



Her Choice to Heal 2025 Conference Manual

Life to the Full

By Sydna Massé

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Conference Schedule

(All times are CST - Central Standard Time)

Thursday, September 25, 2025

10:00 – 10:45 a.m. Attendee Conference Check-In

10:45 – 11:00 a.m. Welcome – Introduction of Speakers

11:00 – 12:00 a.m. Keynote 1 – Conference Launch: Life to the Full! – Sydna Massé

12:00 – 1:00 p.m. Lunch

1:15 – 2:00 p.m. Devotions with Melissa Horton

2:00 – 2:15 p.m. Break

2:15 – 3:15 p.m. Workshop Session A

3:15 – 3:45 p.m. Break

3:45 – 4:45 p.m. Workshop Session B

4:45 – 5:30 p.m. Dinner

5:30 – 6:00 p.m. Praise & Worship

6:00 – 7:00 p.m. Keynote 2 – Abortion's Impact on the Family - Panel

7:00 p.m. Conference Release

Friday, September 26, 2025

9:30 – 10:30 a.m. Praise & Worship – Devotions with Judy Squier

10:30 – 11:30 a.m. Keynote 3 - From Catalyst to Pioneer — Loving Like Jesus in Pregnancy Ministry – Jessica Deese

11:30 – 12:30 p.m. Lunch

12:30 – 1:30 p.m. Workshop Session C

1:30 – 2:00 p.m. Break

2:00 – 3:00 p.m. Workshop Session D

3:00 – 3:30 p.m. Break

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3:30 – 5:00 p.m. Keynote 4 – When a Client Chooses Abortion: Secondary Abortion PTSD – Karen Fifer, Melissa Horton and Sydna Massé

5:00 p.m. Conference Release – Dinner on own or leftovers!

Saturday, September 27, 2025

9:00 – 9:30 a.m. Praise & Worship – Devotional with Karen Fifer

9:30 – 9:45 a.m. Break

9:45 – 10:45 a.m. Workshop Session E

10:45 – 11:00 a.m. Break

11:00 – 12:00 p.m. Keynote 5 - Soaring to New Heights – Sydna Massé

12:00 p.m. Conference Close

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Live Presentation Schedule & Topics

Thursday, September 25, 2025

11:00 – 12:00 a.m. Keynote #1 – Conference Launch: Life to the Full! - Sydna Massé - Kick off the conference with a deep dive into John 10:10's promise: *a life full of hope and purpose*. Sydna Massé lays an encouraging foundation, blending timeless scriptural principles to uplift weary hearts in pregnancy center and abortion recovery ministry. Hear stirring stories of God's timely grace breaking through for those touched by abortion and recovery. Reflect on decades of ministry across generations, drawing from her experience in writing, speaking, and encouraging on this vital topic.

1:15 – 2:00 p.m. Devotions - Melissa Horton

2:15 – 3:15 p.m. – A2/B2 – Workshop: Abortion and Future Sexual Intimacy – Karen Fifer – Explore abortion's lasting wounds on sexual well-being—soul ties, promiscuity, sexual abuse—and guide clients toward healing with a compassionate process. Examine the emotional and spiritual brokenness many face after abortion.

3:30 – 4:45 p.m. - B1 – Workshop: Gentle Restoration: Caring for Sexual Abuse Survivors – Melissa Horton – Reach the 85% of your client base with sexual abuse histories. Uncover behavioral signs and mindsets of sexual abuse victims who have also experienced abortion, equipping you to minister with sensitivity and understanding.

6:00 – 7:00 p.m. Keynote #2 – Abortion's Impact on the Family – Melissa Horton - Unravel abortion's complex effects on family systems and learn to bring healing to every layer. This session explores "Ten Comforts" for those mourning aborted family members, "When Abortion is a Family Secret" for hidden pain, "Six Ways Abortion Can Affect the Family" for its broad reach, and "Abortion's Generational Curse" for lasting echoes.

Friday, September 26, 2025

9:30 – 10:30 a.m. - Devotions - Judy Squier

10:30 – 11:30 a.m. - Keynote #3 – From Catalyst to Pioneer: Loving Like Jesus in Pregnancy Ministry - Dr. Jessica Deese – This keynote encourages pregnancy ministry leaders to love like Jesus by guiding people with both truth and kindness. Using biblical stories, her counseling experience, and a model called Needing Her H.E.A.R.T., she teaches how to listen to the Holy Spirit, focus on a person's identity, and meet emotional needs to help clients make life-changing decisions. This session equips leaders to create meaningful conversations that support choosing life for a baby while sharing the love of Christ.

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12:30 – 1:30 p.m. - C4 - Marketing Ministry – Marketing Ministry – Donor Mailings with Client Stories – Sydna Massé – Create powerful content for donor mailings that highlights hope and impact, linking post-abortive to HerChoicetoHeal.com for immediate help. **Location: Sanctuary**

2:00 – 3:00 p.m. - D4 – Workshop: Listening to Tomorrow: Focus Group Marketing – Sydna Masse & Jessica Deese – Learn a marketing process called “focus group testing” to gather youth (12-24) and donor feedback through testing to shape your center’s future with actionable improvements.

Keynote #4 - 3:30 p.m. – 5:00 p.m. When a Client Chooses Abortion: Secondary Abortion PTSD – Karen Fifer, Melissa Horton and Sydna Massé - Journey into the emotional landscape faced by leaders when clients choose abortion over life. Unpack the raw emotions—grief, frustration, helplessness—and learn practical ways to navigate them. Engage clients feeling fleeting relief post-crisis with compassion and truth, preparing them for potential future pain. Ends with a moving memorial service honoring the unborn that have been lost and renewing your strength.

Saturday, September 27, 2025

9:00 – 9:30 a.m. – Devotions - Karen Fifer

9:45 – 10:45 p.m. – E2/E4 – Workshop: From Secret to Witness: Sharing Abortion’s Truth Publicly – Sydna Massé – Unpack why abortion’s lifelong effects stay hidden and inspire public sharing. Learn when to speak, prepare for events, and start with family and friends, guiding with confidence.

11:00 a.m. – 12:00 p.m. – Keynote #5 - Soaring to New Heights – Sydna Massé - Rise above doubt with this uplifting keynote for pregnancy center and abortion recovery leaders. Discover how Biblical examples confirm God’s call, sharpen your ear to His direction, and embrace His development plan for your growth. Gain wisdom on managing ministry and discerning when to transition, finding Holy Spirit assurance to soar with confidence and skill.

Conference Ends at 12:00 p.m.

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Keynote 1 – Life to the Full!

Thursday, September 25, 2025 – 11:00 – 12:00

Philippians 4:13: *I can do all things through Christ who strengthens me.*

Embracing God's Plan

- Trusting God's plan means living with faith in His guidance, even when life is uncertain or tough as revealed in these Scriptures:
 - **Jeremiah 29:11:** *For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.*
 - **Proverbs 3:5-6:** *Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.*
 - Believe God's plans are **good**, even if they don't match your own wishes and desires and let go of trying to control everything and follow God's direction instead.
-

Encompassing Joy Daily

- God's joy is a deep, lasting happiness that comes from knowing Him, not just from good circumstances, as described in these Scriptures:
 - **1 Thessalonians 5:16-18:** *Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.*
 - **Nehemiah 8:10:** *Then he said to them, 'Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.'*
 - Joy is a gift from the Holy Spirit, bringing peace even in hard times.
 - Find joy through Bible reading, prayer, and in God's presence.
 - **Psalms 16:11:** *You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.*
 - **1 John 1:3-4:** *that which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ. And these things we write to you that your joy may be full.*
 - God's joy overflows, helping you stay strong through challenges as revealed in **Philippians 4:4:** *Rejoice in the Lord always. Again I will say, rejoice!*
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Finding Encouragement Through Faith

Faith gives strength to face challenges by focusing on God's promises - Philippians 4:13: *I can do all things through Christ who strengthens me.*

Ways to Find Faith Encouragement

| Method | Description | Application | Biblical Connection |
|--------------------------|--|--|--|
| Review God's Word | Bible verses offer comfort and guidance. | Read Hebrews 11:1 and Isaiah 41:10 | Hebrews 11:1: <i>Now faith is the substance of things hoped for, the evidence of things not seen.</i> |
| Prayer | Connect with God for strength and peace. | Pray for specific needs like healing or courage. | Philippians 4:6-7: <i>Be anxious for nothing, but in everything by prayer... let your requests be made known to God.</i> |
| Service | Helping others shows God's love. | Volunteer | Galatians 5:13: <i>...through love serve one another.</i> |
| Focus on God's Character | Trust in God's love and power. | Reflect on God's faithfulness daily. | Psalms 36:5: <i>Your mercy, O Lord, is in the heavens; Your faithfulness reaches to the clouds.</i> |
| Connect with Others | Share and pray with believers. | Join a small group or Bible study. | Hebrews 10:24-25: <i>...let us consider one another in order to stir up love and good works.</i> |
| Focus on Positives | Gratitude shifts focus to blessings. | List three things you're thankful for each day. | Psalms 100:4: <i>Enter into His gates with thanksgiving.</i> |

Engaging an Eternal Mindset

- Focus on God's eternal kingdom rather than temporary problems as featured in these Scriptures:
 - **Philippians 3:20:** *For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ.*
 - **Colossians 3:2:** *Set your mind on things above, not on things on the earth.*
- Earthly struggles are short compared to eternal glory as shared in these verses:
 - **2 Corinthians 4:17-18:** *For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.*
 - **Matthew 6:19-21:** *Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven... For where your treasure is, there your heart will be also.*

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- **Hebrews 11:9-10:** *By faith he dwelt in the land of promise as in a foreign country... for he waited for the city which has foundations, whose builder and maker is God.*

Practical Applications of an Eternal Mindset

| Practice | Description | Practical Application | Biblical Connection |
|-----------------------|------------------------------------|---|--|
| Prayer and Meditation | Align thoughts with God's truths. | Pray and read Scripture daily. | Colossians 3:2: <i>Set your mind on things above.</i> |
| Service | Invest in God's kingdom work. | Working in church, pregnancy center... | Matthew 6:20: <i>... lay up for yourselves treasures in heaven.</i> |
| Faith Community | Gain encouragement from believers. | Attend church or a small group regularly. | Hebrews 10:25: <i>... not forsaking the assembling of ourselves together.</i> |
| Share the Gospel | Impact others' eternal destinies. | Talk about your faith to others. | Mark 16:15: <i>Go into all the world and preach the gospel.</i> |

- Spiritual growth, strength in trials, peace from less focus on material things.
- Challenges: Avoiding distractions like money or ambition and balancing eternal focus with daily responsibilities.

Emboldened with Hope

- God's hope gives courage and strength to face challenges
 - **Galatians 6:9:** *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*
 - **Philippians 1:6:** *... being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.*
- Hope is a **confident trust** in God's promises, not just wishful thinking.
- **Biblical examples:** Daniel faced the lion's den with faith, and early Christians shared the gospel despite danger.
- Draw strength from God's hope to live boldly and serve others with purpose.

Living a Full Life

- God uses all experiences, including pain, for good as revealed in **Romans 8:28:** *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*
- Trust God's plan, seek encouragement, live joyfully, focus on eternity, and stay hopeful.
- Closing prayer for strength, joy, and a life full of God's purpose.

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Workshop A Sessions – Thursday, September 25, 2025 – 2:00 to 3:00 p.m.

A1/A2 - Unveiling Abortion's Devastation and Healing After Abortion Track (combined) – Abortion and Future Sexual Intimacy – Karen Fifer – Explore abortion's lasting wounds on sexual well-being—soul ties, promiscuity, sexual abuse—and guide clients toward healing with a compassionate process. Examine the emotional and spiritual brokenness many face after abortion. **Location: Sanctuary (Live)**

A3 - Leading Ministry with Purpose Track – Faith at the Helm: Managing Ministry God's Way – Jessica Deese – Lead with a biblical business model—stewardship, integrity, service—streamlining operations and inspiring your team. Learn to balance budgets and goals for a thriving, mission-true center **Location: Youth Room**

A4 - Marketing Ministry – Marketing Ministry – Inspiring the Faithful: Marketing to Donors – Sydna Massé – Ignite donor passion with digital appeals and social media, overcoming website manager challenges to showcase impact and invite giving. **Location: Children's Room**

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A1/A2 - Abortion and Future Sexual Intimacy

Presenter: Karen Fifer

Understanding Abortion's Trauma and Its Impact

- Abortion is a traumatic event that affects the body, mind, and soul, like Post-Traumatic Stress Disorder (PTSD) seen in veterans (Psalm 62:6-8).
- Trauma triggers stress hormones, leading to coping mechanisms like numbing, drugs, anger, or emotional disconnection, which create inner chaos.
- Memories of abortion, even if healed, can resurface through triggers like songs, smells, or dates, causing physical and emotional reactions.
- Unlike other traumas where helping others release stress, abortion often lacks immediate positive actions, leaving stress unresolved.
- Unresolved trauma can disrupt sexual intimacy in marriage, even in loving relationships, by reducing desire, sensation, or enjoyment.

Physical Problems and Their Effects

| Physical Problem | What It Is | How Common | How It Affects Sex | How to Help |
|----------------------|----------------------------------|-------------------------------------|---------------------------------------|-----------------------------------|
| Less Sexual Pleasure | Less enjoyment or orgasm | 62% (1987 study), 30%+ (2006 study) | Less interest in sex, marriage strain | Counseling, recovery groups |
| Avoiding Sex | Not wanting sex, feeling numb | 50% (1987 study), common in groups | Less intimacy, feeling alone | Trauma therapy, open talks |
| Pain During Sex | Discomfort or pain during sex | Not fully measured, noted in groups | Avoiding sex, feeling distant | Medical checkup, trauma healing |
| Men's Issues | Low sex drive, erection problems | Not measured, reported in studies | Less intimacy, relationship stress | Men's recovery groups, counseling |

How Abortion Affects Sexual Intimacy in Marriage

Abortion's trauma can lead to defense mechanisms in marriage: don't trust, don't feel, don't talk, and be in control.

Defense Mechanisms and Their Effects on Marriage

| Defense Mechanism | Description | Effect on Marriage | Biblical Connection |
|-------------------|---|--|---------------------|
| Don't Trust | Avoiding vulnerability due to past hurt. | Loss of interest in sex; emotional distance. | Proverbs 3:5-6 |
| Don't Feel | Numbing emotions to avoid pain. | No enjoyment or orgasms; disconnection. | Psalm 34:18 |
| Don't Talk | Keeping abortion a secret. | Inhibitions; emotional disengagement. | James 5:16 |
| Be in Control | Dictating sexual conditions (e.g., specific positions). | Limited intimacy; sense of aloneness. | Galatians 5:22-23 |

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- These defenses cause changes in desire (less interest in sex), responses (no enjoyment or orgasms), health (depression, anxiety, painful sex), passions (inhibitions, emotional disconnection), and control (specific sexual conditions).
- Studies show lasting effects: 62% of women report less pleasure post-abortion, and over 30% note reduced sexual frequency and desire, impacting partners too.
- Secrets about past abortions, even from a spouse, deepen disconnection and prevent unconditional love, creating a sense of aloneness.
- Men also face sexual issues post-abortion, like low libido, guilt, or pornography use, reinforcing dysfunction in marriage.

The Well of the Soul and Sin's Impact

- *The soul is like a well, starting pure but polluted by sins, including abortion, which acts like rocks muddying the water (Psalm 51).*
- Abortion's "leaven" (sinful influence) spreads through marriage, eroding trust, respect, and love, like yeast in bread (1 Corinthians 5:6-7).
- Hypocrisy, or hiding true feelings, worsens the damage, creating a façade that blocks true intimacy (Luke 12:1; Romans 12:9).
- God's forgiveness through Jesus cleanses the well, removing sin completely, as He chooses not to remember it (Hebrews 10:14-18; 1 John 1:9).

Healing Sexual Intimacy in Marriage

- Open communication about abortion restores trust and allows couples to grieve together, breaking the silence that fuels dysfunction.
- Sexual dysfunction is common but can be healed through forgiveness, grieving, and breaking sexual soul ties.

Ways to Heal Physical Effects

| Healing Step | What to Do | Physical Benefit | Bible Verse |
|----------------------|--------------------------------------|----------------------------------|---------------------|
| Break Soul Ties | Pray to release past sexual memories | Less tension, better arousal | 1 John 1:9 |
| Talk Openly | Discuss abortion with spouse | Less stress, more sexual comfort | 1 Corinthians 7:3-5 |
| Join Recovery Groups | Attend programs to heal trauma | Less pain, more interest in sex | Psalms 32:5 |
| Spiritual Healing | Trust in God's forgiveness | More sexual confidence | Hebrews 13:4 |

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Steps for Breaking Sexual Soul Ties

| Step | Description | Practical Application | Biblical Connection |
|----------------------|---|--|---------------------|
| List Past Encounters | Identify all pre-marital sexual partners, including spouse, and past traumas. | Write a private list, mental or physical, guided by the Holy Spirit. | Colossians 3:5-10 |
| Pray for Forgiveness | Ask God to forgive sexual sins and release memories. | Pray for each person on the list, seeking restoration. | 1 John 1:9 |
| Restore Purity | Request God to renew a pure heart. | Pray for a restored “virgin status” in your heart. | Psalms 51:10 |
| Record the Date | Note the date of prayer to counter guilt. | Refer to this date when shame resurfaces. | Psalms 130:3-4 |
| Confess to Spouse | Share abortion history with spouse, if safe. | Use ground rules to discuss confidentially. | 2 Corinthians 4:2 |

- **Ground rules for discussing sexual issues:** Keep truths confidential, share one issue at a time, and allow monthly discussions to process emotions.
- **Biblical principles for a healthy marriage bed:** Honor each other’s bodies, avoid withholding sex, and keep the bed undefiled (1 Corinthians 7:3-5; Hebrews 13:4).
- **Steps for restoration:** Read Song of Songs, pray together, take thoughts captive, and surround yourselves with supportive couples.

Supporting Single Women and Men

- Single post-abortive women may fear they’re “broken” for future marriages; healing now prepares them for healthy intimacy (**Genesis 2:24; Ephesians 5:31**).
- Men also experience sexual dysfunction, guilt, and shame post-abortion, often in silence, which can lead to pornography or detachment.
- Breaking sexual soul ties, confessing sins, and seeking God’s purity help both men and women prepare for future relationships (**Colossians 3:5-10; 1 Thessalonians 4:3-5**).
- Recovery groups provide a safe space to address these issues, with men’s groups emerging to support their healing.

Hope for Restoration

- God never wastes pain and can restore sexual intimacy through His forgiveness and healing (**Romans 8:28; Psalm 51:10**).
- Resources: HerChoicetoHeal.com (Module 8 – Shattering Sexual Soul Ties), RamahsVoice.com, local pregnancy centers, and Her Choice to Heal by Sydna Massé.
- Encourage open communication, breaking soul ties, and trusting God to purify the heart (**Ecclesiastes 4:12; 1 John 1:9**).
- Closing prayer for healing, restored marriages, and strength for singles preparing for future relationships.

