

Post-Abortion Support & Bible Study

Sponsored by St. Andrew's Chapel | 407-328-1139 | www.sachapel.com

Now there's hope for those suffering after an abortion.

The burden of a past abortion can be devastating. If you are one of the millions of women who have made the choice to have an abortion, you know the memories associated with this experience. There is hope – *God can heal abortion pain and bring new joy to your heart.*

*How do I know I need
post-abortion healing?*

Answer these questions:

- 1 Do you struggle to suppress feelings connected to your abortion(s), telling yourself over and over to forget about it?
- 2 Are you bothered by feelings of guilt, shame, and sorrow?
- 3 Do you have feelings of resentment or anger toward people involved in your abortion, such as the baby's father or your parents?
- 4 Did your attitude towards relationships change? Do you avoid them or become too dependent on them?
- 5 Do you find yourself uncomfortable around pregnant women, babies or children?
- 6 Do you fear you will never be able to have children or don't deserve to be a mother?
- 7 Have you felt a vague sort of emptiness, a deep sense of loss, or prolonged periods of depression?
- 8 Have you experienced nightmares or flashbacks relating to your abortion(s)?
- 9 Do you find yourself depressed, sad or sick around the anniversary date of your abortion or the baby's would be birth date?

You are not alone!

You can be set free from the pain of guilt and shame while experiencing hope and healing through

Post-Abortion Support & Bible Study

HOW IT WORKS:

A small group of five or six women meet in the relaxed atmosphere of a private home with two leaders trained in post-abortion Bible study. The study materials have been used successfully for years in post-abortion recovery and healing.

CONFIDENTIALITY:

Everyone in the group commits to respect each participant's privacy during and after the study.

THIS IS YOUR OPPORTUNITY TO:

- Speak openly with other women who have had one or more abortions.
- Address suppressed feelings with an understanding group.
- Look at the experience in the comforting, revealing light of Scripture under compassionate, qualified leadership.
- Receive support and encouragement.
- Experience healing.

The Next Step:

Join us for this post-abortion Bible study by calling **Kim Estrada at 813-477-4948** or **Cindy Hudson at 407-687-1251**. Your call will be kept confidential.