAN I KNOW IF I NEED HELP TO OVERCOME THE HURTS OF MY ABORTION?

Please visit <http://afterabortionsurvey.com>

Completing this free survey helps you determine whether the emotions and behavior changes you have experienced are mild, moderate or sever. This simple intake analysis can help you decide if you are a candidate for after abortion recovery support or professional therapy.

WHERE CAN I FIND HELP TO OVERCOME MY OWN HURTS?

You can start your journey to freedom instantly at <http://freemetolive.com> It is free, confidential and only takes 60 days to complete. It is an email, web based recovery course you take at your own speed. You get an email every other day, which gives you time to complete the web work.

WHO CAN I TALK TO RIGHT NOW ABOUT MY HURTS??

Contact Pastor Ken Freeman, author of Free Me to Live, the course that has helped thousands find freedom from their past hurts.

Email: lastharvest@gmail.com

Telephone: 214-703-0505

Contact the **NATIONAL AFTER ABORTION HELPLINE 1-866-482-LIFE**

You Are Not Alone!

Our trained phone consultants have experienced the pain of abortion and are ready to help you with your abortion recovery healing process.

- *We provide 24/7 confidential help and care.*
- *We listen to you and help you find the abortion recovery program nearest you.*
- *We mail resources and follow up to make sure you get the help you need.*

Or visit our directory for help at <http://findafterabortionhelp.com>

judging them out of fear.

SECRET #3

You have intrinsic value simply because of who you are. When you discover WHOSE YOU ARE you can better understand the intrinsic worth that you have simply because you are. The following is a unique view of Psalm 23. I'm not certain who originated these thoughts...but it ministered greatly to me and I would like to share it with you in hope that your heart will be encouraged. It shows us the value God places upon us.

- "The Lord is my shepherd" ... that's Relationship!
 - "I have everything I need" ... that's Supply!
 - "He lets me rest in green meadows" ... that's Rest!
 - "He leads me beside peaceful streams" ... that's Refreshment!
 - "He renews my strength" ... that's Healing!
 - "He guides me along right paths" ... that's Guidance!
 - "Bringing honor to His name" ... that's Purpose!
 - "Even when I walk through the dark valley of death" ... that's Testing!
 - "I will not be afraid" ... that's Protection!
 - "For You are close beside me" ... that's Faithfulness!
 - "Your rod and Your staff protect and comfort me" ... that's Discipline!
 - "You prepare a feast for me in the presence of my enemies" ... that's Hope!
 - "You welcome me as a guest, anointing my head with oil" ... that's Consecration!
 - "My cup overflows with blessings" ... that's Abundance!"Surely Your goodness and unfailing love will pursue me all the days of my life" ... that's Blessing!
 - "And I will live in the house of the Lord" ... that's Security!
 - "Forever" ...that's Eternity!
- Face it, my friend, the Lord is crazy about YOU!!

SECRET #4

God has made women a "help meet for man"
 What does this mean? See (Genesis 2:18)
"And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him." (Genesis 2:18, KJV)The role of woman as 'helper' to man in Genesis 2:18 has often been taken to mean a kind of domestic servitude and female inferiority. The term 'help-mate' is a mishearing of the AV phrase, "an help meet for him" and was used in Darby's 1884 translation, "a helpmate, his like". It is NOT a subordinate term as it is also used of God in the majority of its occurrences, e.g., Psalm 70:5; 121:1-2 - "...From where comes my help? My help comes from the Lord...". The older English term "meet", meant "appropriate" or "corresponding to". The Hebrew is)zr 'ezer (Strong's 5828), as in 'eben-ezer, 'stone of help' or Ezra 'help'. It is a masculine noun, though used here of a woman, Phoebe in the New Testament was described as a male deacon. The LXX, Greek Septuagint translation of the Old Testament, uses the word bohqos boëthos (Strong's 998) to translate 'ezer. Of its 45 uses, boëthos is used 42 times to refer to help from a stronger one, from a more secure or strengthened position, without need of reciprocal help. This strengthens the idea of 'help' as equal or superior rather than inferior. Just as 'God is my helper' I would not consign him only to the kitchen sink!

"Father God, I pray that You will send Your Holy Spirit to minister grace to this reader. Pour the Blood of the Lamb, Jehovah Adonia, the Lord GOD and bring forth YOUR will in his or her life that he or she may find peace and rest from the painful memories of the past. Help my new friend know that he or she is loved in an incredible way that we cannot comprehend. Show my friend this love even today as he or she has her being and goes from hereto there, be with my friend now. In Jesus Name. Pastor Ken Freeman

HOW MUCH ARE YOU WORTH?

By Pastor Ken Freeman

Have you been taught to be a victim of people, places, and things. Some of us have been taught to be victims their own self, of our own humanity. We were taught to take our ego-strength, our self-definition from internal manifestations of our being and strive to make something of our life..

Are you tired of feeling used, abuse, rejected or abandoned?

Do you wish the one you want to love you loved you because you exist not because of what you can do for them?

Many have been taught to do it backwards. To base self-definition and self-worth from temporary illusions of what we think or how we feel does not work. It is extremely dysfunctional. True self-worth does not come from temporary conditions or feelings that can change in a moment. True self-worth comes from accessing the eternal Truth, from remembering the state of Grace that is our **TRUE CONDITION!**

You can only be fully filled by accessing the transcendent Truth that already exists, that has been giving millions of humans hope throughout the ages. This is the true secret of the ages. THEREFORE: I want to give you 4 other secrets or keys to learning how to determine your worth!

SECRET #1

Its WHOSE you are, not WHO you are that determines your value. It is not a time for gurus or cults or channeled entities, or anyone else, to tell you who you are or what you can become. Its not even for the educators to educate you to be of greater value. Certainly, it is not the Secret, The Sedona Method, or Tolle's The New Earth or Oprah's church that can truly help you find your value in life. Your value as a human being is determined by knowing whose you are rather than anything you, think, do or say. Outside agencies - other people, channeled entities, mediums, books and tapes, seminars and infomercials - can only remind you of what you already know on some level. Our bodies are not who we are - they are a part of our total being in this lifetime - but they are temporal and eventually decay back into dust.

SECRET #2

Discovering your WORTH occurs when you discover WHO IT IS that can give you your true value! It is finding your bliss not in earthly, carnal things, but in knowing whose you are eternally. It is following the path provided to you by your Creator. Looking outside of ourselves for self-definition and self-worth means that we have to die to our old, natural man or self. There is no other way to do it. We were taught to have ego-strength through judgment - better than, prettier than, smarter than, richer than, thinner than, stronger than, etc., etc.

We live in a codependent society everyone has to have someone to look down on in order to feel positive about him/herself. This is the root of all bigotry, racism, sexism, and prejudice in the world. True self-worth does not come from looking down on anyone or anything. True self-worth comes from awakening our relationship to the One who created us. The Truth is that we are like snowflakes: Each individual is unique and different and special and we are all made from the same thing. We are all cut from the same cloth. We are all part of the family if GOD.

When we start looking within and celebrating the truth of who we truly are, then we can celebrate our unique differences instead of