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A3 – Faith at the Helm: Managing Ministry God's Way

Presenter: Jessica Deese

Session Goals:

- Understand how biblical truth shapes effective ministry leadership.
 - Learn practical management strategies that align with Kingdom values.
 - Develop a balanced approach to financial stewardship, goal setting, and team culture.
-

Key Scriptures

- **Proverbs 16:3** – *Commit to the Lord whatever you do, and He will establish your plans.*
 - **Luke 16:10** – *Whoever can be trusted with very little can also be trusted with much...*
 - **Colossians 3:23** – *Whatever you do, work at it with all your heart, as working for the Lord.*
-

Core Content Outline

1. **Biblical Foundations for Leadership**
 - **Stewardship:** Managing resources as God's property.
 - **Integrity:** Aligning operations with truth and transparency.
 - **Service:** Leading by example in humility.
 2. **Practical Management Tools**
 - **Budgeting for mission:** How to allocate funds with impact in mind.
 - **Goal setting:** SMART goals for ministry growth.
 - Time and resource audits to eliminate inefficiency.
 3. **Building a Ministry Culture**
 - Vision casting and value reinforcement.
 - Encouraging spiritual health within your team.
 - Celebrating wins and fostering unity.
-

Practical Action Steps

- Conduct a quarterly “mission alignment audit” on budget and activities.
- Create 3 ministry goals that blend faith and measurable results.
- Implement a weekly 15-minute team devotional to keep Christ central.

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Reflection Questions

1. Where am I managing resources well?
2. Where is there waste or misalignment with our mission?
3. How can I lead more like a servant and less like a CEO?

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A4 – Inspiring the Faithful: Marketing to Donors

Presenter: Sydna Massé

So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. 2 Corinthians 9:7

Two Unique Target Audiences

Pregnancy centers and abortion recovery ministries need **separate marketing for donors and clients** to meet their needs.

- **Donor marketing:** Openly pro-life, using emotional and faith-based appeals, like the widow's mite from **Mark 12:41-44:** *Now Jesus sat opposite the treasury and saw how the people put money into the treasury... Then one poor widow came and threw in two mites... So He called His disciples... and said... 'this poor widow has put in more than all... for they all put in out of their abundance, but she out of her poverty put in all that she had, her whole livelihood'.*
- **Client marketing:** Avoids strong pro-life language, focusing on compassionate, confidential support to welcome women in crisis.
- **Example donor appeal:** "Your gift transforms lives by protecting the unborn and healing families."
- **Example client appeal:** "Facing an unexpected pregnancy? Get free, private support tailored to you."

Sacrificial Giving Defined

- Every donation, big or small, matters and deserves personal appreciation, as shown in the widow's mite story, where Jesus valued the heart behind giving.
- Treat all donors with care, recognizing their sacrifice supports your mission to save lives and offer healing.
- Small gifts, given with faith, have a big impact, just like the widow's two coins

Sacrificial Giving

| Concept | Description | Practical Application | Biblical Connection |
|------------------------|--|---|--|
| Widow's Mite | Small gifts given with faith are valued by God. | Treat all donations, big or small, with gratitude. | Mark 12:41-44: <i>This poor widow has put in more than all... she out of her poverty put in all that she had.</i> |
| Heart of Giving | God values the intent behind giving, not the amount. | Send personal thank-you cards for every gift within 48 hours. | 2 Corinthians 9:7: <i>God loves a cheerful giver.</i> |

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Friend Raising: Ministering to Your Donors

Donors are friends, not just funders; building relationships helps them feel connected to your pro-life mission.

Friend Raising with Donors

| Action | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------------|--|--|---|
| Learn About Donors | Understand their lives, faith, and connection to abortion. | Ask about family, church, and prayer needs; record details. | Philippians 2:4: <i>Let each of you look out not only for his own interests, but also for the interests of others.</i> |
| Create Donor Persona | Build a profile of your typical donor. | Use a persona like “Sarah Mills, 45, churchgoer” to guide appeals. | Proverbs 27:17: <i>As iron sharpens iron, So a man sharpens the countenance of his friend.</i> |
| Pray for Donors | Include donors in your prayers. | Ask, “How can we pray for you?” and then follow up. | James 5:16: <i>Pray for one another, that you may be healed.</i> |
| Invite to Center | Connect donors to your mission physically. | Offer tours, keeping client areas private. | Hebrews 13:16: <i>Do not forget to do good and to share.</i> |

- **Learn about donors’ lives:** Are they parents? What church do they attend? Have they faced health issues or abortion personally?
- **Create a “Donor Persona”** (e.g., “Sarah, 45, loves family, attends church, touched by abortion personally, has 2 small children) to guide messaging.
- **Ask donors why they support you** and how you can pray for them; record details on cards or in a database.
- **Show gratitude** through stories of lives saved and invite donors to visit your center for tours, keeping client areas private.
- **Personalize letters with a P.S.**, like “We’re praying for your recovery; let us know how you’re doing.”

Crafting Inspiring, Values-Driven Written Appeals

- Appeals should connect emotionally, reflect pro-life values, and show donation impact.
- Use real or composite stories of women helped, keeping privacy in mind.
- Use simple language: “Your \$150 gift provides an ultrasound to show a mom her baby’s life.”
- Tie to faith: “Join God’s work to protect life and heal hearts.”
- Highlight different services monthly (e.g., ultrasounds, recovery programs).

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- Use hopeful words and scriptures tailored to abortion recovery and/or general pregnancy center work.

Hopeful Words for *Abortion Recovery Marketing*

| Word | What It Means | How It Encourages Donors | Bible Verse (NKJV) |
|-----------------------|--|--|--|
| Healing | Becoming whole again in body, mind, soul | Shows donors their support helps recovery | Psalm 147:3: <i>He heals the brokenhearted And binds up their wounds.</i> |
| Restoration | Bringing back what was lost | Assures donors their gifts restore lives | Joel 2:25: <i>I will restore to you the years that the swarming locust has eaten.</i> |
| Hope | Believing in a better future | Inspires giving to bring hope to those in pain | Romans 15:13: <i>Now may the God of hope fill you with all joy and peace in believing...</i> |
| Forgiveness | Letting go of guilt and shame | Shows donors help people find God's forgiveness | 1 John 1:9: <i>If we confess our sins, He is faithful and just to forgive us our sins...</i> |
| Redemption | Being saved and made new | Encourages donors to redeem lives through Christ | Ephesians 1:7: <i>In Him we have redemption through His blood, the forgiveness of sins...</i> |
| Peace | Finding calm and rest in God | Assures donors their gifts bring peace | John 16:33: <i>In Me you may have peace...</i> |
| Joy | Happiness through God's love | Shows donors their gifts spread joy | Nehemiah 8:10: <i>The joy of the Lord is your strength.</i> |
| Transformation | Changing for the better | Shows donors their support transforms lives | 2 Corinthians 5:17: <i>If anyone is in Christ, he is a new creation...</i> |

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Words and Phrases for *Pregnancy Center Marketing*

| Word/Phrase | Description | Practical Application | Biblical Connection (NKJV) |
|-------------|------------------------------------|---|--|
| Hope | Suggests a brighter future | Use in appeals: Your gift brings hope to hurting hearts. | Romans 15:13: <i>Now may the God of hope fill you with all joy and peace...</i> |
| Healing | Restoration from pain | Highlight in stories: Your donation supports healing. | Psalms 147:3: <i>He heals the brokenhearted And binds up their wounds.</i> |
| Compassion | Care and empathy for those in need | Use in messaging: Show compassion through gift. | Colossians 3:12: <i>Put on tender mercies, kindness, humility...</i> |
| Impact | Tangible difference a gift makes | Share results: Your support impacts lives. | Galatians 6:9: <i>Let us not grow weary while doing good...</i> |
| Love | Unconditional care and God's heart | Appeal to emotions: Give with love to help families. | 1 John 4:7: <i>Beloved, let us love one another...</i> |
| Restore | Bringing back wholeness | Use in campaigns: Your gift restores broken lives. | Joel 2:25: <i>I will restore to you the years...</i> |
| Transform | Life-changing outcomes | Highlight stories: Your donation transforms pain into purpose. | Romans 12:2: <i>Be transformed by the renewing of your mind.</i> |
| Peace | Calm and comfort for those helped | Use thank-you cards: Your gift brings peace. | John 16:33: <i>In Me you may have peace.</i> |
| Support | Standing with those in need | Call to action: Support our mission. | Galatians 6:2: <i>Bear one another's burdens...</i> |
| Grace | God's forgiveness and kindness | Inspire donors: Extend God's grace through your gift. | Ephesians 2:8: <i>For by grace you have been saved...</i> |
| Change | Shift toward a better future | Use in appeals: Your gift creates change. | 2 Corinthians 5:17: <i>If anyone is in Christ, he is a new creation.</i> |
| Empower | Enabling others to thrive | Highlight impact: Empower women with your donation. | Philippians 4:13: <i>I can do all things through Christ...</i> |
| Forgiveness | Freedom from guilt and shame | Use in stories: Your gift helps women find forgiveness. | 1 John 1:9: <i>If we confess our sins, He is faithful...</i> |
| Community | Shared purpose and connection | Engage donors: Join our community to support healing. | Hebrews 10:24-25: <i>Let us consider one another... to stir up love...</i> |

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Leveraging Social Media and Donor Specific Websites

- **Social media** (Facebook, Instagram) connects donors daily with stories, Bible verses, and updates; post 3-5 times weekly and reply to comments quickly.
- Create a **private** donor Facebook group for prayers and updates to build community.
- **Donor Websites** should be easy to use with “Donate Now” buttons, photos, and team/client videos (with consent); include a mailing address for check donations.
- **Beware of shadow banning**, where platforms limit pro-life content’s reach without notice, affecting ads and posts.
- **Add a “Prayer Requests”** section on websites to engage donors spiritually.

Growing Your Funding Base and Overcoming Challenges

Grow support through direct mail, email campaigns, and small events like church breakfasts.

Growing Your Funding Base

| Strategy | Description | Practical Application | Biblical Connection (NKJV) |
|---------------------|--|--|---|
| Direct Mail | Newsletters and appeals reach donors. | Collect names and emails at events for mailing lists. | Proverbs 11:25: <i>The generous soul will be made rich...</i> |
| Protect Donor Lists | Keep lists private to avoid misuse. | Never share with other groups; store securely. | Proverbs 22:1: <i>A good name is to be chosen rather than great riches...</i> |
| Engage Pastors | Build ties with church leaders. | Ask pastors to recommend volunteers; share mission benefits. | Hebrews 13:17: <i>Obey those who rule over you... for they watch out for your souls.</i> |
| Small Events | Host gatherings to share your mission. | Plan a church breakfast to connect with donors. | Luke 14:13: <i>Invite the poor, the maimed, the lame, the blind.</i> |
| Refer a Friend | Encourage donors to invite others. | Start a “Refer a Friend” campaign with simple messages. | Matthew 5:16: <i>Let your light so shine before men...</i> |

- Protect donor lists from being shared, especially with national groups that may redirect funds.
- Engage pastors and youth pastors, emphasizing your center’s help for their congregants, not competition for volunteers.
- Overcome website manager misalignment by clearly stating your pro-life mission and seeking faith-based managers. **Avoid using any vendor with a pro-abortion perspective.**

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Keynote 2 – Abortion's Impact on the Family

Presenter: Melissa Horton

*My soul waits for the Lord more than those who watch for the morning—
Yes, more than those who watch for the morning.
O Israel, hope in the Lord; For with the Lord there is mercy,
And with Him is abundant redemption. And He shall redeem Israel
From all his iniquities. Psalm 130: 6-8*

Overview of Abortion's Family Impact

Abortion affects not just the woman but everyone in the family, often causing sudden changes in behavior that signal hidden pain (**Psalm 130:6-8**). Family members may feel confused, angry, or guilty, even if they didn't know about the abortion. God offers hope and healing for families, restoring relationships through His love and mercy.

Six Ways Abortion Impacts Families

| Impact | Description | Healing Step |
|-------------|--|--|
| Confusion | Depression or personality changes worry family. | Talk openly; seek recovery help. |
| Anger | Blaming others, even if they weren't involved. | Forgive; ask God for peace (Ephesians 4:31-32). |
| Infertility | Worrying about abortion stops future kids hurts relationships. | Trust God: get medical help if needed. |
| Bonding | Grief makes it hard to love other kids. | Name the child; grieve to bond better. |
| Guilt | Family who pushed abortion feel bad later. | Ask for forgiveness; try recovery programs. |
| Grief | Learning about abortion brings sadness. | Remember the child; pray for healing (Psalm 130:6-8). |

When Abortion is a Family Secret

- Family secrets about abortion are harmful, keeping pain hidden and preventing healing (**2 Corinthians 4:2**).
- Teens are often forced to abort by family due to shame, reputation, or abuse (e.g., a 15-year-old coerced because the father was abusive).
- Forced abortions cause deep emotional, spiritual, and physical wounds, sometimes leading to issues like drug use or depression.
- Family members who pushed for abortion may resist healing to avoid guilt, making private recovery, like one-on-one ministry, helpful.
- Secrets can pass down generations, as many discover parents or grandparents also had abortions, continuing the cycle of pain.

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Comforts for Grieving Family Members

Abortion's grief is hidden; family members feel powerless and may experience secondary Abortion PTSD, causing guilt or sorrow. Aborted children are often unacknowledged, but their loss often wounds family members who learn about it.

Ten Comforts for Grieving Family Members

| Comfort | Description | Practical Application | Biblical Connection |
|--|---|---|-------------------------|
| It's Not Your Fault | You're not responsible for others' choices. | Pray to let go of guilt. | Romans 8:28 |
| Keep Their Abortion Truth Confidential | Keep it private to avoid judgment. | Don't share unless they're ready; pray for guidance. | Psalms 27:14 |
| Learn About Abortion Pain and Recovery | Learn about Abortion PTSD from HerChoicetoHeal.com. | Check out HerChoicetoHeal.com or a recovery program. | James 1:5 |
| Abortion Doesn't Make Anyone a Bad Person | Abortion is often a tough choice, not evil. | Show kindness, not judgment, to those who choose it. | Matthew 7:1 |
| God Has a Plan, So Praise Him in Advance | Trust God to use this pain for good. | Pray to thank God for His future healing. | 1 Peter 5:8-10 |
| Thank God If You Had a Voice | Be thankful if you spoke up for the baby. | Thank God for letting you try, even if it didn't work. | Ephesians 4:15 |
| Name This Child | Naming helps you grieve. | Pick a name or ask God for one. | Psalms 139:13-16 |
| Grieve This Child | It's okay to cry and remember the child. | Cry when you need to; make a memorial like planting a tree. | Psalms 34:18 |
| Document Your Conversations | Writing helps you and others heal later. | Write down what happened or how you feel. | Psalms 102:18 |
| Forgive Them for Wounding You | Forgiveness heals your heart. | Ask God daily to help you forgive. | Colossians 3:13 |

Breaking the Generational Curse

- Abortion can become a “generational curse,” repeating across families due to dysfunction, abuse, or shame (e.g., one family had 25 abortions since the 1920s).
- Forced abortions, often due to rape, abuse, or family pressure, leave women with guilt and depression, feeling they should have fought harder.
- Even pro-life supporters sometimes push abortion after rape, adding to the trauma (**Isaiah 53:7**).

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- The Adverse Childhood Experiences (ACE) test shows how tough childhoods (abuse, neglect, etc.) lead to unplanned pregnancies and abortions.

Adverse Childhood Experiences (ACE)

| Experience | Description | Impact on Pregnancy | Biblical Connection |
|-------------------------------|---|---|---------------------|
| Physical Abuse | Repeated physical harm in childhood. | Increase risk of unplanned pregnancy. | Psalms 34:18 |
| Emotional Abuse | Ongoing verbal or emotional mistreatment. | Contributes to family strife and abortion pressure. | Psalms 147:3 |
| Sexual Abuse | Contact sexual abuse during childhood. | Leads to trauma and coerced abortions. | Isaiah 61:1 |
| Substance Abuse | Living with an alcohol or drug abuser. | Creates unstable environment, raising pregnancy risk. | Galatians 5:1 |
| Incarcerated Household Member | Family member in prison. | Adds stress, increasing unplanned pregnancies. | Matthew 11:28 |
| Mental Illness | Household member with depression or mental illness. | Fuels dysfunction, leading to abortion decisions. | Psalms 23:4 |
| Domestic Violence | Mother treated violently in home. | Heightens trauma, encouraging abortion. | Psalms 55:22 |
| Absent Parents | Growing up with one or no parents. | Lacks support, raising pregnancy and abortion risk. | Psalms 68:5 |

Thankfully, God's love can break this cycle through healing and forgiveness (Romans 5:5).

Ministering with Hope and Healing

- God promises restoration for families hurt by abortion (1 Peter 5:8-10; Romans 5:5).
- **Resources:** HerChoicetoHeal.com, RamahsVoice.com, local pregnancy centers for recovery programs.
- **Key actions:** Forgive, name the child, break secrets, and trust God's mercy.
- Closing prayer for healing and strength for families affected by abortion.

Resources for Families Struggling with Secondary Abortion PTSD

- *Legacy Lost: Healing Abortion's Heartbreak in Grandparents*
- *Boundless Light: When Someone You Love Chose Abortion*
- HerChoicetoHeal.com: Support for abortion recovery and grandparents

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Workshop B Sessions – Thursday, September 25, 2025 – 3:30 – 4:45 p.m.

B1 - Unveiling Abortion's Devastation Track – *Abortion and a Woman's Physical Health* – Sydna Massé – Uncover abortion's physical realities— microchimerism, breast cancer risks, infertility and more — and equip yourself to support women with care and clarity. Learn to educate on the physical impact of abortion these issues with empathy and evidence, empowering clients to embrace God's full life—body, mind, and soul. **Location: Children's Room**

B2 - Healing After Abortion Track – *Gentle Restoration: Caring for Sexual Abuse Survivors* – Melissa Horton – Reach the 85% of clients with sexual abuse histories. Uncover behavioral signs and mindsets of sexual abuse victims who have also experienced abortion, equipping you to minister with sensitivity and understanding. **Sanctuary (Live)**

B3 - Leading Ministry with Purpose Track – *Rescue and Restore: Trafficking Outreach Basics* – Jessica Deese – Expand to serve trafficking survivors with life-affirming support. Train staff, create safe spaces, and partner locally for holistic care and broader impact. **Location: Youth Room**

B4 - Marketing Ministry – *Conversations That Count: Equipping Abortion Encounters* – Karen Fifer, Melissa Horton and Sydna Massé – Visiting a pregnancy center may not be an option. Equip and train others outside your ministry realm to address someone considering abortion with the truth about abortion's emotional, spiritual, and physical realities with empathy and life-affirming hope and bridging gaps. **Location: Small Room (Video)**

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B1 – Abortion and a Woman’s Physical Health

Presenter: Sydna Massé

Future Pregnancy Complications

- Abortion can raise risks for future pregnancies, like premature delivery, gestational diabetes, and placenta problems (previa, accreta, adhesion), which may cause bleeding or delivery issues.
- These risks come from uterine changes or scarring after abortion, impacting pregnancy health.

Menstrual Irregularities and Asherman Syndrome

- Abortion can cause irregular periods due to scar tissue, hormonal changes, weakened ovaries, or infections from poor hygiene.
- Asherman Syndrome, a rare condition, involves scar tissue in the uterus, leading to issues highlighted in this chart.

