

In real life, there is no replay

- but there is recovery!

Life is sacred from the first moment to the last. God is not obliged to give children to everyone.

From the very first moment of conception, an embryo is a human being, a person. Whether they are healthy and allowed to live, or not, they are individuals.

During pregnancy not only a baby is developing but also a family, a mom and a dad. Abortion breaks the developing relationships and causes physical and inward, spiritual pain. The loss starts a special mourning process.

What are the characteristic symptoms after spontaneous or procured miscarriage, and a childless marriage?

The pain of the surgical action is coupled with self-accusation and a sense of guilt. The self-image related to parenthood begins to waver. Living with a perceived or diagnosed infertility, also solving the problem artificially is a serious tribulation.

Abortion is an act against life

Whether or not the person is aware that it is a sin, they can still experience the same physical and emotional disorders. The sense of shame, guilt, and grief does not only apply to religious people but everyone. The most painful part is that the suffering person happens to be the same one who caused the loss.

Post-abortion symptoms are similar to those when someone is stuck in mourning.

Symptoms can be various: anxiety, anger, self-accusation, low self-esteem, miscarriage, infertility, insomnia, addiction (drug, alcohol), depression, and suicidal tendencies. After abortion, 40-50% of relationships come to an end.



**The source of healing is
the love of the merciful Jesus.**

It is possible to refuse to listen to your heart for a while, sometimes it can take decades, but eventually something, a sort of crisis renews the trauma that you thought you had forgotten: pregnancy, childbirth, miscarriage, menopause, mourning, divorce, illness or an accident. Then pain will erupt with an elemental force. Anger and blame will rise in the woman towards everyone who talked her into it, who did not help her in her need. It hurts that no one said: "Do not do it!". They often blame God too: „If he loves me, why did he let this happen to me? Why didn't he interfere?".

Fruits of the weekends:

Participants experienced that healing is possible and they can start over even after such a shameful event that they did not even dare to discuss. Finding peace with God, with people, and with themselves can lead to a spiritual revival. This is partly the reason why people who are not religious can also attend.

Testimonies from participants:

- „After my abortion, I was unable to graduate from college. I gave up. I was treated with depression and I couldn't stop blaming myself. Now, after the weekend, I applied for another training course. I look forward to it. I hope this time I won't fail.”
- „At first I could not tell my daughters that they could have had other siblings. I was afraid they would judge and despise me. I asked them never to make the same mistake. Should they ever be in trouble, I'll be there and help. I can't say they were proud of me, but our relationship became more honest.”
- „I have two teenage boys from two different relationships. My partner and I have been together for five years, but no matter how hard we tried, we could not have a baby. I felt like the universe was punishing me for the babies I had given up when I was younger. After the weekend, at the age of 42, our daughter was conceived. We are so happy!”
- „I experienced also that I get back my babies whom I believed was lost.”

The organizers of this retreat are members of the **EMMANUEL COMMUNITY** Fraternity:

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FEAR NOT, I WON'T JUDGE YOU!

DO NOT CRY, DO NOT SORROW!

A WAY OUT OF THE PAIN OF MISCARRIAGE

A healing, re-evangelizing weekend of
mission, organized by the Hungarian
Emmanuel Community



Our retreat is based on *Evangelium Vitae*, the encyclical of Pope Saint John Paul II (Chapter IV. Point 99. Paragraph 3.), in which the Pope speaks to those affected by abortion.