Karen’s Kounsel

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KLynn Counseling

 a place for new beginnings

[**A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.**](http://www.brainyquote.com/quotes/quotes/l/lindsaywag222125.html)[**Lindsay Wagner**](http://www.brainyquote.com/quotes/authors/l/lindsay_wagner.html)

Today I’m going to talk about a difficult and highly controversial topic – that topic is abortion. This is an issue that affects huge numbers of women, and many times is kept hidden from those around them. Since abortion became legal in 1973, there have been approximately 50 million abortions in this country. That number is added to by more than 1 million every year. These numbers account for a tremendous number of women who have been through this procedure. If you are one of these women, or you know someone who is, then this is written for you.

Abortion has been promoted as a right that every woman should have, even those who are underage. We are given to think that having an abortion is a simple choice that ends a difficult problem and then life goes on as previously planned. Very little is said about the side effects and the long lasting pain that can be connected to this decision. Some of those effects can be physical. These can range from nausea, vomiting, infection, or even internal damage that can prevent one from conceiving again. If you have had an abortion either recently, or long in the past, you may be dealing with emotional after effects that are considerably more heart rending than the physical ones. You may not connect these symptoms with this procedure, especially if a number of years have passed.

You may have experienced, or are still experiencing, the deep sadness of grief. Women who become pregnant and lose a child through a miscarriage or other physical trauma mourn this loss, and most people expect that they will. Those who suffer the loss of someone close to them may have gone through a process with friends and relatives in which they worked through their grief. They may visit a gravesite with flowers or do something else to memorialize their loved one. For you, however, it is unlikely that you have had any chance at all to process your feelings and emotions. You were not afforded this natural course. Whatever the circumstances are in your situation, you will need to take the time to process the grief that accompanies your choice.

 You may have, or currently are now dealing with, depression that has never quite gone away. You may be medicating that depression with alcohol or drugs. One of the most common difficulties after an abortion is guilt and shame, and that is the reason that many women do not seek help for the heartache they are going through. After all, society has said that this is no more than ridding the body of a complication.

[**Trying to suppress or eradicate symptoms on the physical level can be extremely important, but there's more to healing than that; dealing with psychological, emotional and spiritual issues involved in treating sickness is equally important.**](http://www.brainyquote.com/quotes/quotes/m/mariannewi447108.html)[**Marianne Williamson**](http://www.brainyquote.com/quotes/authors/m/marianne_williamson.html)

If depression has taken hold of your life¸ it is important that you recognize that the abortion may be a large part of the root. Dealing with and coming to terms with this is an integral part of healing and wholeness. When we are depressed because of unresolved issues from the past, many times we tend to try to alleviate those symptoms through unhealthy means. This could be come in the form of over eating, use of alcohol or drugs, unhealthy relationships, and a variety of other methods. It is important that you get some competent help from someone who understands what you are going through.

[**Part of the healing process is sharing with other people who care.**](http://www.brainyquote.com/quotes/quotes/j/jerrycantr434394.html)[**Jerry Cantrell**](http://www.brainyquote.com/quotes/authors/j/jerry_cantrell.html)

A third problem you may be dealing with, that we have alluded to previously, is guilt. In spite of a society that freely expresses the idea that there is no “right” or “wrong”, the conscience doesn’t necessarily go along with the popular opinions of the day.

 **Which show the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another.**

[**Romans 2:15**](http://www.biblegateway.com/passage/?search=Romans+2:15&version=KJV)

Science has become so detailed that it is difficult to look at the pictures of the developing fetus and still call it “just tissue” or “not really a baby”. This is true even for those who do not hold to a Biblical idea that God forms a human being at conception and has a plan for that life. Guilt and self condemnation is corrosive to the heart and to the soul. It is especially so when it has been kept a dark secret.

I know that if you have continued to read to this point, there may be memories coming to the surface that you would prefer remain buried. To deal with the roots of any difficult or traumatic event takes courage. In the midst of this there is hope. There is healing. There is forgiveness.

**He healeth the broken in heart, and bindeth up their wounds.** [**Psalm 147:3**](http://www.biblegateway.com/passage/?search=Psalm+147:3&version=KJV)

If you are in the place where you are considering an abortion, please think through your options carefully. This will not be simple, easy, and over with without difficulties. You will carry it with you long after the 9 months of a pregnancy. Life is precious and is a gift from God regardless of the initiating circumstances. If you have had an abortion and have recognized some of the symptoms in your life that I have described, know that there is caring compassionate help available to you. Seek out that help and look to the Great Physician for all the forgiveness and healing He can provide.

**His compassions fail not. They are new every morning: great is thy faithfulness.**

**Lamentations 3:23-24**



My thanks to Pastor Femmel of Zion Lutheran Church in Maryland Heights and his congregation for bringing this sometimes forgotten issue back to my remembrance and for their dedication to providing help for women in this situation. Below are some resources that may be helpful to you:

Thrive ([www.thrivestlouis.org](http://www.thrivestlouis.org/))

Churches for Life([www.getintolife.org](http://www.getintolife.org/))

Lutherans for Life([www.lutheransforlife.org](http://www.lutheransforlife.org/))

Starting in January, Zion Lutheran Church will do a ten week session helping people who have either had, or have encouraged someone to get, an abortion to experience the all enveloping forgiveness of God, who can start a bright new beginning for someone in the new year.

KLynn Counseling can provide therapy and counsel for anyone wishing to work through these issues from a caring and supportive perspective.