Menstrual Irregularities and Asherman Syndrome

| Issue | Description | Practical Application |
|---------------------------|--|--|
| Adhesions | Scar tissue blocks menstrual flow. | Encourage medical check-ups post-abortion. |
| Hormonal Imbalance | Abortion disrupts hormone levels. | Suggest tracking cycles; refer to doctors. |
| Weakened Ovaries | May cause uterine bleeding. | Recommend gynecological exams. |
| Infection | Poor hygiene leads to genital infections. | Stress hygiene; refer for treatment. |
| Asherman Syndrome | Scar tissue causes pain, light/no periods, fertility issues. | Advise specialist consultation for symptoms. |

Sepsis from Medication Abortion

- Medication abortion (using mifepristone and misoprostol) opens the cervix, raising infection risk from bacteria like E. coli, which can lead to sepsis—a dangerous immune response.
- Sepsis may cause endometritis, pelvic inflammatory disease, organ damage, or infertility.

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Sepsis from Medication Abortion

| Risk | Description | Practical Application |
|------------------|---|---|
| Open Cervix | Cervix stays open, allowing bacteria entry. | Warn about infection risks; urge medical follow-up. |
| Common Pathogens | Bacteria like E. coli cause infections. | Educate on hygiene; refer for testing. |
| Complications | Endometritis, PID, organ damage, infertility. | Connect to doctors for early intervention. |

Microchimerism

- During pregnancy, mother and baby exchange cells, called microchimerism, leaving a lasting presence in the mother's body, even after abortion. Reference: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10445024/>
- Fetal DNA stays for years, affecting emotions and health, which passes on to future children, creating a bond with lost siblings.

Breast Cancer Risk

- Abortion may increase breast cancer risk by stopping breast cell growth before 32 weeks, leaving risky Type 1 and 2 lobules.
- Studies show higher risk in areas with more abortions (e.g., 151% in South Asia).
- Full-term pregnancy and breastfeeding lower risk by forming protective lobules.
- Some studies deny the link due to flawed methods, like mixing abortions with miscarriages.

What Affects Breast Cancer Risk?

| What Happens | Does It Raise or Lower Risk? | Why? |
|----------------------------------|------------------------------|--|
| Having an Abortion | Raises risk | Stops breast cells from becoming safer Type 4 lobules. |
| Miscarriage (Early) | No change | Lower hormones mean less risk. |
| Miscarriage (Late) | Raises risk | Acts like abortion - leaves risky lobules. |
| Having a Baby (≥ 32 weeks) | Lowers risk | Makes Type 4 lobules that protect against cancer. |
| Breastfeeding | Lowers risk | Lowers hormone levels. |
| First Baby After Age 30 | Raises risk | More time with risky lobules and hormones. |
| Alcohol or Smoking | Raises risk | Harms cell or raises hormones. |

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Breast Lobule Types 1–4

| Lobule Type | When It Appears | Description | Cancer Risk | Notes |
|-------------|---|--|-------------|---|
| Type 1 | At birth, before puberty | Small, immature lobules; like tiny tree branches with few cells. | High | Most common before puberty and in early reproductive years; sensitive to hormones, fast cell growth makes them more likely to turn cancerous. |
| Type 2 | During puberty | Slightly more developed lobules with more branches; still immature. | High | Appear during puberty, still sensitive to hormones; a bit less risky than Type 1 but still prone to cancer. |
| Type 3 | After pregnancy and breastfeeding (or no breastfeeding) | Mature lobules that form after Type 4 stop making milk; more developed branches. | Low | Form after a full pregnancy; have changes that protect against cancer; less sensitive to hormones. |
| Type 4 | Late pregnancy (20–40 weeks) | Fully mature lobules that can make milk; like a tree with full branches. | Very Low | Appear after 32 weeks of pregnancy; safest against cancer due to slow cell growth and fewer hormone receptors. |

What Studies Say About Abortion and Breast Cancer Link

- **In Europe**, countries with more abortions have more breast cancer cases. For example, the UK saw a 70% rise in breast cancer after abortion was legalized in 1967.
- **In South Asia**, studies found a 151% higher risk of breast cancer after abortion; up to 291% when separated from miscarriages.
- **In India**, women with abortions had over 6 times the risk of breast cancer.
- **In China**, abortions raised the risk 6–17 times, especially after the one-child policy.
- **Teens who have abortions before 18**, especially after 8 weeks, have a much higher risk (up to 800% if they have a family history of breast cancer).
- **More Abortions, More Risk**: The more abortions someone has, or the later they happen in pregnancy, the higher the risk.

Why Some Studies Disagree

- **Some Groups Say No Link**: Organizations like the Guttmacher Institute report abortion doesn't cause breast cancer. They use studies that have problems, like:
- Not counting all abortions (e.g., missing ones done outside hospitals).

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- Mixing up abortions and miscarriages.
- Comparing women who had abortions to women who were never pregnant (who already have higher risk).
- Not waiting long enough to see if cancer develops (it can take 8–10 years).

Reference: Meta-analysis of global research on breast cancer/abortion link: **Reproductive Choices of Young Women Affecting Future Breast Cancer Risk –**

(<https://acpeds.org/reproductive-choices-of-young-women-affecting-future-breast-cancer-risk/>)

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B2 - Gentle Restoration: Supporting Sexual Abuse Survivors

Presenter: Melissa Horton

And have no fellowship with the unfruitful works of darkness, but rather expose them.

Ephesians 5:11

Content Warning: This workshop discusses sensitive topics related to sexual abuse. If you are a survivor, prioritize your well-being and seek support if needed.

Understanding Sexual Abuse

- **Sexual abuse is common, affecting 1 in 4 women and 1 in 13 men** in their lifetime, with higher rates among pregnancy center clients - **Psalm 69:1-3:** *Save me, O God! For the waters have come up to my neck. I sink in deep mire, Where there is no standing... I am weary with my crying.*
- It includes non-consensual acts like touching or rape, often by someone trusted.
- Survivors may feel denial, anger, or depression, like abortion grief, and struggle with isolation or distrust.
- Biblical example: Tamar's rape by Amnon - **2 Samuel 13:14:** *However, he would not heed her voice; and being stronger than she, he forced her and lay with her* - shows the pain and need for compassionate support.

Coercive Tactics of Abusers

Abusers use tactics – or “*gaslighting*” - to silence victims, trapping them in shame and fear.

Definition: Gaslighting is a form of emotional abuse where someone manipulates another person into questioning their own sanity, perception of reality, or memories. It's a tactic used to gain control and undermine the victim's confidence, often leading to feelings of confusion, anxiety, and isolation.

- Pregnancy centers can help by affirming survivors: “You are not to blame. We believe you and will support you.”
- Example: A 19-year-old client shared her incest story via email after months of trust-building, showing the need for patience.

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Coercive Tactics of Abusers

| Tactic | Description | Counter Strategy | Biblical Connection (NKJV) |
|-----------------------|--|---|---|
| Inducing Guilt | "You enjoyed it, so you wanted it." | Affirm: "Your body's response doesn't mean consent." | Psalm 34:18: <i>The Lord is near to those who have a broken heart...</i> |
| Threatening Disbelief | "No one will believe you." | Say: "We believe you and will help." | John 8:32: <i>And you shall know the truth, and the truth shall make you free.</i> |
| Blaming the Victim | "You seduced me." | State: "You are not to blame for the abuse." | Isaiah 61:1: ...To heal the brokenhearted... |
| Normalizing Abuse | Using pornography to make abuse seem normal. | Educate: "Abuse is never normal or okay." | Ephesians 5:11: <i>Have no fellowship with the unfruitful works of darkness...</i> |
| Exploiting Trust | Abuse in trusted settings like family or church. | Create safe spaces: "You're safe to share here." | Psalm 27:10: <i>When my father and my mother forsake me, Then the Lord will take care of me.</i> |

Recognizing Signs of Sexual Abuse

Behavioral signs, like mood swings, eating disorders, or self-harm, may suggest abuse but need professional assessment.

- Survivors may fear certain people or places, act withdrawn, or show inappropriate sexual behavior.
- **Psalm 25:16-20:** *Turn yourself to me, and have mercy on me, For I am desolate and afflicted... Guard my soul and deliver me...*

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Signs of Sexual Abuse

| Sign | Description | Support Action | Biblical Connection (NKJV) |
|-------------------------------|--|--|---|
| Mood Swings | Sudden crying, depression, or anger. | Approach gently; refer to professional counselors. | Psalm 147:3: <i>He heals the brokenhearted And binds up their wounds.</i> |
| Eating/Sleep Issues | Anorexia, bulimia, nightmares, insomnia. | Suggest professional help; offer resources. | Matthew 11:28: <i>Come to Me, all you who labor and are heavy laden...</i> |
| Fearful Behavior | Avoiding people, places, or authority. | Build trust with safe communication. | Psalm 23:4: <i>I will fear no evil; For You are with me...</i> |
| Inappropriate Sexual Behavior | Precocious or unusual sexual actions. | Consult professionals; provide support. | Psalm 25:16: <i>Turn Yourself to me, and have mercy on me, For I am desolate...</i> |
| Self-Harm/Substance Abuse | Cutting, drug, or alcohol use. | Refer to counselors; show empathy. | Isaiah 61:1: <i>...To heal the brokenhearted...</i> |
| Withdrawal | Isolation or distrust of others. | Offer one-on-one talks; affirm safety. | Psalm 34:18: <i>The Lord is near to those who have a broken heart...</i> |

Offering Compassion: Five Principles for Care

Five Principles for Compassionate Care

| Principle | Description | Practical Application | Biblical Connection (NKJV) |
|------------------------|---|--|---|
| Listen Actively | Focus fully on the client's story. | Avoid interrupting; clarify gently in pauses. | James 1:19: <i>...Let every man be swift to hear, slow to speak...</i> |
| Respect Boundaries | Ensure clients feel safe and unpressured. | Ask before touching; keep doors open. | Philippians 2:3: <i>...In lowliness of mind let each esteem others better than himself.</i> |
| Build Trust | Allow time for disclosures; offer safety. | Use email or anonymous forms; reassure clients. | Proverbs 18:24: <i>A man who has friends must himself be friendly...</i> |
| Know Reporting Laws | Understand legal duties to report abuse. | Check state laws at childwelfare.gov ; use clear intake forms. | Romans 13:1: <i>Let every soul be subject to the governing authorities...</i> |
| Refer to Professionals | Guide clients to expert help. | Discover good professional referrals; follow up. | Galatians 6:2: <i>Bear one another's burdens, and so fulfill the law of Christ.</i> |

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Legal and Ethical Considerations

- **Mandatory Reporting:** Report abuse involving minors or at-risk children, per state laws at childwelfare.gov.
 - **False Allegations:** Rare but possible; approach disclosures with empathy and verify with professionals.
 - **Self-Care:** Working with survivors can cause emotional strain; seek prayer and support to stay strong.
-

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B3 – Rescue and Restore: Trafficking Outreach Basics

Presenter: Jessica Deese

Session Goals

- Recognize signs of sexual trafficking in potential clients.
 - Learn trauma-informed, Christ-centered approaches to care.
 - Build community partnerships for comprehensive survivor support.
-

Key Scriptures

- **Isaiah 61:1** – *The Spirit of the Sovereign Lord is on me... to proclaim freedom for the captives.*
 - **Psalms 82:4** – *Rescue the weak and the needy; deliver them from the hand of the wicked.*
 - **Micah 6:8** – *Act justly, love mercy, walk humbly with your God.*
-

Core Content Outline:

1. Understanding the Reality

- Definition and scope of sexual trafficking.
- Myths and misconceptions.
- Local and national statistics.

2. Identifying Survivors

- Behavioral and physical red flags.
- Intake questions and safety considerations.

3. Serving with Excellence

- Trauma-informed care principles.
- Integrating spiritual support without pressure.
- Confidentiality and legal obligations.

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4. Building Partnerships

- Law enforcement, shelters, medical providers.
- Long-term discipleship and life skills support.

Practical Action Steps:

- Train all staff/volunteers on trafficking indicators.
 - Create a safety protocol for suspected cases.
 - Establish at least one partnership with a local trafficking survivor service.
-

Reflection Questions:

1. How prepared is my center to identify a trafficking survivor today?
2. Who in my community is already working in this space that we can partner with?
3. What immediate changes can we make to increase survivor's safety and dignity?

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B4 - Conversations That Count: Equipping Abortion Encounters

Presenters: Karen Fifer, Melissa Horton and Sydna Massé

Introduction to Compassionate Conversations

- Our goal is to be lifelines for women in crisis, offering hope for those who may encounter someone consider abortion (**John 10:10**: *I have come that they may have life, and that they may have it more abundantly*).
- Learn to connect with women considering abortion and post-abortive individuals through empathy, understanding their influencers, and sharing healing resources.

Understanding Abortion Influencers

Influencers like partners, parents, friends, or media shape a woman's abortion decision. Sexual partners are key influencers; reaching them requires trust and clear communication.

Abortion Influencers

| Influencer | Description | Engagement Strategy |
|-----------------------|---|---|
| Sexual Partner | Often the primary influence - may push for abortion. | Build trust; share fetal development facts. |
| Parents | May pressure due to shame or finances. | Offer family counseling; affirm support options. |
| Friends | Provide advice based on emotions or misinformation. | Share positive center experiences; invite to visit. |
| Media/External | Social media, ads, or culture may normalize abortion. | Counter with ultrasound images, truthful resources. |

Engaging with Empathy

- Use a phone script to talk to influencers, addressing teen mindsets like believing feelings last forever, seeing only false options, or feeling invincible.
- Tools like ultrasounds and texting connect with young women by showing the baby's humanity and building trust.
- Empathy tips: Listen without judgment, use gentle words, and offer hope through resources.

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Empathy Tips for Conversations

| Tip | Description | Practical Application | Biblical Connection (NKJV) |
|------------------------------|--|---|--|
| Use a Phone Script | Structured script guides talks with influencers. | Practice script to sound natural; focus on listening. | <i>Let every man be swift to hear, slow to speak...</i> James 1:19 |
| Address Teen Mindsets | Teens believe feelings are permanent or options are limited. | Explain feelings pass; show life-affirming choices. | <i>The truth shall make you free.</i> John 8:32 |
| Use Ultrasounds | Images show baby's humanity. | Offer free ultrasounds to influence decisions. | <i>For You formed my inward parts...</i> Psalms 139:13 |
| Texting | Connects with young women. | Send supportive texts with resource links. | <i>Bear one another's burdens...</i> Galatians 6:2 |

Addressing Abortion's Impacts

- Abortion has physical risks (e.g., infections, microchimerism) and emotional effects like depression or strained family bonds.
- Inform clients about their rights during abortion procedures and the need for medical tests post-abortion to ensure health.

Supporting Post-Abortive Individuals

- Post-abortive women face silent pain, including depression and guilt (see Table 3).
- Example: A kind message of love can open the door to healing without judgment.

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Nine Ways to Support Post-Abortive Individuals

| Support Method | Description | Practical Application | Biblical Connection (NKJV) |
|-------------------------------|----------------------------------|---|---|
| Don't Judge | Avoid harsh words like "murder." | Say, "God's love covers all sins." | <i>There is therefore now no condemnation... Romans 8:1</i> |
| Listen Patiently | Let them share at their pace. | Avoid interrupting; offer safe spaces like email. | <i>Let every man be swift to hear... James 1:19</i> |
| Share Resources | Provide recovery tools. | Suggest HerChoicetoHeal.com discreetly. | <i>He heals the brokenhearted... Psalm 147:3</i> |
| Offer Recovery Classes | Connect to healing programs. | Promote Her Choice to Heal classes as Bible studies. | <i>Confess your trespasses to one another... James 5:16</i> |
| Suggest Counseling | Guide to professional help. | Locate local Christian counselors that you trust and refer to them. | <i>Bear one another's burdens... Galatians 6:2</i> |
| Pray for Them | Include in your prayers. | Ask, "How can we pray for you?" | <i>Pray for one another, that you may be healed. James 5:16</i> |
| Affirm Forgiveness | Highlight God's grace. | Share, "God forgives all who confess." | <i>If we confess our sins, He is faithful... 1 John 1:9</i> |
| Provide Safe Spaces | Create trust for sharing. | Offer one-on-one talks or anonymous forms. | <i>The Lord is near to those who have a broken heart... Psalm 34:18</i> |
| Follow Up | Check in with care. | Send a kind text or call after a month. | <i>Let us not grow weary while doing good... Galatians 6:9</i> |

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Promoting Pregnancy Centers

- Pregnancy centers are vital but often unknown; promote them through churches, social media, and flyers.
- Sydna's quote: "You never know when your family will need the services of a pregnancy center."
- **Acts 26:17b-19:** *I now send you, to open their eyes, to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins...* calls us to share hope.

Promoting Pregnancy Centers

| Strategy | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------|------------------------------------|---|---|
| Church Outreach | Share mission with churches. | Place flyers in bulletins or bathrooms. | <i>Let your light so shine before men...</i> Matthew 5:16 |
| Social Media | Use platforms to spread awareness. | Post stories, verses 3-5 times weekly. | <i>Go into all the world and preach the gospel...</i> Mark 16:15 |
| Flyers | Distribute printed materials. | Hand out at community events. | <i>Do not forget to do good and to share...</i> Hebrews 13:16 |

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Keynote 3 - From Catalyst to Pioneer — Loving Like Jesus in Pregnancy Ministry

Presenter: Jessica Deese

Seeing People Like Jesus Did

- Jesus was personal and intentional.
 - He addressed the heart, not just the visible problem.
 - He brought heaven's blueprint to earth — revealed identity, broke lies with truth in love.
 - Our words bring life or death - *Death and life are in the power of the tongue, And those who love it will eat its fruit* - **Proverbs 18:21**
 - **In pregnancy care:** See clients as God sees them, speak to fear and brokenness, breathe life into those places.
-

Biblical Snapshots

Samaritan Woman – John 4:7–29

- Found the thirst beneath the thirst.
- Saw her pain, offered living water, revealed Himself.
- **Application:** Look deeper than the surface request.

Rich Young Ruler – Mark 10:17–22

- Loved him, touched his protected place.
- **Application:** Sometimes love requires speaking hard truth.

Nathaniel – John 1:47–51

- Identity before performance.
- **Application:** Speak identity where shame hides hope.

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Peter – John 21:15–19

- Restored gently after failure.
- **Application:** Help clients rewrite the story the enemy is telling them.

Key Point - Consider which example feels most like the counseling conversations you want to have.

How He Still Speaks Today

- Jesus still speaks through the Holy Spirit, His Word, and His people.
 - Share personal stories of timely, specific encouragement.
 - Emphasize slowing down and listening for His voice, not just running through talking points.
-

From Catalyst to Pioneer

- Catalysts spark action and ignite passion.
 - Pioneers break new ground and create new pathways.
 - The next move in pregnancy ministry will be shaped by pioneers who lead with Spirit-filled love.
-

The Need for Her H.E.A.R.T.

Why:

- Clients bring stories, fears, and defenses.
- Crisis affects the brain — logic goes offline; emotional needs must be met first.

What:

- **Temperament Theory** – Connection, Responsibility, Closeness.
 - **Neurotheology** – Crisis activates amygdala; safety re-engages reason.
 - **Counseling Flow** – Rapport → Adapt → Gospel → Tailored follow-up.
-

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Actionable Takeaways

1. Ask the Holy Spirit for insight before each appointment.
2. Listen for His nudge in the conversation.
3. Speak to identity, not just behavior.
4. Leave space for the client's heart to respond.

