



DIOCESE OF ROCKVILLE CENTRE

Office of Human Life, Family and Bioethics



TRUE FREEDOM



Today, I am living a life of true freedom. Jesus died and rose to set me free from sin and death. He offered me a new life and I accepted it. My sin of abortion left my heart scarred and sore, but now, in retrospect, I can see how all the pain I went through has taught me to be more compassionate and merciful with others. Now, through faith, I see there is a purpose for every kind of suffering. Every time we go through negative events, even if it's difficult to understand, it is an invitation to look at the One who, being innocent suffered like a criminal

for each one of us by dying on the cross. For our salvation Jesus has risen and I **rise** with Him.

After each retreat, I **“took up my mat”** accepting Jesus Mercy and let Him heal my soul; by taking the responsibility of cutting off the life of my baby, asking for his forgiveness and started to allow my heart to love him and to be loved by him. I **“took up my mat”** when Jesus gave me the grace to forgive myself and be free to love Him and to become a channel of his love for others. In a mysterious way, God can use our own wounds, when healed, for the healing of others.

Today, because Jesus made me well, I can choose every day to walk in His ways. I am a witness of his Merciful love, and my only desire is to follow Him and bring His message of healing and forgiveness to all whose lives have been paralyzed from living years of secret and silence suffering from post-traumas of Abortion.

My friends, Jesus is with us as gentle and loving as He was with the paralytic of Bethesda. Today like two thousand years ago He wants us to be well. Let us accept His purifying and transformative Love. Let's pray together with the psalmist: **“A clean heart create for me, O God; give me back the joy of your salvation”**.

Blessings