

There is healing...and forgiveness!



Forget the former things;  
do not dwell on the past.  
See, I am doing a new thing!  
Now it springs up; do you  
not perceive it?  
I am making a way in the  
wilderness and streams in the  
wasteland.

Isaiah 43:18-19

*"Christ doesn't condone or forget my sin, but He did pay the price for my forgiveness by His sacrifice on the cross." - Rachel*

*"Because of the media and public opinion, there are millions of men and women today that do not know they are suffering because of their choice to abort. Even if they do associate their symptoms with their abortion, they are probably too ashamed or riddled with guilt to seek the help they need. I know that was the case for me." - Jennifer*

A Ministry of



PO Box 582  
6479 Hwy 43 N  
Jackson, AL 36545

Phone: (251) 246-7750  
Fax: (251) 246-7785  
Email: finduncommojoy@gmail.com

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Joy and gladness will be found in her,  
thanksgiving and the sound of singing.

Isaiah 51:3

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## It was the best solution for me...

Over 55 million abortions have been performed since its legalization in 1973. For each of the 55 million lives ended, there is a mother's life who has been changed forever.



In addition to the overwhelming emotions experienced in an unwanted pregnancy, the lie of abortion as a positive option continues to be poured into vulnerable hearts everyday.

Fear and insecurity are then accompanied by shame, loss and regret. But there is healing, and joy can be found again!

## The abortion was so long ago, why does it seem to bother me still?

At the heart of every women, there is a desire to nurture and care for others. Thus, the loss of a child can be extremely difficult for any mother, but the loss of a child as a result of her choice to abort, can be devastating.

## My abortions have not affected my life...

While many women recognize their emotional and physical struggles, they may not associate these struggles with their abortions.

### *Some symptoms may appear immediately or not surface for 5-20 years following the procedure*

- ⇒ initial relief that then later subsides
- ⇒ emotional numbness
- ⇒ depression and grief
- ⇒ feelings of regret or guilt
- ⇒ relationship difficulties
- ⇒ anxiety attacks
- ⇒ increase in alcohol or drug use
- ⇒ eating disorders
- ⇒ suicidal thoughts
- ⇒ low self esteem
- ⇒ difficulty with intimacy
- ⇒ promiscuous activity
- ⇒ flashbacks, dreams or nightmares
- ⇒ feelings of helplessness/hopelessness
- ⇒ anger at their partner and family
- ⇒ frustration with friends and co-workers
- ⇒ take things out on living children

## This decision will be with me forever.

Although the decision to terminate a pregnancy will be a decision carried forever, it does not have to be a decision that prevents a productive, fruitful, and joy-filled life.

*Healing is possible.*

*Joy can be found.*

The child which was once the object of nightmares and regret, can become the very source of happiness and purpose.

Find this difficult to believe; or even impossible? Let us walk with you on the journey towards healing and finding joy in the most uncommon place.



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