Interactive: Pair up and share one sentence of identity encouragement.

Vision

- Imagine every client leaving with a seed of heaven's identity planted in her heart.
- Like the Samaritan woman, becoming a witness to her community.
- Not just a life saved — a legacy transformed.

Call to Action & Prayer

- Connect with me for these tools!
- Challenge to be pioneers of love where they are.
- Pray for sensitivity to God's voice, boldness in speaking identity, and faithfulness in love.

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Workshop C Sessions – Friday, September 26, 2025 – 12:30 – 1:30 p.m.

C1 - Unveiling Abortion's Devastation Track – *Portraits of Abortion Pain: Timelines and Healing Stages* – Sydna Massé, Karen Fifer, Melissa Horton – Discover how abortion's pain varies by demographic and life circumstances. Map grief timelines and healing stages, tailoring approaches to guide each person to God's renewal with empathy and faith.
Location: Small Room

C2 - Healing After Abortion Track – *Heaven's Hope* – Karen Fifer – Offer eternal hope through Scriptures, showing faith in Jesus reunites parents with unborn children in paradise. Use naming and grieving to affirm God's love and purpose, pointing to a joyous reunion.
Location: Youth Room

C3 - Leading Ministry with Purpose Track – *Ministry Without Walls: The Mobile Advantage* – Jessica Deese – Take ministry mobile—plan routes, equip vans with services—to reach underserved communities with hope and services. Learn from real examples for actionable steps. **Location: Children's Room**

C4 - Marketing Ministry – Marketing Ministry – *Donor Mailings with Client Stories* – Sydna Massé – Create powerful content for donor mailings that highlights hope and impact, linking post-abortive to HerChoicetoHeal.com for immediate help. **Location: Sanctuary**

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C1 - Portraits of Abortion Pain: Timelines and Healing Stages

Presenters: Karen Fifer, Melissa Horton and Sydna Massé

Truthful lips endure forever... joy for those who promote peace. Proverbs 12:19-20

Understanding Abortion's Pain

- Abortion's emotional and spiritual pain varies by person, causing grief, guilt, or shame (*The truthful lip shall be established forever... There is joy for those who devise peace - Proverbs 12:19-20*).
- Many resist healing due to fear or denial, but **Ecclesiastes 3:1, 4** - *To everything there is a season... A time to weep, And a time to mourn* - shows God's timing leads to peace.
- Mindsets include believing peace is impossible, denying loss, pretending to be fine, or feeling "unforgivable."

Pain Across Demographics

Different groups choose abortion for unique reasons, facing specific healing challenges.

| Group | Why They May Choose Abortion | Healing Challenges | Support Strategies |
|-------------------------------------|---|--|--|
| Wealthy | Pressure to maintain status, career, or privacy | Shame in elite circles; fear of public exposure | Share HerChoicetoHeal.com; emphasize confidentiality |
| Athletes | Fear of losing scholarships or physical ability | Guilt over prioritizing career; physical triggers (e.g., training) | Connect with mentors who've balanced parenting; affirm their strength |
| Beauty Pageant Participants | Pressure to uphold image or avoid scandal | Body image issues; public scrutiny | Provide private counseling; highlight inner beauty in Christ |
| Poor | Financial strain, lack of support | Despair over resources; distrust of "free" help | Offer tangible aid (e.g., baby supplies); build trust through consistency |
| Christians | Fear of church shame or hypocrisy | Doubt in God's forgiveness; spiritual isolation | Share Scriptures (Psalms 103:12); connect to faith-based recovery |
| Disabled (e.g., blind, deaf) | Concerns about parenting ability; societal bias | Isolation; accessibility barriers | Provide accessible resources (e.g., audio guides); affirm their capability |
| Already Post-Abortive | Past trauma amplifies new crisis | Flashbacks during new pregnancies; deeper denial | Gently revisit past pain; offer group support with trusted advocates |
| Unsaved at Time | Lack of moral framework; misinformation | Resistance to faith-based healing | Use secular language initially; share testimonies of transformation |
| Saved at Time | Guilt over betraying faith | Fear of God's judgment | Emphasize grace (Romans 8:1); model forgiveness |
| Cultural Background | Family expectations, stigma, or traditions | Cultural shame; language barriers | Offer bilingual resources; respect cultural values |
| Under 16 | Fear of parents; immature decision-making | Long-term regret; developmental trauma | Involve trusted adults; use age-appropriate materials |

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Mapping Grief Timelines and Healing Stages

Grief follows a timeline: immediate relief/guilt, short-term anger/depression, long-term numbness.

| Stage | Description | Practical Application | Biblical Connection (NKJV) |
|---------------------------------------|--|--|---|
| Immediate (0-6 months) | Relief with guilt; denial dominates | Share HerChoicetoHeal.com to normalize pain | <i>A time to weep... a time to mourn Ecclesiastes 3:4</i> |
| Short-Term (up to 2 years) | Anger, depression; anniversary triggers | Encourage private grieving; suggest classes | <i>The Lord is near to those who have a broken heart... Psalm 34:18</i> |
| Long-Term (ongoing) | Numbness, strained relationships | Offer memorials (e.g., service, plant a tree, jewelry) | <i>You have turned for me my mourning into dancing... Psalm 30:11</i> |
| Denial (Healing) | Dismissing loss as insignificant | Show ultrasound images gently | <i>The truth shall make you free John 8:32</i> |
| Grief (Healing) | Feeling anger, guilt, sadness | Allow tears; join recovery groups | <i>He heals the brokenhearted... Psalm 147:3</i> |
| Acceptance (Healing) | Acknowledging child, forgiveness | Name the child; seek forgiveness | <i>If we confess our sins, He is faithful... 1 John 1:9</i> |
| Renewal (Healing) | Living with hope, helping others | Share testimony; support healing | <i>Abound in hope by the power of the Holy Spirit Romans 15:13</i> |

- Triggers like Mother's Day or hearing "abortion" resurface pain.
- Healing stages: Denial (dismissing loss), Grief (feeling sadness), Acceptance (acknowledging loss), Renewal (helping others).
- Example: A Christian may hide pain but grieve later, finding peace through recovery.

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Overcoming Barriers to Healing

Barriers like fear, shame, denial, or family resistance block healing.

| Barrier | Description | Strategy | Biblical Connection (NKJV) |
|-----------------------------|--------------------------------------|--|---|
| Fear of Judgment | Worry about condemnation | Say, "God forgives all; we love, don't judge" | <i>There is therefore now no condemnation...</i> Romans 8:1 |
| Shame | Fear of reliving pain | Normalize pain with PTSD symptoms | <i>The Lord is near to those who have a broken heart...</i> Psalm 34:18 |
| Denial | Clinging to "blob of tissue" beliefs | Use ultrasound images gently | <i>The truth shall make you free</i> John 8:32 |
| Family Dynamics | Loved ones resist to avoid guilt | Meet one-on-one; call classes "Bible studies" | <i>We have renounced the secret and shameful things...</i> 2 Corinthians 4:2 |
| Spiritual Resistance | Doubt God's forgiveness | Share As far as the east is from the west... Psalm 103:12 | <i>As far as the east is from the west...</i> Psalm 103:12 |

- **Strategies:** Avoid judgment, normalize pain, build trust, use gentle truths like ultrasounds, and time recovery for pregnant clients.
- **Sample script:** "Talking about abortion can feel scary, but you're not alone. God's love covers all, and we have free resources to help."

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Supporting Pregnant Post-Abortive Clients

New pregnancies trigger past pain; positive tests amplify grief, negative tests fuel denial.

| Challenge | Description | Strategy | Biblical Connection (NKJV) |
|--------------------------|---------------------------------------|--|---|
| Positive Tests | Hormones, stress amplify past pain | Share PTSD symptoms; offer recovery later | <i>He heals the brokenhearted...</i> Psalms 147:3 |
| Negative Tests | Relief fuels denial, avoiding healing | Share HerChoiceToHeal.com early | <i>The truth shall make you free</i> John 8:32 |
| Stress of Classes | Classes feel overwhelming in crisis | Suggest second-trimester classes; offer incentives | <i>Bear one another's burdens...</i> Galatians 6:2 |

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C2 - Heaven's Hope

Presenter: Karen Fifer

For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself.

Philippians 3:20-21

Introduction - This workshop addresses a deep question for those who have lost a child through abortion, miscarriage, or early death: *Where is my child now?*

Where Do Children Go After Death?

Many wonder what happens to unborn babies, infants, young children, or adults with the mental capacity of a child when they die. This question weighs heavily on those who've experienced loss through abortion, miscarriage, or early death. Throughout history, countless children have passed away, and different beliefs exist:

- God's mercy wouldn't reject an innocent child.
- Some think infant baptism ensures a child's place in heaven.
- Others believe in an "age of accountability," where children who die before becoming morally responsible are saved.
- Some say God's grace automatically covers all children.
- Others claim unborn children lack a soul and have no eternal destiny.

For women who've had an abortion, this question can be haunting. Some fear their child is lost forever or wandering without peace. Others imagine them as angels or hope they'll return as another child. Scripture offers clear answers, giving confidence that these children are not lost but are with God.

Common Beliefs About Children in Heaven

| Belief | Description | Biblical Support? |
|-----------------------|--|--|
| God's Mercy | God won't reject innocent children | Yes (Psalm 145:9 and Deuteronomy 1:39) |
| Infant Baptism | Baptism secures heaven | Not directly supported in Bible |
| Age of Accountability | Children saved before moral responsibility | Implied (Deuteronomy 1:39 and Matthew 19:14) |
| God's Grace | All children saved by grace | Yes (Matthew 18:14) |
| No Soul | Unborn have no eternal fate | Contradicted (Psalm 139:13-16) |

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Why Children Go to Heaven: Biblical Reasons

Scripture provides four key reasons why unborn children, infants, and those with childlike minds are in heaven, rooted in God's character and promises.

1. God's Compassionate Character

- God is full of love, mercy, and tenderness as found in **Psalm 145:9**: *The Lord is good to all; he has compassion on all he has made*. This includes unborn babies, infants, and those with intellectual disabilities, all created in His image (**Genesis 1:27**).
- Children can't understand the gospel or God's creation (**Romans 1:20**), yet God loves them deeply, as seen in over 50 references to children in the Gospels.
- **Psalm 139:13-16** shows God forms life from conception: *For you created my inmost being; you knit me together in my mother's womb... Your eyes saw my unformed body*.
- **Deuteronomy 1:39** highlights God's mercy, sparing children who *do not yet know good from bad* when their parents rebelled, showing He views them as innocent of willful sin. Though all are born with a sinful nature, God understands the helplessness of children and those with limited understanding, extending His grace.

God's Character and Children

| Attribute | Scripture | Meaning for Children |
|------------|------------------------|-----------------------------------|
| Compassion | Psalm 145:9 | God loves all, including children |
| Creator | Psalm 139:13-16 | Forms life from conception |
| Mercy | Deut. 1:39 | Spares children from judgment |

2. Salvation Through Jesus

The only barrier to heaven is rejecting God's gift of salvation through Jesus' atonement. Young children and those with childlike minds haven't rejected God because they can't yet understand or willfully sin.

- John MacArthur writes in *Safe in the Arms of God* (2003, p. 37): *"Little children have no record of unbelief or evil works, and therefore, there is no basis for their deserving an eternity apart from God. As innocents, they are graciously and sovereignly saved by God as part of the atoning work of Christ Jesus."*
- Jesus' sacrifice covers these children, ensuring their place in heaven.

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3. Jesus' Love for Children

Jesus showed special care for children:

- **Matthew 19:14:** *Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these* (also Mark 10:13-14, Luke 18:15-16).
- **Matthew 18:14:** *It is not the will of your Father... that one of these little ones should perish."*

Because children are human from conception, those lost to abortion, miscarriage, or accidents go straight to heaven, embraced by Jesus' love.

4. David and His Child with Bathsheba

King David's story in 2 Samuel 12 offers powerful evidence. After his sin with Bathsheba, their child became ill. David fasted and prayed, but the child died after seven days. Then, David got up, worshiped, and said, "I will go to him, but he will not return to me" (**2 Samuel 12:23**).

- David's hope wasn't in the grave or hell but in heaven, where he believed he'd reunite with his child.
- This shows that even a child from a sinful situation is with God in heaven.

Biblical Evidence for Children in Heaven

| Reason | Key Scripture | Key Point |
|-----------------|---|----------------------------------|
| God's Character | Psalm 145:9, Psalm 139:13-16 | Compassion for the helpless |
| Salvation | John MacArthur (2003) | Jesus' atonement covers children |
| Jesus' Love | Matthew 19:14, Matthew 18:14 | Children belong to the kingdom |
| David's Child | 2 Samuel 12:23 | Reunion in heaven assured |

Recognizing Loved Ones in Heaven

Scripture suggests we'll recognize each other in heaven, even children we never saw:

- At Jesus' transfiguration, Moses and Elijah were recognized by Peter, James, and John, despite never meeting them (**Matthew 17:3-4**).
- In **Luke 16:19-31**, Abraham, Lazarus, and the rich man were known after death.
- King Saul recognized Samuel when summoned (**1 Samuel 28:8-17**).
- David expected to know his son in heaven (**2 Samuel 12:23**). This means mothers will recognize their children, even those lost to abortion or miscarriage, in heaven.

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What Are We Like in Heaven?

Heaven transforms us, but we remain ourselves:

- **New Bodies:** **Philippians 3:20-21** says our bodies will be like Jesus' glorious body, perfected and free from earthly limits.
- **Recognizable:** **1 Corinthians 13:12** promises we'll "know fully, even as I am fully known."
- **Mature and Whole:** **1 John 3:2** says we'll be like Jesus, suggesting everyone, including children, reaches a state of maturity in heaven (**Ephesians 4:13**).
- **No More Pain:** **Revelation 21:4** and **7:17** promise no death, sorrow, or crying in heaven.
- **Eternal Life:** **John 11:25-26** says believers "will never die."
- **Unique Identity:** **Revelation 2:17** mentions a new name, showing we retain personal identity.
- **With Jesus Forever:** **1 Thessalonians 4:15-18** says we'll be with the Lord forever, joined by those who died in Christ.

Children in heaven aren't angels but whole persons, as God created them (**Psalms 139:13-18**). They don't reincarnate or return as other children—each is unique.

Our Heavenly State

| Feature | Scripture | Description |
|--------------|--|-----------------------------|
| New Body | Philippians 3:20-21 | Like Jesus' glorious body |
| Recognizable | 1 Corinthians 13:12 | We'll know each other fully |
| Mature | 1 John 3:2, Ephesians 4:13 | Perfected in Christ |
| No Pain | Revelation 7:17 Revelation 21:4 | No death, sorrow, or crying |
| Eternal | John 11:25-26 | Never die again |

Hope for Bereaved Mothers

Isaiah 49:15-23 speaks to those who've lost children: *Can a mother forget the baby at her breast...? Though she may forget, I will not forget you!* God compares His love to a mother's, promising that lost children are cared for by "kings" and "princesses" in heaven (v. 22-23). They'll be returned to their mothers, like a bride adorned with jewels.

- This passage uses a bereaved mother to show God's heartache for His people, assuring that children lost to abortion or miscarriage are safe with Him.

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- The Hebrew word for “bereaved” includes miscarriage and abortion, showing God’s care for these losses.

Grieving and Honoring Lost Children

Grief is a healthy response to loss, allowing healing when paired with hope. Without hope, grief feels empty, like mere survival. Honoring a lost child restores their dignity as God’s creation.

- **Why Honor?** - Honoring shows respect for someone made in God’s image (Genesis 1:27). Abortion can rob a child of this respect, but honoring rewrites the story, giving the child value and love.
- **Healthy Grief** - A good post-abortion recovery program helps women face mixed feelings: relief yet pain, choice yet sadness. Acknowledging loss through a memorial service can bring closure.
- **Naming the Child** - Naming a lost child (even if the gender is unknown) gives them dignity. Encourage choosing a name that feels right reflecting their unique identity.
- **Avoiding Harm** - Never use dolls or stuffed animals to represent the child, as this can retraumatize women.

Steps to Healthy Grief

| Step | Purpose | Example |
|------------------|---------------------------------|------------------------------------|
| Acknowledge Loss | Face the pain of losing a child | Admit mixed feelings |
| Name the Child | Give dignity and identity | Choose a meaningful name |
| Memorial Service | Honor the child’s value | Simple, meaningful ritual |
| Avoid Trauma | Protect emotional healing | No dolls or stuffed animals |

Facilitating a Memorial/Honoring Service

A memorial or honoring service helps women honor their children and find healing:

- **Keep It Simple:** Focus on meaning, not complexity.
- **Involve the Women:** Let them choose songs or Bible verses that resonate.
- **Write a Letter:** Encourage women to write a letter to God, expressing what they’d say to their child(ren). If they lost multiple children, they could address them all in one letter or each separately.

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- **Sample Ideas:** Share examples of prayers, poems, or rituals to guide them.

Elements of a Memorial Service

| Element | Description | Purpose |
|----------------|--------------------------------|--------------------|
| Simplicity | Short, heartfelt ritual | Avoid overwhelm |
| Personal Input | Songs/verses chosen by women | Make it meaningful |
| Letter to God | Express thoughts to child(ren) | Foster closure |
| Sample Service | Provide examples | Lead the process |

Final Encouragement

Scripture doesn't answer every detail about heaven, but it assures us:

- God is good and just (**Psalm 145:9**).
- Children lost to abortion, miscarriage, or early death are safe in His presence, transformed into maturity (**1 John 3:2**).
- **Romans 8:18** promises that *...the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.*
- For those grieving, **1 Corinthians 15:42-44** offers hope: *The body is sown in corruption, it is raised in incorruption... sown in weakness, it is raised in power.*
- Through these Scriptures, we know the child is whole, loved, and waiting for in heaven, where we will reunite in joy.

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C3 – Ministry Without Walls: The Mobile Advantage

Presenter: Jessica Deese

Session Goals:

- Learn the benefits and challenges of mobile pregnancy ministry.
 - Understand how to plan, equip, and staff a mobile unit.
 - Integrate boutique subscription boxes and off-site mentoring into mobile outreach to deepen impact.
-

Key Scriptures:

John 10:10 – *I have come that they may have life, and have it to the full.*

Luke 14:23 – *Go out to the roads and country lanes and compel them to come in.*

Romans 10:14–15 – *How can they believe in the one of whom they have not heard?*

Why Mobile?

- Reaching women and families who may never come to a brick-and-mortar center.
 - Overcoming transportation, childcare, and stigma barriers.
 - Building visibility and relational trust in the community.
-

Planning the Ministry

- Choosing service areas and routes strategically based on need and demographics.
- Scheduling consistent outreach days for community recognition.
- Navigating legal/licensing considerations and insurance coverage.

Equipping the Unit

- Ultrasound, pregnancy tests, counseling space, and resource storage.
- Technology for intake, follow-up, and telehealth options.
- Security measures for staff, clients, and equipment.

Beyond the Appointment: Boutique Boxes & Mentoring

- **Subscription Boutique Boxes:** Curated packages of baby essentials, personal care items, and encouragement cards delivered through follow-up subscription plans.

