



Sisters In Christ, Inc.



March 2008

Hello again!

Please forgive me for getting this done late. Where does the time go? Like all of you, I am in way over my head in so many areas. Prioritizing is hard as you know. Once again, God is going to fix that for me...

My wonderful husband of 20 years (on 13 Feb) was chosen for a new Air Force assignment. I won't even attempt to explain his job, if you aren't military, you won't get the acronyms and this would become a novel. Anyhoo, we are moving to Naval Station Rota, Spain, located on the southern coast this summer! It will mean a lot of logistical changes for us (we have horses, dogs, and cats), but God once again has pulled through and they will be taken care of without having to lose any. Isn't God great? Amen.

As for prioritizing, this will allow my schedule to be wiped clean and be able to do more for Sisters, even from Europe. I am so excited. Next on the list is Leaders Training. Did you read that Sherry? Yep.

Sherry has asked that I tell you my testimony; God's timing coming into play again. Here's why: A couple of weeks ago, I came down with some stomach bug (also made my eyes weird) and ended up in the hospital getting 3 bags of fluids among other drugs to help. Doctors didn't know what it was, my labs were all good. Because of this severe nausea, I could keep nothing down. I was able to get a few sinus meds down, but that was it. I have been on anti-depressants for 10 years, although I didn't know it all stemmed from my abortion 25 years ago. Once I completed the Bible Study, I knew the cause of my depression. I have been on all kinds of anti-depressants, most which caused weight gain (not good for someone who is already depressed.). In total, I have gained about 80 lbs. I asked my new therapist to take me off since I was healed. She didn't, she added Ritalin to help me focus. Hello? Long story short, since my nasty little illness, I haven't restarted anything, but sinus meds! Praise God! Thank God for unanswered prayers (like: please make me well, I'll put my son in the priesthood if you will, please, anything? Or just strike me dead 'cuz I can't take any more! Well, He didn't do any of that. He allowed me to stay sick and enabled my body to be rid of those drugs. This is big, since my meds were a big obstacle during all the bible studies. I couldn't cry, I was sad, but in a fog. That has changed and now I am making up for 10 years of no emotion. I cry at everything! So, tears aside, go to pg 2...

Beth ✝

Various pictures for your viewing pleasure ☺



Spain

Our Vice President Jennifer's baby, due in April!



More photos on Page 4...

My Testimony - By Beth Cannon

In 1983, I had been involved with a young man for quite a while and our relationship had turned physically and emotionally abusive, in just about any way you can imagine. I was scared to leave him due to the threats he made against others and me. When I was 18 and had graduated from high school, I became pregnant.

My parents were against me having the child and urged me to consider abortion. In their defense, they thought it best for me. I had severe morning sickness, was scared, and felt more alone than ever before. I knew it was wrong, but felt like I had no choice. Besides, it's legal. Everyone from the counselors, my family, and my friends told me that it wasn't a baby yet. It was a blob of tissue and wouldn't feel a thing. My parents took me to the clinic and waited until the "procedure" was done. My mother especially, was hateful about the whole ordeal. She wasn't going to be a babysitter for her unwed daughter. I'd have to do it on my own. I had never felt so alone. My father said he'd support me, but he didn't know my mother was unsupportive. After the procedure, everything was normal again and I was able to free myself from the abusive boy. I thought I would put it behind me and go on with my life...

Fast-forward a number of years. I met Mike, the wonderful man who was I destined to marry. We were married less than a year after we met. I told him my story prior to our wedding. He accepted me and on we went. However, whenever I'd see a billboard or bumper sticker about abortion, I'd become physically sick.

A few years later, our son Christopher was born. I loved him, but was very depressed. The depression lasted even after my daughter Karen was born. I couldn't break free. I'd cry when I saw those billboards and bumper stickers. I felt that I couldn't continue living like this. My marriage suffered because I wouldn't talk about anything that upset me. I thank God that Mike continued to hang on to me in my fragile state of mind.

My relationship with my mother had become strained. I didn't know what was wrong, but I cringed at her hugs and kisses. I only saw my parents once a year because of our military moves. I loved them both dearly, I just didn't want my mom to touch me or, God forbid, give me advice on rearing my children. I didn't have these problems with my father. Mom didn't know what was wrong with me.

Finally, in 1998, I considered ending it all. I figured when the kids were older and on their own, I could finally get out of whatever abyss I had fallen. Right after I had these thoughts, I knew that I had crossed the line and needed help. The next morning I was diagnosed as clinically depressed. That started my life on medication. Things got better right away. But I just glided by in neutral.

We started attending church in 1997. I felt like I was walking with God a little at a time. When we moved to a new Air Force Base in 2001, we jumped right in with teaching Sunday School and whatever else our church family asked of us. For me, something was still missing. But because I wasn't familiar with his Word, I still felt unworthy to be accepted by him due to my past sins. Even though I had asked for forgiveness, I had never accepted it. Regardless of what good I did in Christ's name, I felt I was destined for Hell. After hearing about a crisis pregnancy center supported by our church, I began having thoughts of volunteering at a nearby office. I kept pushing those thoughts aside until I realized that it was God gently pushing me in that direction.

