



Hello,

My name is Sue Ketchum, and I had an abortion years ago. Perhaps you know a loved one that did, too, or you hold that secret yourself. I want to share my heart with you.

At first I was relieved that the procedure was over and my life could go on. I went for years not thinking or speaking about it. But no one told me that an abortion would affect my life for years afterwards. Many women have emotional struggles. Sometimes these range from minor anxiety to very intense feelings of anger, shame, depression, and more. These feelings are very typical, and you are not alone.

Perhaps today you are feeling OK and have no regret. Please keep this information, in case you change your mind in a few years, as many women do.

I went through a healing support group study in 2011. I was in denial for many years about how much my abortion affected my relationships - with my husband, with my son, with my friends, and parents. I stuffed my emotions. I was holding onto my anger deep down inside, had a low image of my self worth, and vowed never to reveal my secret to anyone. I was sure there would be judgment, condemnation, and rejection. Also, I saw no need to "deal with it". I was doing just fine... I thought.

Going through this time of support changed my life, as it has for many other women. It can help you and give you a new sense of joy and love of life. It can set you free from any burden of shame. You can gain control of stray emotions and find a renewed courage - peace of mind.

You are not alone. Someone cares. You can begin again. You can be assured of God's forgiveness. You can be set free to forgive yourself. Remember that I care for you, and so do many other women that walked through the healing process. Your Heavenly Father loves you, too - no matter what you did in your past. Because of how my life changed, I now want to share what I learned with other women like you. I now lead recovery support groups or counsel one-on-one with Hearts Restored, a ministry of Clarity.

We will meet in a confidential location. I will respect your privacy and tell no one in Clarity about your participation with me. I would love to just talk to begin with. Then you can decide what you want to do.

I can only imagine how you feel - how scary to even consider sharing your secret with someone else - but this is the first step to peace. Please, call or text if you just want to talk. You can privately email me at WomensHeartsRestored@claritycares.org

Any contact that you make with me is strictly confidential. If now is not the time for you, then please contact me at any time in the future...someone cares!

Sue Ketchum
812.567.3150 call

Hearts Restored: Healing After Abortion