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- How mobile units can enroll clients on-site.
- Ways to personalize boxes to reflect her stage of pregnancy or postpartum needs.
- **Off-Site Mentoring:**
 - Pairing clients with trained mentors who meet in community spaces, churches, or virtually.
 - Extending discipleship, parenting support, and life skills training beyond the mobile visit.
 - Tracking growth through relationship-based follow-up, not just services rendered.

Team & Outreach

- Staffing for medical, counseling, and resource distribution roles.
- Training staff/volunteers to engage relationally while on the go.
- Leveraging community events, churches, and public spaces for mobile presence.

Measuring Impact

- Combining appointment data with boutique box subscriptions and mentoring outcomes to see total client engagement.
- Testimonies and stories as part of evaluation.

Practical Action Steps:

- Identify 3 underserved areas within driving distance of your center.
- Pilot a mobile outreach day offering both ultrasound/counseling and boutique box enrollment.
- Recruit and train 3 mentors who can start off-site follow-up with mobile clients within one week of initial visit.

Reflection Questions:

- How could boutique boxes create a tangible bridge from first contact to ongoing relationship?
- What community locations could serve as mentoring hubs for clients we meet on the mobile unit?

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- How can we track and celebrate spiritual growth alongside service metrics in mobile ministry?

C4 - Marketing Ministry – Donor Mailings with Client Stories

Presenter: Sydna Massé

Objective: To equip attendees with practical, Bible-based tools to craft compelling donor mailings that share client stories ethically, connect emotionally, and grow support for pregnancy centers and reach donors that could be post-abortive.

Why Client Stories Matter in Donor Mailings

- Stories connect donors emotionally to your mission, showing the real impact of their gifts (*2 Corinthians 9:7: So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver*).
 - Client stories highlight lives saved, families healed, and God's love in action, making donations feel personal and meaningful.
 - Examples: A story of a young mom choosing life after an ultrasound can inspire donors to give.
-

Include Various Areas of Ministry

Pregnancy centers have four typical areas of ministry:

- **Prevention** – Sexual risk avoidance education to help individuals avoid unplanned pregnancy.
- **Intervention/Medical** – Medical services that includes pregnancy tests, ultrasounds, STI testing, etc. when an unexpected pregnancy is possible.
- **Support** – Parenting classes, material assistance (maternity and child focused) and coaching for those who chose life.
- **Reconciliation** – Abortion recovery to help abortion's wounded find God's grace, mercy and peace. Involves evangelism and include abortion's secondary audience

Many donors have experienced abortion and may need your ministry services. Typically, abortion recovery is only offered in a pregnancy center setting.

Feature **HerChoicetoHeal.com** on your donor website and the logo can be printed on your newsletters/letters. Add a caption, "Hurting After Abortion?" Include link to HerChoicetoHeal.com on your donor websites.

Feature Ramah's Voice Blog content (RamahsVoice.Com) – Many perspectives on abortion that you can cut and paste and/or reference in your donor mailings.

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Areas of Ministry

| Ministry Area | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------|--|--|--|
| Prevention | Sexual risk avoidance education to prevent unplanned pregnancies. | Highlight in January: “Your gift teaches teens to avoid risky choices.” | <i>Flee also youthful lusts...</i> 2 Timothy 2:22 |
| Intervention | Medical services like pregnancy tests, ultrasounds, STI testing. | Focus in February: “Your \$150 provides an ultrasound...” | <i>For You formed my inward parts...</i> Psalms 139:13 |
| Support | Parenting classes, material aid, coaching for those choosing life. | Feature in March: “Your gift supports new moms with supplies.” | <i>Bear one another’s burdens...</i> Galatians 6:2 |
| Reconciliation | Abortion recovery to help find God’s grace and peace. | Emphasize in April: “Your donation offers healing through recovery.” | <i>He heals the brokenhearted...</i> Psalms 147:3 |

Crafting Compelling Client Stories

Use real or composite stories (combining multiple clients’ experiences to protect privacy) to show hope and healing. As the staff to complete a paragraph every month about a client they have been working with to share in these mailings.

| Element | Description | Practical Application | Biblical Connection (NKJV) |
|------------------|--|---|--|
| Beginning | Show the client’s struggle (e.g., fear, crisis). | Start with: “Sarah faced an unplanned pregnancy alone.” | <i>The Lord is near to those who have a broken heart...</i> Psalms 34:18 |
| Middle | Describe the center’s help (e.g., ultrasound, counseling). | Include: “Our center offered confidential support and hope.” | <i>Bear one another’s burdens...</i> Galatians 6:2 |
| End | Highlight the positive outcome (e.g., choosing life). | End with: “Sarah chose life! Your gift was used by God to help her!” | <i>He heals the brokenhearted...</i> Psalms 147:3 |

Tie to faith: Always focus on how God works through your center in all areas of ministry!

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Protecting Client Privacy Ethically

Always get written consent before sharing real stories or use composites to avoid identifying clients specifically.

| Principle | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------|---|---|---|
| Get Consent | Obtain written permission for real stories. | Use consent forms; store securely. | <i>Let your 'Yes' be 'Yes,' and your 'No,' 'No.'</i> Matthew 5:37 |
| Use Composites | Combine stories to protect identity. | Change names, details; note in mailings. | <i>A good name is to be chosen rather than great riches...</i> Proverbs 22:1 |
| Build Trust | Explain privacy measures to donors. | State: "Stories are composites to protect clients." | <i>Let us love one another, for love is of God...</i> 1 John 4:7 |

- Avoid specific details (names, dates, locations) unless permitted; change details for anonymity.
- Explain in mailings that stories may be composites to protect privacy, building donor trust.

Distributing and Timing Mailings

- Send direct mail monthly to keep donors engaged; include email for broader reach.
 - Time mailings to promote "sensitive" dates like Mother's Day or Roe v. Wade anniversary (Jan. 22).
 - Use newsletters to share stories, updates, and donation asks, collecting names at events to build mailing lists.
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Writing Effective Appeals

Include hopeful words to inspire giving.

| Word | What It Means | How It Inspires Donors | Biblical Connection (NKJV) |
|-------------|---------------------------|---|--|
| Hope | A brighter future | "Your gift brings hope to moms/dads in crisis." | <i>Now may the God of hope fill you with all joy... Romans 15:13</i> |
| Healing | Restoring broken lives | "Your donation helps women heal." | <i>He heals the brokenhearted... Psalm 147:3</i> |
| Life | Saving and renewing lives | "Give to support life decisions today." | <i>I have come that they may have life... John 10:10</i> |
| Compassion | Caring for those in need | "Show compassion with your gift." | <i>Put on tender mercies, kindness... Colossians 3:12</i> |
| Forgiveness | Freedom from guilt | "Your support offers God's forgiveness." | <i>If we confess our sins, He is faithful... 1 John 1:9</i> |

- **Include a clear call to action:** "God will use your \$100 gift to provide an ultrasound to introduce unborn children and their humanity to their potential parents."
- **Add a personal P.S.** (e.g., "We're praying for your family; thank you for supporting ours!").
- **Highlight one service** per mailing (e.g., sexual risk avoidance, abortion recovery classes, etc.) to focus impact.

Closing with Inspiration and Action

- Stories reflect God's work through your center, inspiring cheerful giving (**Mark 12:41-44**: *This poor widow has put in more than all... she out of her poverty put in all that she had*).
- Remember the post-abortive are in your donor base. Feature **HerChoicetoHeal.com** which offers an online abortion recovery program to help them find immediate support and information without having to confess to you about their sin.
- **Key actions:** Write heartfelt stories, protect privacy, use hopeful words, and inform audience that you are praying for them and invite them to visit!

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Workshop D Sessions – Friday, September 26, 2025 – 2:00 – 3:00 p.m.

D1 - Unveiling Abortion's Devastation Track – *Living in the Shadow of an Abortion Decision* –

Melissa Horton – Examine the burden on those influencing abortion decisions—guilt, regret, generational wounds—and their ripple effects. Learn to minister to these overlooked individuals with pathways to healing and fresh outreach strategies. **Location: Youth Room**

D2 - Healing After Abortion Track – *Faith's Embrace: Abortion Recovery Within the Church* –

Sydna Massé, Melissa Horton and Karen Fifer – Transform churches into healing sanctuaries, supporting Christians who abort with a firm foundation. Educate pastors, partner with centers, and use altar calls, locations, and outreach to dispel myths. **Location: Small Room**

D3 – Leading Ministry with Purpose Track – *Teamwork Triumphs: The Assistant Advantage* –

Melissa Rodriguez – Harness an executive assistant to manage tasks, freeing you for vision and growth. Learn to recruit, train, and empower efficiency and clarity. **Location: Children's Room**

D4 - Marketing Ministry – *Listening to Tomorrow: Focus Group Marketing* – Sydna Masse &

Jessica Deese – Learn a marketing process to gather youth (12-24) feedback via focus groups to shape your center's future with actionable improvements. **Location: Sanctuary**

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D1 - Living in the Shadow of an Abortion Decision

Presenter: Melissa Horton

Your sun shall no longer go down... For the Lord will be your everlasting light, And the days of your sorrow will end - Isaiah 60:20

The Pain of Someone Else's Abortion

- Abortion impacts everyone connected, like fathers, siblings, or friends, causing grief, guilt, or shame.
 - Abortion grief often impacts those who had no control over the decision – like future spouses, siblings and grandparents
 - **Pain varies by involvement:** unaware, uninvolved, or encouraging abortion. Levels of guilt, shame and anger will be impacted at deeper level if they encouraged the abortion.
 - If someone heard about the individual's abortion second-hand or via gossip, **it may not be true.** Be careful in assuming an abortion has occurred. Ask God for direction and confirmation.
 - This workshop features practical ways to help the individual who is impacted by someone else's abortion decision.
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Abortion Involvement

There are four aspects of involvement in someone else's abortion. These are as follows:

- You **did not know** about the pregnancy and subsequent abortion and learned about it after the fact. The abortion could have occurred yesterday or years ago.
 - You knew about the pregnancy and subsequent abortion but were not involved or refused to participate in the abortion, allowing the decision to abort solely be the pregnant woman's choice.
 - You knew about the abortion and disagreed or may have actively tried to stop the abortion but had no legal standing to do so.
 - You pressured or encouraged the abortion. You may not have allowed any other option but abortion. You may have gone with her to the abortion clinic and helped pay for the abortion.
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Microchimerism and Sibling Grief

| Aspect | Description | Practical Application | Biblical Connection (NKJV) |
|-------------------------------|---|---|--|
| Survivor Guilt | Feeling responsible for sibling's loss. | Reassure: "Your life is God's plan." | <i>Your children shall return...</i> Jeremiah 31:17 |
| Emotional Distance | Disconnection from parents' post-abortion. | Encourage naming, memorializing child. | <i>He heals the brokenhearted...</i> Psalms 147:3 |
| Cellular Bond | Fetal cells create lasting bond. | Explain microchimerism to validate grief. | <i>Can a woman forget her nursing child...</i> Isaiah 49:15 |
| Physical Impact | Abortion complications affect future pregnancies. | Share medical risks; refer to counseling. | <i>For You formed my inward parts...</i> Psalms 139:13 |
| Traumatized Upbringing | Divorce, dysfunction from abortion. | Guide to counseling for family healing. | <i>The Lord is near to those who have a broken heart...</i> Psalms 34:18 |
| Secondary PTSD | Grief from loved one's abortion. | Grieve privately; seek recovery programs. | <i>And we know that all things work together for good...</i> Romans 8:28 |
| Forgive Loved Ones | Release negative emotions toward post-abortive. | Forgive silently; pray for their healing. | <i>Forgive, and you will be forgiven.</i> Luke 6:37 |

Overcoming Guilt, Shame, and Anger

Guilt (violating God's law) and shame (feeling disgraced) trap hearts; anger at others or self-fuels bitterness.

| Emotion | Description | Practical Application | Biblical Connection (NKJV) |
|--------------|---|---|---|
| Guilt | Violating God's law (e.g., encouraging abortion). | Confess sins to God; seek forgiveness. | <i>If we confess our sins, He is faithful...</i> 1 John 1:9 |
| Shame | Feeling disgraced or unworthy. | Accept God's grace; journal feelings. | <i>As far as the east is from the west...</i> Psalms 103:12 |
| Anger | Bitterness toward self or others. | Write unsent letters; pray for release. | <i>Be angry, and do not sin...</i> Ephesians 4:26 |

Steps: Confess sins, forgive others, release anger through prayer or unsent letters.

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Healing Through Grace and Forgiveness

God's grace (undeserved favor) and mercy (no punishment) heal hearts. Forgive post-abortive loved ones, even if they're unrepentant, to find peace:

| Step | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------|-----------------------------------|--|---|
| Receive Grace | Accept God's undeserved favor. | Pray for grace to heal your heart. | <i>For by grace you have been saved... Ephesians 2:8</i> |
| Forgive Others | Release post-abortive loved ones. | Forgive even if they're unrepentant. | <i>Forgive, and you will be forgiven. Luke 6:37</i> |
| Forgive Self | Let go of personal guilt. | Confess involvement; accept cleansing. | <i>If we confess our sins, He is faithful... 1 John 1:9</i> |

Grieving and Honoring the Loss

Grieve by acknowledging the child as human, naming them, and holding memorials. Avoid sharing deep impact with unhealed post-abortive individuals to protect their denial.

| Action | Purpose | Practical Application | Biblical Connection (NKJV) |
|-------------------|----------------------------|--------------------------------------|--|
| Acknowledge Child | Recognize as human life. | View fetal development facts. | <i>For You formed my inward parts... Psalm 139:13</i> |
| Name the Child | Give dignity and identity. | Choose a meaningful name. | <i>Your children shall return... Jeremiah 31:17</i> |
| Memorial Ritual | Honor the child's value. | Hold a private service with prayers. | <i>Those who sow in tears Shall reap in joy. Psalm 126:5</i> |

Living in God's Light

God transforms pain into purpose, like Paul's redemption (**Romans 8:28**: *And we know that all things work together for good...*).

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- *Boundless Light: Discovering Peace When Someone You Love Chose Abortion,*
 - *Legacy Lost: Healing Abortion's Heartache in Grandparents.*

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D2 - Faith's Embrace: Abortion Recovery Within the Church

Presenters: Karen Fifer, Melissa Horton and Sydna Massé

Building a Healing Sanctuary

- A healing sanctuary is a church where post-abortive people feel safe and valued (**Proverbs 12:19-20**: *The truthful lip shall be established forever... There is joy for those who devise peace*).
- Break the silence on abortion with empathy, using scriptures like **Psalms 103:12** - *As far as the east is from the west, So far has He removed our transgressions from us* - to emphasize God's forgiveness.
- Create safe spaces and engage the whole church in supporting recovery with confidentiality policies.

Understanding Faith-Based Recovery Needs

Post-abortive individuals face guilt, shame, or fear of judgment, needing emotional and spiritual support:

Faith-Based Recovery Needs

| Need | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------|--------------------------------------|---|---|
| Emotional | Grief, regret, anger, unworthiness | Validate feelings; offer recovery classes | <i>The Lord is near to those who have a broken heart... Psalm 34:18</i> |
| Spiritual | Feeling unforgiven or disconnected | Share God's forgiveness; use prayer | <i>If we confess our sins, He is faithful... 1 John 1:9</i> |
| Church Context | Fear of rejection by faith community | Create safe spaces; model grace | <i>There is therefore now no condemnation... Romans 8:1</i> |

- Emotional needs: Validate grief, regret, or anger.
- Spiritual needs: Reassure God's forgiveness to reconnect with faith.
- Church context: Christians fear rejection, requiring tailored recovery with prayer and scripture.

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Educating Pastors and Leaders

Pastors shape the church's response by addressing abortion in sermons on sin and grace.

| Action | Description | Practical Application | Biblical Connection (NKJV) |
|----------------------------|------------------------------------|-------------------------------------|---|
| Break Silence | Include abortion in sermons on sin | Address alongside pride, dishonesty | <i>The truth shall make you free</i> John 8:32 |
| Theological Framing | Present abortion as forgivable sin | Emphasize Christ's atonement | <i>As far as the east is from the west...</i> Psalm 103:12 |
| Model Compassion | Show grace in language, actions | Provide scripture guides, referrals | <i>Put on tender mercies, kindness...</i> Colossians 3:12 |

- Include abortion alongside other sins (e.g., pride, alcoholism, etc.) to reduce stigma.
- Model compassion and provide leaders with scriptures and referral contacts for support.

Building a Spiritual Foundation for Recovery

Use scripture, prayer, and spiritual practices to foster healing.

Spiritual Foundation for Recovery

| Practice | Description | Practical Application | Biblical Connection (NKJV) |
|------------------------|-------------------------------------|--|---|
| Scripture | Use verses for healing, forgiveness | Share Psalm 34:18 , Isaiah 43:25 | <i>He heals the brokenhearted...</i> Psalm 34:18 |
| Prayer | Seek forgiveness, peace | Include prayers in recovery groups | <i>Let us therefore come boldly to the throne of grace...</i> Hebrews 4:16 |
| Personal Growth | Rebuild faith through practices | Encourage journaling, retreats | <i>If anyone is in Christ, he is a new creation...</i> 2 Corinthians 5:17 |

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Partnering with Pregnancy Centers and Raising Awareness

Partner with pregnancy centers for counseling, recovery programs, and resources, overcoming confidentiality challenges.

Raising Awareness at Women's Gatherings

| Strategy | Description | Practical Application | Biblical Connection (NKJV) |
|--------------------|-------------------------------------|------------------------------------|--|
| Targeted Outreach | Reach women needing recovery | Promote at Bible studies, retreats | <i>Bear one another's burdens...</i> Galatians 6:2 |
| Storytelling | Share testimonies (with permission) | Use healed post-abortive stories | <i>Confess your trespasses to one another...</i> James 5:16 |
| Discreet Promotion | Use subtle methods to reduce fear | Place flyers in bathrooms | <i>The Lord is near to those who have a broken heart...</i> Psalm 34:18 |

- Raise awareness at women's gatherings with testimonies and discreet flyers (e.g., in bathrooms) to reach those in need.
- Sample announcement: "If abortion has touched you, our church offers a safe place to heal."

Practical Steps for Recovery Programs

- Start recovery with altar calls, private meeting spaces, and church promotions.
 - Dispel myths like "God won't forgive" to encourage help-seeking.
 - Facilitate small, confidential groups with trained leaders; sustain with funding and evaluation.
 - Resources: HerChoicetoHeal.com, RamahsVoice.com, Her Choice to Heal by Sydna Massé.
 - Closing prayer for a compassionate, healing church (**Romans 8:1**: *There is therefore now no condemnation to those who are in Christ Jesus*).
-

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D3 -Teamwork Triumphs: The Assistant Advantage

Presenter: Melissa Rodriguez

But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun. Exodus 17:12

Objective: To equip attendees with practical, Bible-based tools to hire, train, and collaborate with an executive assistant (EA), enhancing ministry leadership and operational excellence within the pregnancy center.

The Vision: Why an Assistant Matters

- An executive assistant (EA) is a strategic partner, not just support, strengthening leaders like Aaron and Hur supported Moses in **Exodus 17:12**: *But Moses' hands became heavy... and Aaron and Hur supported his hands.*
- Hiring for character, commitment, and chemistry ensures long-term ministry impact.
- Example: An EA's planning frees leaders to focus on vision.