Finally, I relented and accepted God's commission. I called a crisis pregnancy center and volunteered to counsel young women to choose life for their babies. I had to interview with a counselor and tell her my story, after she told me her story. That counselor was Sherry. She told me I had to attend a bible study for post-abortive women prior to attending counselor training. She thought I was suffering from Post-Abortion-Syndrome. I had no idea what she was talking about. She then read from a checklist that contained a number of things that I had felt or was feeling. Then and there, I decided to check out this bible study. Thanks to God, that decision saved my life. I learned about Post Abortion Syndrome and that I suffered from many of the items on the list. The two most important things I learned from the Bible Study were that God had forgiven me totally when I gave my life to him AND that I harbored severe anger toward my mother for her role in my abortion. I was able to call and forgive her as well as ask for her forgiveness. Both my parents had harbored extreme guilt for pushing me toward the abortion, but never wanted to bring it up and cause me more pain.

In June of 2006, my mother suffered a setback during her chemotherapy treatment and passed away the following day. Beloved, I am at peace with my mother and I can only thank God for his saving grace and forgiveness. I am so thankful that I was able to forgive my mother and have a few years with her before she went to our Heavenly Father.

God has given me my calling and I am devoting myself to his cause. I will forever regret the decision to end my baby's life, but I know when I leave this earth, Jesus will be holding my baby in his arms, welcoming me home. ☩

Words from Sherry

Dear friends,

I love sharing with you about Sisters! We meet wonderful women who need help. The need for post-abortive healing is staggering. According to *Abort73.com* more than 45 million legal abortions have taken place in the U.S. between 1973 and 2005. Behind each abortion hides the face of a woman, woman with a deep secret, carrying many burdens. In addition she suffers from Post Abortion Syndrome, a post traumatic stress disorder. However most do not realize that PAS exists, and she struggles with many of its symptoms. The following P.A.S. symptoms are not limited to this list:

- Shame and Guilt
- Sleep Disorders
- Self-Destructive Behaviors
- Repeated Abortions
- Anxiety Attacks
- Numbing of Emotions
- Blocking Memories
- Outbursts of Anger or Rage
- Deep Anger and Bitterness
- Drug and/or Alcohol Abuse
- Sexual Promiscuity
- Withdrawal from Relationships
- Replacement Pregnancies
- Irritability
- Eating Disorders
- Short or Long Term Depression
- Thoughts of Suicide
- Materialism

Through our Bible Study, *A Journey to Grace* is a healing journey that leads a post abortive woman to life in Christ Jesus. *Isaiah 55:6-9* describes God's willingness to forgive and heal: *Seek the Lord while he may be found; call upon Him while he is near. "For My thoughts are not your thoughts, nor are your ways My ways," declares the Lord. "For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.*

Recently, we announced that women suffering from sexual abuse started taking the *Journey* too! Let me explain why. Women abused sexually, during childhood or later, have post traumatic stress symptoms similar to those found in the post abortive woman. According to Women of Substance Sexual Assault Information online, 38% of girls are abused before age 18.

Leading the sexually abused woman through *A Journey to Grace* revealed to me that she often believes this lie in particular, "This is what I'm good for." The trauma of sexual abuse and the misguided emotional responses she often experiences leads her, often, into a lifestyle of excessive sexual activity. Sometimes she, too, becomes a post abortive woman.

With very little modification, *A Journey to Grace* is being formatted to help. One 64-year-old precious woman, who had been abused sexually as a child gave me this quote about her healing journey. She said, *"No matter how hopeless it seems, no matter how long it's been, no matter how hard it is, no matter how discouraged you are, you've go to take this Journey. It's never too late and God wants you to take it. He wrote it. It's His journey for you. It will change your heart."*

With all my heart, I know we are doing everything in God's timing, in His way. *A Journey to Grace* is amazing. Please tell others about this great work. You do not know who needs to take the Journey. Many have taken it because another shared. In more than one incident the person who shared has no idea that someone listening came for help.

In His amazing grace,

Sherry

A Journey to Grace Group and Training Update

A Journey to Grace

The P.A. group in session in Alabama was completed Feb. 7th, and was a great success.

1 Sexual Healing group is in session in Texas.

In Alabama, 1 P.A. group will be formed in the Spring of 2008; 1 S.H. group began in Feb. 2008 in Alabama.

1 P.A. group begins Feb. 27th. It was delayed due to the death of Glory's friend's child.

1 P.A. group to form in Washington, no date set at this time. (This group is on hold)

Training

1 is training in Iowa. Training should be completed in mid March.

1 training class in Nora Springs, Iowa began Feb. 19th.

More baby photos!!!



Baby Soehren



Naval Station Rota, Spain, Courtesy of Google Earth



I hope you have enjoyed the pictures!