The Role of an Executive Assistant

- EAs manage calendars, events, communications, donor/pastoral care, HR, and ministry presence. These tasks allow leaders to prioritize relationships and strategic goals.

| Task | Description | Practical Application | Biblical Connection (NKJV) |
|---------------------------|------------------------------------|--|--|
| Calendar/Event Management | Plan schedules, events for peace. | Organize meetings to free leader's time. | <i>To everything there is a season... Ecc. 3:1</i> |
| Donor/Pastoral Care | Handle communications, follow-ups. | Send thank-you notes to donors. | <i>Do not forget to do good and to share... Heb. 13:16</i> |
| HR/Administrative | Manage documentation and tasks. | File reports to streamline operations. | <i>Let all things be done decently and in order. I Corinthians 14:40</i> |

Example: Handling donor follow-ups strengthens connections.

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Building the Role with Intention

Onboard EAs thoughtfully with training, trust-building, and clear communication. They set healthy boundaries, delegate gradually, and celebrate milestones to foster growth.

Building the Assistant Role

| Step | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------------|---------------------------------|----------------------------------|---|
| Thoughtful Onboarding | Train with clear expectations. | Teach center's mission and tone. | <i>Train up a child in the way he should go...</i> Proverbs 22:6 |
| Build Trust | Foster open communication. | Share feedback regularly. | <i>A friend loves at all times...</i> Proverbs 17:17 |
| Set Boundaries | Protect both leader and the EA. | Define roles to avoid burnout. | <i>Let your 'Yes' be 'Yes'...</i> Matthew 5:37 |

Example: Teaching your tone helps EAs represent you effectively.

Leveraging Assistants for Excellence

EAs handle meeting prep, minutes, travel, HR, and donor follow-ups, ensuring leaders stay focused. Their work supports eternal outcomes through organized ministry logistics.

| Task | Description | Practical Application | Biblical Connection (NKJV) |
|----------------------|---------------------------------|---------------------------------------|---|
| Meeting Prep/Minutes | Organize agendas, take notes. | Prepare staff meeting materials. | <i>Let all things be done decently and in order.</i> 1 Corinthians 14:40 |
| Travel Coordination | Plan leader's travel logistics. | Book flights to keep leaders focused. | <i>The steps of a good man are ordered by the Lord...</i> Psalms 37:23 |
| Donor Follow-Up | Strengthen donor relationships. | Send personalized thank-yous. | <i>Do not forget to do good and to share...</i> Hebrews 13:16 |

Example: Coordinated travel keeps leaders spiritually present.

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Leading with Strength and Grace

- Empower EAs as ministry partners to observe, discern, and offer insights while maintaining accountability.
 - Collaboration rooted in trust enhances ministry impact for staff, families, and clients.
-

Collaboration and Action

- An EA strengthens leadership through teamwork - **Philippians 2:3-4:** *Let each of you look out not only for his own interests, but also for the interests of others.*
 - Key actions: Hire intentionally, train thoughtfully, empower collaboration.
-

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D4 - Marketing Ministry – Listening to Tomorrow: Focus Group Marketing

Presenters: Sydna Masse & Jessica Deese

Why Focus Groups Matter

- **Amplifies Community Voices:** Pregnancy centers exist to serve communities. Focus groups provide a direct channel for stakeholders—clients, volunteers, donors—to share their perspectives, ensuring programs are relevant and inclusive. **Example:** A pregnancy center learns through focus groups that offer some evening hours that better suit working individuals, increasing access.
- **Maximizes Limited Resources:** Pregnancy centers operate on tight budgets. Focus groups help prioritize initiatives by identifying what resonates most with the audience, preventing costly missteps. **Example:** A pregnancy center discovers clients prefer digital reading resources over printed materials, saving printing costs.
- **Builds Trust and Engagement:** Inviting community input fosters transparency and strengthens relationships with stakeholders, encouraging long-term support and participation. **Example:** A youth organization gains credibility by incorporating teen feedback into program design, boosting attendance.
- **Drives Evidence-Based Decisions:** Focus groups provide qualitative data to complement quantitative metrics, offering deeper insights into why certain outcomes occur and how to address them. **Example:** A pregnancy center learns barriers to clinic visits are not just financial but also cultural, prompting targeted outreach.
- **Supports Fundraising and Advocacy:** Compelling focus group insights can be shared with donors and grant makers to demonstrate community need and program impact, strengthening funding proposals. **Example:** A pregnancy center uses focus group quotes to show how housing services empower clients, securing a major grant.
- **Donor Focus Group Testing** – While these notes relate to client focus groups, the same principles of administration would be similar in researching donors.

Purpose of Focus Group Testing

- Introduce individuals to the center ministry and have them take a tour and learn about the ministry in case they personally, or have friends, need the center's services in the future.
- Help the center understand elements in the center itself that may be triggering to some clients or offensive as well as offering promising ideas on how to reach this demographic at a deeper level.

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- Gain a deeper understanding of the target client audience through questions on messaging, color-schemes, and other variables.

Focus Group Essential Information

- **Male/Female Facilitators:** Include a male facilitator, as male participants responded positively to a male counselor, enhancing comfort.
- **Christian Themes:** Limit overt religious tones (e.g., Christian radio playing, signage) to staff areas to avoid alienating clients.
- **Live Ultrasounds:** Use pregnant models to show fetal development at focus groups, youth events, or fundraisers to counter “clump of cells” mindsets.
- **Food and Gift Cards:** Provide pizza during the session to relax participants and a \$20 gift card at the end to value their time.
- **Discussion Topics:**
 - **Website:** Test layouts for color, photos, and wording.
 - **Mobile Services:** Evaluate unit location and signage.
 - **Videos:** Review banquet or website videos for impact.
 - **Advertising/Location:** Assess center accessibility, outdoor ad spots, and effective methods.
- **Ongoing Relationships:**
 - Ask permission for occasional email follow-ups.
 - Use a client website for brief surveys (e.g., “What do you think of our STI/STD schedule?”).
- **Post-Session Questionnaire:**
 - How comfortable are you with ongoing communication on relevant topics?
 - Any ideas to market our services better?
 - Would you recommend friends for future focus groups?
- **4-Week Follow-Up (Online):**
 - Can you help find other focus group candidates?
 - Any innovative marketing ideas for our services?
 - Are you enjoying our blog? Why or why not?
 - How are you doing? Can we help?
- **Sign-In Sheet:**
 - Fields: Name, School, Age, Email, Text

Focus Group Administration Elements

Focus Group Administrator: Assign one staff member, ideally in an “Event Planning” role, to manage:

- Regular communication with church liaisons for candidate recruitment.

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- Quarterly focus group development and topic recommendations.
- Follow-ups for word-of-mouth advertising and referrals.

On-site logistics:

- Secure gift cards and pizza (2 pieces/person).
 - Welcome participants, provide tours, and avoid admin areas.
 - Serve pizza and beverages in the conference room.
 - Distribute and collect questionnaires, facilitate discussion, and record notes/audio.
 - Clean up post-session.
 - Prepare reports with insights for the Executive Director and Board.
-

Focus Group Cost Analysis & Schedule

| Month | Topics | Group Development | Staff Exp | Gift Exp | Total Exp |
|--------------|------------------|-------------------|--------------|--------------|----------------|
| Feb 2026 | GTN, FD, Website | Begins Nov 2025 | \$220 | \$250 | \$470 |
| June 2026 | GTN, FD, Website | Begins Apr 2026 | \$220 | \$250 | \$470 |
| Sept 2026 | GTN, FD, STI, OT | Begins July 2026 | \$220 | \$250 | \$470 |
| Dec 2026 | GTN, FD, STI, OT | Begins Oct 2026 | \$220 | \$250 | \$470 |
| Total | | | \$880 | \$800 | \$1,880 |

- GTN (Get to Know): Outline of services
- FD (Fetal Development): Ultrasound/models
- STI Mktg: Outline STI services, present card
- OT (Ongoing Topics): Various

Staff Expenses:

- Group Development: 2 hrs, \$30
 - Group Admin: 2 hrs, \$30
 - Develop Report: 3–4 hrs, \$60
 - Director FG/Report Review: 2 hrs, \$100
 - Cost/Test: \$220 (Staff rate: \$15/hr)
-

Focus Group Audience Development

Diversity: Include varied ages, religious/secular backgrounds, and males/females (15–17 males separate). Interview pro-life, secular, and unaware individuals, plus center affiliates (board, staff, volunteers' families).

Location/Time: Hold groups at the center after 4:00 p.m. to suit post-school schedules.

Compensation: Provide pizza and refreshments during the session, plus a \$20 gift card afterward (can be donated by supporters).

Recruitment:

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- Start with center-aware individuals to recruit unaware peers.
- Engage youth pastors and ministry groups (e.g., Child Evangelism Fellowship, Young Life, Youth for Christ, Gideon's International, Gospel Missions, National Day of Prayer, The Salvation Army).
- Directors may need initial calls for first groups; emails suffice later.
- Separate boyfriend/girlfriend pairs; use male facilitators for men's groups.
- Example: A "Students for Christ" pastor recruited mature Christian students to bring secular friends.

Promotional Email Sample: *Our center needs mature 15–17-year-old focus group candidates. From January 13–16, 2026, we ask youth pastors, donors, staff, and volunteers to recommend mature candidates and encourage them to bring secular peers. Participants will tour our center, meet staff, and learn about our ministry, boosting word-of-mouth outreach. We'll gain insights to reach their peers. Pizza and \$20 gift cards provided; sessions last ~1 hour. Contact [staff name] with suggestions for 20 candidates. Thank you!*

Focus Group Testing Format and Questions

Schedule:

- Arrival and welcome by Focus Group Admin and staff.
- Brief tour of client areas.
- Complete written survey in the conference room with pizza and refreshments.
- Begin questioning during the meal.
- Distribute \$20 gift cards at the end.

Written Survey (Post-Tour, Scale 1–10: 10 = Yes, 1 = No):

- Was the lobby clean and appealing?
- Was the center accessible (easy to find)?
- Was the furniture comfortable?
- Did the staff make you feel welcome?
- Was the music/TV enjoyable or informational?
- If pregnant, what resource would be most useful? (Pick one: A) Counseling, B) Maternity Clothes, C) Baby Items, D) Classes, E) Other)

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Sample Questions (pick 5-10):

- Have you visited our center's website?
- How could others your age find out about our center?
- How comfortable would you be discussing our services with someone younger, same age, or older?
- What music would be beneficial in the lobby?
- Was our paperwork easy to understand? What changes would help?
- What would you tell a friend about the center before they came?
- Which classes are most appealing?
- Is follow-up important? Preferred method? (phone, email, text, FB)
- How do you/peers feel about abortion in unplanned pregnancies?
- What do you know about abortion types/procedures?
- How do you/peers feel about adoption in unplanned pregnancies?
- What do you know about the adoption process?
- Is teen parenting an option? Why or why not?
- If pregnant, what information would you want from our team?
- Would you watch a 15–20-minute DVD on pregnancy options? If not, why?
- How can we inform others your age about our services?
- How important is bringing a girlfriend/boyfriend or parent for a pregnancy test?
- Would you want a counselor to meet them separately or together?
- If your pregnancy test was positive, what information would you need?
- If negative, what info would help? (STD, abstinence, healthy relationships, dating ideas, etc.)

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Keynote 4 – When a Client Chooses Abortion: Secondary Abortion PTSD

Presenters: Karen Fifer, Melissa Horton and Sydna Massé

When He opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the testimony which they held. And they cried with a loud voice, saying, “How long, O Lord, holy and true, until You judge and avenge our blood on those who dwell on the earth?” Then a white robe was given to each of them; and it was said to them that they should rest a little while longer, until both the number of their fellow servants and their brethren, who would be killed as they were, was completed. Revelations 6:9-11

Understanding the Pain of Ministry Setbacks

- Clients choosing abortion despite clear information often leads to discouragement and burnout in pregnancy center and post-abortion ministry work.
- **Key emotions:** Grief, anger, and guilt are normal when clients abort, but these feelings can weaken ministry efforts if not addressed.
- **God’s perspective:** Revelation 6:9-11 shows God has a plan, even in tragedy, and asks for patience and trust in His will.

Praising God in Difficult Times

Praising God during trials strengthens faith and counters Satan’s lies (2 Corinthians 10:5), which may blame workers for the abortion. Provide accurate information (fetal development, post-abortion trauma) and testimonies but accept that God handles the outcome.

Practical Comfort for Ministry Workers

| Comfort | Description | Practical Application | Biblical Connection |
|---------------------|---|---|---------------------|
| Trust God’s Plan | God has a purpose, even in tragedy. | Pray for patience and trust in His will. | Revelation 6:9-11 |
| Praise in Trials | Praising God strengthens faith. | Offer praise during pain to counter Satan’s lies. | 2 Corinthians 10:5 |
| Provide Information | Share fetal development and trauma facts. | Use tools like testimonies and HerChoicetoHeal.com. | Proverbs 15:4 |
| Avoid Guilt | Satan’s lies blame workers for abortions. | Reject guilt; focus on your efforts, not outcomes. | 2 Corinthians 10:5 |
| Involve Others | Family members need external advocates. | Connect family to other helpers if needed. | Matthew 13:57 |

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Navigating Family and Client Interactions

- Ministering to family members considering abortion is tough, like Jesus struggling in His hometown; involving another advocate can help.
- **Post-abortion reactions:** Clients may feel temporary relief or immediate regret. Avoid sharing personal pain, as their justifying comments aren't meant to hurt.
- **Show unconditional love (Romans 12:19-21)** to support clients, even if they return remorseful, by connecting them with other advocates if needed.

Embracing and Managing Emotions

Secondary post-abortion trauma: Workers feel grief, anger, and guilt, as they're connected to the child through prayers and efforts (1 Peter 1:6-7).

- **Grief:** Allow tears to honor the child, as workers may be the only one mourning.
- **Anger:** Release it healthily through writing unsent letters or talking to a ministry friend (Proverbs 29:11).
- **Vengeance:** Leave it to God, showing love instead (Romans 12:19-21).
- **Forgiveness:** Essential for workers' peace, not optional (Matthew 6:12, 14-15; Ephesians 4:31).
- **Memorializing:** Honoring aborted children through services brings closure.

Memorial Service Outline

| Step | Description | Purpose | Biblical Connection |
|----------------------|---|---------------------------|---------------------|
| Welcome | Leader opens with prayer and purpose. | Set a healing tone. | Psalms 51 |
| Song | Play "Rushing Wind" or similar. | Create a reflective mood. | Psalms 51 |
| Candle Lighting | Light candles for aborted children. | Honor each child's life. | John 8:12 |
| Saying Goodbye | Reflect on children in heaven; release them to God. | Bring closure and peace. | Isaiah 61 |
| Candle Extinguishing | Blow out candles during a song. | Symbolize release to God. | Isaiah 61 |
| Closing | Read scripture, sing "Amazing Grace," pray. | Affirm hope and healing. | Colossians 3:13 |

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Supporting Clients Post-Abortion

Ultrasounds and medical abortions: These intensify client denial and worker trauma; be kind and open to help clients process regret.

Workers' self-care: Address personal grief to avoid burnout, as secondary trauma affects even non-post-abortive workers.

Provide: Common Issues People Experience After Abortion to clients and review with team that is struggling with Secondary Abortion PTSD.

Information for A Recently Post-Abortive Individuals

| Guidance | Description | Practical Application | Biblical Connection |
|-------------------------------|---|--|------------------------------|
| Hormonal Shifts | Hormones adjust post-abortion, causing emotional ups and downs. | Be patient for six weeks; seek support if overwhelmed. | Psalms 55:22 |
| Medical Check-Up | Abortion clinics may lack strict health standards. | Schedule a follow-up with a non-abortion doctor. | 1 Corinthians 6:19-20 |
| Anger | Anger is common, especially if coerced. | Direct anger healthily; seek counseling. | Ephesians 4:26-27 |
| Relief | Temporary relief is normal but may fade. | Recognize other emotions; seek help if needed. | Psalms 34:18 |
| Grieve the Loss | Grief is valid, even if it was your choice. | Find a private space to cry; join recovery programs. | Psalms 30:11-12 |
| Avoid Atonement Babies | Seeking a quick pregnancy may not heal pain. | Wait and seek counseling before trying again. | Ecclesiastes 3:1 |
| Fear of Infertility | Abortion may cause physical concerns. | Get a medical check-up soon; trust God. | Psalms 23:4 |
| Triggers | The word "abortion" may spark pain. | Avoid triggers; seek recovery if anxiety persists. | Isaiah 61:1 |

A detailed listing of **Information for a Recently Post-Abortive Individual** in **Appendix C**.

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Common Issues People Experience After Abortion

| Issue | Description | Healing Step |
|-----------------------|--|---|
| Guilt | Feeling you deserve bad outcomes. | Seek recovery programs for peace. |
| Anxiety | Feeling tense, unable to relax. | Be patient with hormonal shifts; seek help. |
| Avoiding Children | Skipping events with kids or pregnant women. | Join a recovery program to process pain. |
| Feeling Numb | Shutting off emotions, using drugs/alcohol. | Find counseling to reconnect. |
| Depression | Feeling hopeless or unlovable. | Find support through recovery groups. |
| Suicidal Thoughts | Wanting to die or join the child. | Seek immediate help from a counselor. |
| Anniversary Reminders | Sadness on due dates or abortion dates. | Memorialize the child; seek recovery. |
| Reliving Abortion | Memories triggered by sounds or exams. | Join recovery programs for healing. |
| Wanting Pregnancy | Seeking an “atonement” baby. | Wait and seek counseling before pregnancy. |
| Fear of Infertility | Worrying about future pregnancies. | Get a medical check-up; trust God. |
| Bonding Issues | Struggling to connect with kids. | Grieve the loss to restore bonding. |
| Fear of Child Loss | Overprotecting other children. | Seek recovery to address fears. |
| Eating Disorders | Using food to control life or avoid pregnancy. | Seek professional help for eating issues. |
| Drug/Alcohol Use | Using substances to numb pain. | Join recovery programs; seek counseling. |

Please see **Appendix A** for a detailed listing of the *Common Issues of Post-Abortive Women*.

Closing with Hope and Perseverance

- **Release clients to God’s care (Galatians 5:22-23)**, as workers may not be the ones to help them heal due to their role in the decision.
 - **Trust God for future transformation**, like Saul to Paul, and continue praying for clients.
 - **God’s promise:** He uses even painful choices to draw people to Him (**Romans 8:28**).
-

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Workshop E Sessions – Saturday, September 27, 2025 – 9:45 – 10:45 p.m.

E1 - Unveiling Abortion's Devastation Track – *Abortion's Psychological and Emotional Landscape* – Karen Fifer, Melissa Horton and Sydna Massé – Dive into abortion's psychological and emotional depths—PTSD in marriages, child-raising—unpacking post-abortion pain and recovery emotions. Explore how life events trigger wounds or healing, gaining insights to support with compassion. **Location: Small Room**

E2/E4 - Healing After Abortion Track and Marketing Ministry Track (combined) – *From Secret to Witness: Sharing Abortion's Truth* – Sydna Massé – Unpack why abortion's lifelong effects stay hidden and inspire public sharing. Learn when to speak, prepare for events, and start with family and friends, guiding with confidence. **Location: Sanctuary**

E3 - Leading Ministry with Purpose Track – *Thriving at Home and Helm: A Leader's Guide* – Melissa Rodriguez – Balance leadership, motherhood, and family with practical tools and faith. Navigate challenges without burnout, leading from strength. **Location: Small Room**

BONUS: Speaker Interaction – During this time, Melissa Horton and Karen Fifer will be available to answer personal questions, provide advice, encourage you through personal prayer and initiate networking. **Location: Children's Room**

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E1 - Abortion's Psychological and Emotional Landscape

Presenters: Karen Fifter, Melissa Horton and Sydna Massé

Abortion leaves a complex psychological and emotional landscape, marked by denial, guilt, shame, anger, grief, and the need for forgiveness. This workshop explores these stages, offering tools to help post-abortive individuals break through barriers and find God's healing. You'll learn to:

- Recognize emotional and psychological effects of abortion.
- Support individuals through denial, guilt, shame, anger, grief, and forgiveness.
- Use biblical principles and resources like HerChoicetoHeal.com to foster healing.
- Facilitate memorializing to honor lost children.

Handouts: Healing stages chart, forgiveness activity guide included in these notes.

The Emotional and Psychological Landscape

Abortion's aftermath involves intense emotions and psychological challenges, often hidden behind denial, but God offers a path to healing.

Common Effects

- **Psychological:** Abortion PTSD symptoms (e.g., anxiety, depression, flashbacks), triggered by anniversaries, pregnancies, or medical forms.
- **Emotional:** Denial, guilt, shame, anger, and suppressed grief, often described as a "haunting" loss.
- **Spiritual:** Fear of God's judgment, shame in faith communities, or disconnection from God's love.
- **Scripture:** Ezekiel 36:26 – God transforms a "heart of stone" into a "heart of flesh."

Resource: HerChoicetoHeal.com, **Module 1** – Overview of Abortion PTSD symptoms. Watch Ramah International's YouTube (Her Choice to Heal) for updated videos on triggers and healing.

Breaking the Wall of Denial

Denial is the first barrier, protecting post-abortive individuals from pain but blocking God's healing.

Characteristics of Denial

- **Mindset:** Believing abortion was "just a choice" or involved a "blob of tissue" to avoid guilt.
- **Behaviors:** Suppressing memories, lying about abortions, or avoiding triggers (e.g., children, testimonies).
- **Challenges:**
 - Forced abortions (e.g., by parents or abusers) still evoke guilt for not resisting.
 - Young teens (e.g., 13) feel responsible despite limited agency.
 - Fear of suicidal thoughts or emotional breakdown prevents facing pain.
 - **Triggers:** Ultrasounds in future pregnancies, fetal development facts, or life events (e.g., Little League games, grandchildren) can challenge denial.

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Strategies to Gently Break Denial

- **Share Stories:** A healed post-abortive leader sharing their story normalizes pain and builds trust.
- **Use Gentle Truths:** Show positive fetal development photos or ultrasounds (not graphic images) to affirm the child's humanity.
- **Normalize Pain:** Discuss Abortion PTSD symptoms (e.g., crying without reason) to connect emotions to abortion.
- **Avoid Pressure:** Don't force confession. Support their pace, offering resources like HerChoicetoHeal.com.

Biblical Examples:

- **Eve** (Genesis 3:2-20): Blamed the serpent yet faced consequences.
- **David** (2 Samuel 11): Denied sin with Bathsheba until confronted.
- **Peter** (Luke 22:54-62): Denied Christ but found redemption.

Script for Conversations: *"It's okay if talking about your abortion feels hard. Many women feel pain they don't connect to their loss, like sadness on certain dates. God's love is here for you, and resources like HerChoicetoHeal.com can help when you're ready. Can I share more?"*

Tool: Healing Stages Chart – Outlines denial, guilt, shame, anger, grief, and forgiveness with support tips.

Videos:

- Why You Cannot Forget the Child You Lost to Abortion - <https://youtu.be/i1DsG5Zntms>
- Recognizing Triggers of Abortion Pain – Video Link - <https://youtu.be/fzfJqgbCygg>
- Taming Triggers of Abortion Pain – Video Link - <https://youtu.be/of-98Ud6bQs>

Navigating Guilt and Shame

Guilt and shame are distinct but intertwined, driving post-abortive individuals into silence, but God's forgiveness offers freedom.

Guilt vs. Shame

- **Guilt:** Acknowledging responsibility for abortion, even if coerced. A natural response to violating maternal instincts (Psalm 32:3-4). Example: Women feel guilty for not resisting, even in forced abortions.
- **Shame:** Feeling worthless or unforgivable, especially with multiple abortions. A barrier to spiritual growth (Zephaniah 3:5). Example: Fear of exposure in churches or families' fuels secrecy.

Challenges

- **True Guilt:** Abortion involves loss of life, evoking rare, deep guilt. Satan exploits this, convincing women their sin is unforgivable.
- **Multiple Abortions:** Society, even pro-choice groups, stigmatizes repeat abortions, deepening shame.
- **Cultural Myths:** Pro-choice claims that guilt is only Christian-induced are false; non-Christians (e.g., Japanese Shinto memorials) experience it.

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Strategies to Address Guilt and Shame

- **Encourage Confession:** Guide individuals to confess to God (1 John 1:9) and trusted groups, affirming forgiveness (Psalm 32:5).
- **Normalize Multiple Abortions:** State, “44% of women who abort have multiple abortions. You’re not alone, and God’s grace covers all.”

Counter Shame by Sharing Scriptures

- Romans 5:8 – God loves us despite sin.
- Peter 2:9-10 – We are valuable to God.
- Hebrews 4:14-16 – Jesus meets our needs with mercy.

Manage Anxiety: Address physical symptoms (e.g., nervousness, insomnia) by normalizing them as post-abortion stress.)

Delay if Needed: If facing major stress (e.g., divorce, loss), offer one-on-one support until ready for group recovery.

Processing Anger and Bitterness

Anger, often directed at oneself or others involved in the abortion, is a natural but prolonged stage that requires safe expression.

Sources of Anger

- **Self-Directed:** Regret for the younger self who aborted, intensified by life milestones (e.g., missing grandchildren).
- **Others:** Anger at partners, parents, friends, or clinic staff who encouraged or facilitated the abortion.
- **Triggers:** Hearing “abortion,” seeing pro-choice rhetoric, or facing judgment from pro-lifers.

Strategies for Processing Anger

- **Journaling:** Encourage writing letters (unsent) to those involved, naming specific hurts (see HerChoicetoHeal.com, Module 3, “Responsibility Pie” activity).
- **Biblical Role Model:** Share Corrie ten Boom’s story (The Hiding Place), forgiving Nazis despite anger, showing forgiveness is possible.
- **Take Thoughts Captive:** Teach 2 Corinthians 10:5 – Control anger to avoid sin, focusing on God’s justice.
- **Group Safety:** Address disruptive behaviors (e.g., talking, tapping) gently: “Sandy, feeling nervous is common. Let’s pray together after class.”

Tool: Forgiveness Activity Guide (handout) – Instructions for the “Responsibility Pie” activity and unsent letter writing - <https://herchoicetoheal.com/wp-content/uploads/2020/08/Chart-of-Responsibility.pdf>

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Yearning to Mourn – Embracing Grief

Grief is essential for healing, but society denies post-abortive individuals the right to mourn, making tears a powerful release.

Characteristics of Grief

- **Suppressed Mourning:** Abortion's stigma prevents public grief, leaving women "haunted" by their child's absence.
- **Triggers:** Mother's Day, due dates, or seeing children evoke tears, often unexplained.
- **Physical Benefits:** Emotional tears release stress hormones and endorphins, reducing pain (Dr. William Frey's research).
- **Challenges:** Fear of unstoppable tears, discomfort from others (e.g., husbands, children), or inability to cry.

Strategies to Encourage Grief

- **Give Permission:** Say, "It's okay to cry. God collects your tears (Psalm 56:8)." Suggest private spaces (e.g., bathtub) to avoid upsetting children.
- **Start Tears:** Recommend "chick flicks" or music to spark emotions if crying is difficult.
- **Normalize Waves:** Explain grief as unpredictable waves (Isaiah 9:2 – light in darkness), reassuring that tears honor the child.
- **Biblical Role Model:** Lamentations 2:18-19 – Tears are precious, lifting pain to God.
- **Avoid Pressure:** If someone can't cry, affirm private mourning and offer support.

Video: Good Grief - https://youtu.be/LvO_GjKAV_U

The Heart of Healing – Forgiveness

Forgiveness—of God, others, and self—is the cornerstone of abortion recovery, freeing hearts from bitterness and shame.

Types of Forgiveness

God's Forgiveness: Requires confessing sin (1 John 1:9). Scriptures affirm God's mercy:

- Psalm 103:12 – Sins removed "as far as east is from west."
- Micah 7:18-19 – God hurls sins into the sea.
- Isaiah 1:18 – Sins become "white as snow."

Forgiving Others: Releases bitterness toward those involved (e.g., partners, parents). Use "Responsibility Pie" to identify hurts (Mark 11:25, Ephesians 4:31-32).

Forgiving Self: Essential to avoid Satan's deception that abortion is unforgivable. Forgive the "old self" who aborted (2 Corinthians 5:17, Ephesians 4:22-24).

Challenges

- **Self-Forgiveness:** Women feel Jesus' sacrifice isn't enough for abortion, especially multiple abortions.
- **Satan's Lies:** The enemy reinforces unforgivability (1 Peter 5:8-9).
- **Christian Guilt:** Believers who aborted struggle with betraying faith (Romans 7:18-19).

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Strategies to Foster Forgiveness

- **Teach Biblical Principles:** Share **James 1:22-25** – Apply God’s Word by forgiving without excuses.
- **Counter Lies:** Use **1 Corinthians 10:13** – God provides escape from temptation, including unforgiveness.
- **Golden Rule:** **Matthew 7:12** – Forgive yourself as you’d forgive others, trusting Jesus’ sacrifice (**Colossians 1:13-14**).
- **Corrie ten Boom’s Story:** Her “no fishing” analogy for **Psalms 103:12** helps women release guilt.
- **Scripts for Non-Christians:** For unsaved women, use secular language: “Letting go of past choices frees you to heal” (**Isaiah 53:6, Titus 3:3-6**).

Script for Group: God’s forgiveness covers all sins, including abortion. **Psalms 103:12** says He removes them far away. Forgiving yourself means trusting Jesus’ sacrifice is enough. Can we pray together to release guilt and embrace His love?

Video: Forgiving Yourself After Abortion - <https://youtu.be/FS-k1qpTVmE>

Memorializing/Honoring the Child

Naming and memorializing aborted children affirms their humanity, bringing closure and dignity to the healing process.

- **Importance of Memorializing**
- **Humanizes the Child:** Naming counters the “blob of tissue” myth, fostering bonding (HerChoicetoHeal.com, Module 7).
- **Cultural Need:** Rituals (e.g., memorials) mark life events across cultures, honoring the child’s place in the family.
- **Healing Event:** Group memorials celebrate recovery, allowing creative expression (e.g., poems, songs).

Strategies for Memorializing

- **Naming:** Encourage prayer to discern a name, even if only a first name. Example: “Through prayer, I felt God named my child Grace.” **NOTE: Naming is NOT required for healing!**
- **Group Memorial:** Plan a small, intimate event with:
 - **Songs, Scriptures** (e.g., **Psalms 139:13-16**), or poems.
 - **Creative acts** (e.g., balloon release with child’s name, artwork).
 - **Family inclusion**, if desired, for shared mourning.
- **Private Options:** Suggest personal rituals (e.g., planting a tree, writing a letter) for those not ready for groups.

Video: Heaven’s Hope - <https://youtu.be/Sek-q-bho3o>

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Healing Stages After Abortion Supporting Post-Abortive Individuals with Compassion

Ezekiel 36:26 – *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.*

| Stage | Characteristics | Support Strategies |
|---------------|---|--|
| Denial | <p>Believes abortion was “just a choice” or involved a “blob of tissue.”</p> <p>Suppresses memories, avoids triggers like children or testimonies.</p> <p>Fears facing pain could lead to emotional breakdown or suicidal thoughts.</p> | <p>Share stories from healed post-abortive individuals to normalize pain.</p> <p>Show positive fetal development photos or ultrasounds gently (avoid graphic images).</p> <p>Discuss Abortion PTSD symptoms (e.g., unexplained sadness) to connect emotions to abortion (HerChoicetoHeal.com, Module 1).</p> <p>Share “Common Issues of Post-Abortive Women” list – see Appendix A</p> <p>Offer resources without pressure: “When you’re ready, visit HerChoicetoHeal.com for more support.”</p> |
| Guilt | <p>Feels responsible for the loss, even if coerced or pressured.</p> <p>Breaks maternal instinct, evoking deep, true guilt.</p> <p>Satan exploits guilt, convincing individuals their sin is unforgivable.</p> | <p>Encourage confession to God for forgiveness (1 John 1:9).</p> <p>Share Psalm 32:5 – <i>I confessed my sin... and you forgave the guilt.</i></p> <p>Normalize guilt: “Many feel responsible, even in forced abortions.”</p> <p>Refer to physicians or licensed counselors if severe anxiety or physical symptoms persist.</p> |
| Shame | <p>Feels worthless or unforgivable, especially with multiple abortions.</p> <p>Fears exposure in churches, families, or communities.</p> <p>Secrecy blocks spiritual growth and connection with God.</p> | <p>State: “44% of women who abort have multiple abortions. You’re not alone.”</p> <p>Share Romans 5:8 – “God loves us while we were still sinners.”</p> <p>Offer private support, like one-on-one meetings or HerChoicetoHeal.com.</p> <p>Counter shame with 1 Peter 2:9-10 – <i>You are a chosen people, valuable to God.</i></p> |

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| | | |
|--------------------|--|---|
| Anger | <p>Directed at self (e.g., younger self who aborted), partners, parents, or clinic staff.</p> <p>Triggered by pro-choice rhetoric, pro-life judgment, or life milestones.</p> <p>Can cause disruptions in groups (e.g., nervousness, talking).</p> | <p>Encourage writing unsent letters to those involved (Responsibility Pie activity, HerChoicetoHeal.com, Module 3).</p> <p style="text-align: center;">-</p> <p>Teach 2 Corinthians 10:5 – Take thoughts captive to avoid sinful anger.</p> <p>Share Corrie ten Boom’s story of forgiving a former Nazi (The Hiding Place)</p> <p>Address disruptions gently: “Feeling nervous is common. Let’s pray after class.”</p> |
| Grief | <p>Suppressed by societal stigma, leaving a “haunted” feeling.</p> <p>Tears release stress hormones and endorphins, reducing pain (Dr. William Frey’s research).</p> <p>Fear of unstoppable tears or discomfort from others (e.g., family).</p> | <p>Give permission to cry: <i>God collects your tears (Psalm 56:8).</i></p> <p>Suggest crying in private spaces like a bathtub to avoid upsetting children.</p> <p>Recommend “chick flicks” or music to spark tears if crying is stalled.</p> <p style="text-align: center;">-</p> <p>Use Lamentations 2:18-19 – Tears lift pain to God for comfort.</p> |
| Forgiveness | <p>Requires God’s forgiveness (Psalm 103:12), forgiving others (Mark 11:25), and self (2 Corinthians 5:17).</p> <p>Blocked by Satan’s lies that abortion is unforgivable.</p> <p>Especially hard for Christians who aborted, feeling they betrayed faith.</p> | <p>Teach James 1:22-25 – Apply God’s Word by forgiving without excuses.</p> <p>Share Corrie ten Boom’s “no fishing” analogy for Psalm 103:12.</p> <p>Pray together: “Lord, I forgive my old self for my abortion...”</p> <p>For unsaved women, say: <i>Letting go of past choices frees you to heal (Isaiah 53:6).</i></p> |

Instructions for Use:

- Reference HerChoicetoHeal.com Modules 1-7 for deeper insights on each stage.
- Share with recovery group members to track their healing journey.

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Forgiveness Activity Guide

As far as the east is from the west, so far has he removed our transgressions from us.

Psalm 103:12

| Activity | Purpose | Steps | Biblical Support |
|----------------------------------|--|---|---|
| Responsibility Pie | <ul style="list-style-type: none"> - Identify individuals involved in the abortion decision to process anger and assign responsibility. - Release bitterness through forgiveness, preparing the heart for healing. | <p>Step 1 - Draw a circle (the “pie”) on paper, representing the abortion decision.</p> <p>Step 2 - List all involved (e.g., self, partner, parents, clinic staff). Divide the pie into slices based on their influence (e.g., partner 40%, self 30%).</p> <p>Step 3 - Reflect on each person’s role. Pray for each, asking God to help forgive them (e.g., “Lord, I forgive my partner for pressuring me”).</p> <p>Step 4 - Discuss feelings with a trusted advocate or group, focusing on letting go of blame.</p> | <p>Mark 11:25 - <i>When you stand praying, if you hold anything against anyone, forgive them.</i></p> <p>Ephesians 4:31-32 - <i>Get rid of all bitterness... forgiving each other, just as in Christ God forgave you.”</i></p> <p>HerChoicetoHeal.com - Module 3 – Healing Activity</p> <p>Access the “Responsibility Pie” activity for detailed guidance.</p> |
| Never Send Letter Writing | <ul style="list-style-type: none"> - Express anger, hurt, or guilt to those involved without confrontation. - Foster forgiveness of others and self, opening the heart to God’s grace. | <p>Step 1 - Choose one person from the Responsibility Pie (e.g., partner, self, parent).</p> <p>Step 2 - Write a letter detailing specific hurts (e.g., “I felt abandoned when you didn’t support me”). Be honest but avoid harmful intent.</p> <p>Step 3 - End with a forgiveness statement (e.g., “I forgive you and release this pain to God”). For self: “I forgive my old self for choosing abortion.”</p> <p>Step 4 - Pray over the letter, then destroy it (e.g., tear, burn safely) or keep it privately. Do not send.</p> | <p>Psalm 32:5 - <i>I acknowledged my sin... and you forgave the guilt of my sin.</i></p> <p>2 Corinthians 5:17 - <i>If anyone is in Christ, the new creation has come: The old has gone.</i></p> <p>Matthew 7:12 - <i>Do to others what you would have them do to you.</i></p> |

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| | | | |
|---|--|--|--|
| <p>Group or Individual Support</p> | <ul style="list-style-type: none"> - Create a safe environment to process forgiveness activities. - Build trust and accountability to sustain healing. | <p>Step 1 - Introduce activities in a recovery group or one-on-one session, explaining their purpose (e.g., “These help release bitterness”).</p> <p>Step 2 - Provide materials (paper, pens) and time (10-15 minutes) to complete the pie or letter.</p> <p>Step 3 - Invite voluntary sharing: “Would anyone like to share what they learned?” Respect silence.</p> <p>Step 4 - Close with prayer: “Lord, help us forgive as You forgive us.” Offer HerChoicetoHeal.com for ongoing support.</p> <p style="text-align: center;">Tips:</p> <p>Address disruptions gently (e.g., “Feeling nervous is normal. Let’s connect after class”).</p> <p>Normalize multiple abortions: “44% have more than one.”</p> | <p>I John 1:9 - <i>If we confess our sins, he is faithful and just to forgive us.</i></p> <p>James 1:22-25 - <i>Be doers of the word, and not hearers only.</i></p> <p>HerChoicetoHeal.com, Module 7</p> <p>Explore forgiveness resources and videos.</p> |
|---|--|--|--|

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E2/E4 - From Secret to Witness: Sharing Abortion's Truth

Presenter: Sydna Massé

Revelation 12:11: *And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.*

The Burden of Silence

- Fear of judgment keeps post-abortive people silent, trapping them in pain (**John 8:32:** *And you shall know the truth, and the truth shall make you free*).
 - Testimonies break myths that abortion is unforgivable, offering hope. Yet it is a rare individual that God calls to share an abortion story publicly. Privately with someone considering abortion is something most post-abortive will undertake!
 - Pregnancy centers often encourage and, perhaps, slightly pressure women to speak on behalf of their center in marketing presentations in the community. This is an innocent mistake. This workshop is designed to help you understand the depth of consequences that often face the post-abortive in sharing this truth publicly and describe the steps to take prior for those who are called by God to speak.
 - Sydna's story: Sharing her abortion publicly brought consequences to her family's life. As a pioneer of the public platform in sharing an abortion secret, she has compiled information that those feeling God's calling to share this secret should review (HerChoicetoHeal.com – Module 9)
-

Biblical Example: Esther's Courage

- Esther risked speaking truth to save her people, trusting God through prayer (**Esther 4:16:** *Go, gather all the Jews... and fast for me... I will go to the king... and if I perish, I perish!*).
 - Like Esther, post-abortive individuals can share their stories with God's guidance to educate the public on abortion's emotional and psychological pain and build awareness in society of abortion's impact.
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Preparing for Public Testimony

Public sharing requires healing, family disclosure, and God's calling.

| Requirement | Description | Practical Application | Biblical Connection (NKJV) |
|--------------------------|----------------------------------|---|--|
| Healing | Complete recovery to avoid harm. | Join abortion recovery programs like HerChoicetoHeal.com. | <i>He heals the brokenhearted...</i> Psalm 147:3 |
| Family Disclosure | Share with loved ones first. | Tell spouse, children before public. | <i>The truth shall make you free.</i> John 8:32 |
| God's Calling | Ensure desire comes from God. | Pray for clarity, not personal gain. | <i>Then the Lord... put my words in your mouth.</i> Jeremiah 1:9 |
| Training | Equip to minister to listeners. | Learn to guide abortion-vulnerable to help. | <i>Go... and make disciples...</i> Matthew 28:19 |

- Complete abortion recovery programs first to avoid emotional harm, hear God's specific calling and do the work above prior to sharing.
- Share with loved ones before going public to protect relationships.
- Loved ones who were involved, or feel protective of the individual, should not dictate whether they can share this truth. Spousal support is a different issue and should be in place before sharing.
- Train to minister to those who respond, focusing on healing, not politics.

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Speaking Dynamics

Let the Holy Spirit guide words; prepare concise testimonies with minimal graphic details.

| Element | Description | Practical Application | Biblical Connection (NKJV) |
|---------------------------|----------------------------|---|--|
| Let God Speak | Holy Spirit guides words. | Pray before speaking; trust God. | <i>Then the Lord... put my words in your mouth.</i> Jeremiah 1:9 |
| Prepare | Write concise testimony. | Avoid graphic details; practice delivery. | <i>Let every man be swift to hear, slow to speak...</i> James 1:19 |
| Use Scripture | Include verses for impact. | Open with Jeremiah 31:15; close with 1 Timothy 1:12-16. | <i>A voice was heard in Ramah...</i> Jeremiah 31:15 |
| Encourage Response | Invite help-seeking. | Share HerChoicetoHeal.com with listeners. | <i>Bear one another's burdens...</i> Galatians 6:2 |

- Use scriptures like **Jeremiah 31:15** - *A voice was heard in Ramah, Lamentation and bitter weeping...* - to open and **1 Timothy 1:12-16** to close - *I thank Christ Jesus our Lord... Christ Jesus came into the world to save sinners...*
- Invite listeners to seek help via HerChoicetoHeal.com.

Advantages and Disadvantages of Confession

| Aspect | Description | Practical Application | Biblical Connection (NKJV) |
|---------------------|---------------------------------|--------------------------------------|--|
| Freedom | Releases energy from hiding. | Share to find emotional peace. | <i>The truth shall make you free.</i> John 8:32 |
| Prevention | Educates to reduce abortions. | Use testimony to warn others. | <i>Let your light so shine before men...</i> Matthew 5:16 |
| Rejection | Some may judge or distance. | Pray for strength to face rejection. | <i>If I perish, I perish!</i> Esther 4:16 |
| Trust Issues | Delayed sharing may hurt bonds. | Share early with close family. | <i>Confess your trespasses to one another...</i> James 5:16 |

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E3 – Thriving at Home and Helm: A Leader’s Guide

Presenter: Melissa Rodriguez

Objective: To equip attendees with practical, Bible-based tools to manage time, set boundaries, strengthen faith, and thrive in their dual callings of home and ministry leadership.

Finding Your Rhythm in Work and Home

- True balance is rare, but a God-led rhythm aligns ministry and family (**Ecclesiastes 3:1**: *To everything there is a season, A time for every purpose under heaven*).
- Leadership and family are one calling; create space to lead from strength.
- Example: Planning focused work hours protects family time.

Boundaries to Protect Your Peace

Boundaries say “yes” to God’s plan, not just “no” to demands. Like Jesus, balance serving with Sabbath rest to renew spirit and focus. Rest declares trust in God’s control, preventing ministry burnout.

| Boundary | Description | Practical Application | Biblical Connection (NKJV) |
|-------------------------|-------------------------------------|--|--|
| Sabbath Rest | Time to renew spirit and trust God. | Schedule weekly rest; unplug from work. | <i>Come to Me, all you who labor...and I will give you rest.</i> Matthew 11:28 |
| Say “Yes” to God | Prioritize God’s plan over demands. | Decline non-essential tasks to focus on calling. | <i>Seek first the kingdom of God...</i> Matthew 6:33 |

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Faith for Tough Days

Ministry can be rewarding yet draining, but faith anchors leaders. Guard home by protecting relationships and processing challenges with trusted, mature believers. Bring burdens to Jesus for peace (**Philippians 4:6-7**: *Be anxious for nothing... and the peace of God... will guard your hearts*).

| Practice | Description | Practical Application | Biblical Connection (NKJV) |
|----------------------|------------------------------------|--|---|
| Guard Home | Protect relationships from stress. | Keep work issues separate from family. | <i>Above all things have fervent love... 1 Peter 4:8</i> |
| Seek Trusted Support | Share with mature believers. | Process challenges with a mentor. | <i>Confess your trespasses to one another... James 5:16</i> |

Thriving in Your Callings

Move beyond surviving to thriving in home and ministry. Family and ministry are united; thriving at home strengthens leadership.

| Aspect | Description | Practical Application | Biblical Connection (NKJV) |
|-----------------|--|---|--|
| United Callings | Family and ministry align in God's plan. | Model love at home to inspire ministry. | <i>As each one has received a gift, minister it... 1 Peter 4:10</i> |
| Embrace Growth | Tension invites more purpose. | Set goals for personal and ministry growth. | <i>And we know that all things work together for good... Romans 8:28</i> |

Leading with Strength and Grace

- Root leadership in worship and service, like Jesus washing disciples' feet (**John 13:14-15**: *You also ought to wash one another's feet*).
- Lead with humility and authority to create a Christ-centered center.

Thrive by trusting God's guidance - Psalm 23:3: *He leads me in the paths of righteousness For His name's sake.*

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Keynote 5 - Soaring to New Heights: Understanding God's Call to Ministry

Presenter: Sydna Massé

Isaiah 40:31 – *Those who hope in the Lord will renew their strength. They will soar on wings like eagles.*

Introduction

- Pregnancy center and abortion recovery work is a rare, challenging calling due to its emotional and spiritual demands.
- Scripture: **Isaiah 40:31** – *Hoping in God renews strength, enabling us to soar like eagles in ministry.*

Knowing God's Call

God speaks through the Holy Spirit, often in your own voice, confirmed by prayer and Scripture.

Biblical Examples of God's Call

| Person | Call | Challenges | God's Response |
|---------------|---|--|--|
| Jeremiah | Prophet to nations (Jeremiah 1:5) | Youth, inexperience; rejection by Judah | Equipped with words; made a "fortified city" (Jeremiah 1:9, 18-19) |
| Gideon | Defeat Midianites (Judges 6-7) | Fear, small army; doubted ability | Reduced army to 300; gave victory (Judges 7:2-22) |
| Young Prophet | Deliver God's message (1 Kings 13:11-32) | Deceived by old prophet; faced death | Warned to trust God's voice over others |
| Paul | Apostle to sinners (1 Timothy 1:12-17) | Past as persecutor; felt unworthy | Shown mercy; used as example of God's grace |

Challenges: Others may doubt your call (e.g., Pharisees mocked Jesus); trust God's voice over criticism.

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Steps to Discerning God's Call

| Step | Description | Action |
|----------------------|--------------------------------------|--|
| Prayer | Ask God for His will daily. | Pray: "Lord, show me Your plan" (Mark 11:22-25). |
| Scripture | Read Bible to hear God's voice. | Study Psalm 46:10 – <i>Be still and know that I am God.</i> |
| Worship | Seek God in gatherings of believers. | Hold daily devotions for team |
| Be Still | Find quiet moments to listen. | Use solitude times (e.g., driving, bathtub/shower, flights) to hear God. |
| Write a Godly Letter | Imagine God's words to you. | Write a letter from God about your call. |
| List Regrets | Reflect on past pain for purpose. | Note regrets, consequences, and God's redemption. |

God's Development Plan – Heavenly Tapestry

- **Psalm 139:15-16:** God plans your life before birth, weaving experiences into a tapestry for His glory.
- **Key takeaway:** God never wastes pain; every experience equips you for ministry.

Service vs. Penitence

- **Ministry is not penance or atonement for past sins;** it's God's work through you (1 Timothy 1:12-17).
 - Serve as a vessel of the Holy Spirit, not to "make up" for past mistakes.
-

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Godly Ministry Management

| Principle | Description | Action |
|-------------------------------------|---|--|
| Trust God as Provider | God, not human sources, funds your ministry (Psalm 139:15-16) | Pray for provision; avoid relying on human funding (e.g., donors, organizations). Document God's financial blessings. |
| Avoid Self-Promotion | God get credit for all success, not you (Judges 7:2-3 - Gideon's 300 men) | Focus on God's glory in publicity; share ministry fruit humbly (e.g., lives touched). |
| Beware Old Prophets | Discouragers may challenge your call (1 Kings 13:11-32) | Pray for discernment; seek God's confirmation over critics. Surround yourself with godly advisors. |
| Build on Christ's Foundation | Ministry success rests on Jesus, not personal skills (1 Corinthians 3:10-15) | Recruit wise, diverse advisors (e.g., ministry leaders) to guide decisions. Evaluate progress with Christ as the foundation. |
| Guard Against Pride | Success can lead to pride; stay humble (Matthew 11:29) | Model humility like Jesus; seek role models with a servant's heart. Avoid pedestal living. |
| Learn from Mistakes | Errors are human; God uses them (Philippians 4:13) | Acknowledge mistakes, repent, and ask forgiveness from God and others. Document lessons learned. |
| Navigate Currying Favor | Some "friends" may reject you; God provides true supporters (Proverbs 19:6) | Guard your heart from rejection; build relationships with humble, supportive allies. Forgive detractors. |

Overcoming Challenges

- **Currying Favor:** Some "friends" may reject you; God replaces them with true supporters (**Proverbs 19:6**).
- **Not About You:** Ministry success comes from the Holy Spirit, not personal qualifications (**2 Corinthians 3:4-6**).
- **Mistakes:** Repent and learn from errors; God uses them (**Philippians 4:13**).
- **Burnout:** Release burdens to God; seek prayer from friends (**Philemon 4:13**).
- **Sydna's story:** Released a family relationship to God, finding peace.

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Knowing When to Quit

- Ministry has seasons; God may call you to stay, start anew, or return to family (**1 Timothy 3:1-7**).
- **Sydna's story:** Feared leaving one ministry but found God's plan in the next step.
- **Key takeaway:** Trust God's timing, whether continuing or transitioning; every moment is ministry.

Conclusion

- God calls, equips, and sustains you to soar in ministry (**Isaiah 40:31**).
- Scripture: **Psalms 27:5-6** – God sets you high on a rock, safe in His dwelling.

Speaker Biographies



Sydna Massé - is author of the book/abortion recovery program, *Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion*. She is internationally known for her initial work with Dr. James C. Dobson as Focus on the Family's Manager of Crisis Pregnancy Ministries (1991-1998). For the last 27 years, Sydna has served as CEO & Founder of Ramah International, an abortion recovery outreach and abortion-vulnerable ministry training organization (www.ramahinternational.org), and author of the HerChoicetoHeal.com website.

Sydna experienced an abortion as a teenager while attending a private Christian college. She was the first post-abortive woman to share her abortion story publicly on the Focus on the Family broadcast (1992). Over the years, Sydna has likely listened to more post-abortive testimonies than anyone else living in our world today and is one of the few experts on abortion related pain. She is an internationally recognized leader of the pregnancy center/abortion recovery movement.

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Jessica Deese - Jessica serves as the Executive Director of Coastal Choices Pregnancy Center in Deland, FL, where she directs all leadership responsibilities, including staff and volunteer management, as well as the day-to-day operations. Her journey with Coastal Choices began as a volunteer advocate and progressed to the Center Director position. In 2021, she transitioned into the position of Executive Director when the former director retired. With licensure in ministry and Clinical Pastoral counseling, Jessica brings a distinctive perspective to her work at Coastal Choices, enriching her ability to support individuals in need.



Karen Fifer - Karen is the co-author of Ramah International's *Legacy Lost: Healing Abortion's Heartache in Grandparents* abortion recovery program, and the new study *Boundless Love: Healing Abortion's Heartache in Relationships* and the novel, *The Wichita Watcher*. She is a post-abortive grandparent who previously served for 25 years as the director of Client Services at a pregnancy center in Wichita, KS. She is a Ramah International board member and has over 33 years of experience helping women, men and grandparents find hope and healing after abortion.

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Melissa Horton - Melissa serves as Ramah International's Educational Director and has over 25 years' experience in serving, training, and educating staff and volunteers in local pregnancy centers and leading abortion recovery ministry efforts. She has served in a leadership role for women's ministry all the while supporting her husband in his role as a pastor of a local church over the past 17 years. She loves counseling women and equipping them to find healing and peace with God in the trauma that comes from abortion.



Tom Massé - serves as the Chief Technology Officer for Ramah International, Inc. He was a pioneer in website programming with RamahInternational.org going online in 1998 as one of the first pro-life websites. Tom has in-depth skills in pregnancy center website design. His search engine optimization skills have resulted in many clients finding their local pregnancy center. Tom's technological accomplishments include the following:

HerChoicetoHeal.com
RamahInternational.org
RamahInstitute.com
RamahsVoice.com
PregnancyCenterTraining.com

PregnancyCenterWebsites.com
Sydna.com
HelpinYourArea.com (list of pregnancy

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Melissa Rodriguez - Melissa's journey into pregnancy ministry is deeply personal, rooted in her own experiences navigating post-abortion healing as a young mother. Her connection to Coastal Choices Women's Clinic is fueled by a desire to support others facing similar challenges, evident in her commitment to the clinic's mission and operations. As Executive Assistant to the Executive Director, Melissa provides vital support, ensuring seamless coordination and effective execution of the clinic's initiatives. With a profound understanding of the emotional complexities, Melissa helps extend the clinic's reach and its transformative impact on the community.



Judy Squier - My life began on a low. My parents had no warning that Baby Judy would arrive with a severe deformity of her lower limbs. My height would never exceed three feet. Fearing I would never thrive in life, my minister father taught me the compensatory skill of public speaking. At age thirteen, I gave my first of many speeches entitled "Learning to Walk with Artificial Limbs." Over the years, this evolved into "Learning to Walk with Jesus Christ." Hundreds of speeches later, my messages continue to model a life empowered by a relationship with Jesus, Who holds us steady in the highs and lows.

Appendix A - Common Issues of Post-Abortive Women

You have Ramah International's permission to copy and distribute this information if you also feature the **HerChoicetoHeal.com** website for reference.

Common Issues of Post-Abortive Women

By Sydna Massé, CEO & Founder, Ramah International
For additional help, visit HerChoicetoHeal.com

Abortion trauma has many “faces” depending on the variables surrounding the abortion situation and the time since making this choice. Rarely does the post-abortive person suffer everything and *other symptoms may not even be included in the following list*. Here are just a few common issues:

Anger – Anger is a tool used to combat depression. Anger offsets mourning. Anger can be felt – either directly or indirectly – towards anyone involved in the abortion decision. It can be projected on others as well – i.e., children, spouse, etc.

Alcohol and Drug Use – Drugs and alcohol are used as tranquilizers to offset painful memories of the abortion. They can calm anxiety and promote sleep. Sadly, the overuse of these elements can lead to other problems at a mental and physical level.

Anniversary Reminders – This “anniversary” can be the aborted child’s due date, or the date of the abortion. On these dates, the post-abortive can feel horrible for no apparent reason. Many never understand their emotions are related to their abortion experience.

Anxiety (i.e., anxiety attacks) - Many individuals state that after their abortion they started feeling tense and could not relax. Some outline physical reactions like dizziness, pounding heart, upset stomach, headaches. They may worry about the future, struggle to concentrate and not be able to sleep. Often, they don’t understand the source of anxiety.

Avoiding Children or Pregnant Women – It is common for post-abortive people to avoid children, especially pregnant women or children that would have been around the age of their aborted child. This avoidance can include skipping baby showers, avoiding the baby aisle at the grocery store, walking around the block to avoid a playground, or making excuses to escape events that include children or pregnant women.

Depression - Everyone is sad occasionally. After abortion, gloomy feelings can make the person feel hopeless and unlovable. They may cry uncontrollably for no reason and/or feel like they are going crazy. Perhaps they can’t eat or sleep or eat too much and sleep all day. The things they used to enjoy are avoided.

Eating disorders. Episodes of anorexia or bulimia is common for post-abortive people. Some get fat or thin to avoid anyone wanting them sexually as that could lead to another pregnancy. Eating is also something an individual can personally regulate when their life feels beyond their control.

Experiencing the Abortion Again – A post-abortive person can be suddenly transported back to the abortion clinic and re-experience their abortion. Memories can be triggered by simple sounds heard during the abortion procedure – like a vacuum cleaner or a dentist drill. For those who endured medical abortions, it can be the sound of a toilet flushing. Yearly pap tests can also resurrect these memories. Others experience ongoing nightmares involving children, perhaps in pain. They can even have the same nightmare repeatedly.

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Fear that Their Children Will Die – Some post-abortive people live in fear that children they had before or after the abortion could easily die. This fear can lead these parents to *overprotect* their children at an unhealthy level.

Fear of Infertility – Many women worry about being able to get pregnant again. Many fear they have aborted the only child they will ever have. Others suspect the abortion could have mutilated their body in some way.

Feeling “Numb” – To avoid painful thoughts after abortion, many post-abortive people work to shut off their emotions. That could mean abandoning friendships and family, particularly if they remind them of the abortion experience. When someone shuts down emotionally, they don't feel sorrow or joy. Many turn to drugs or alcohol to assist in numbing these memories that result in guilt or anxiety.

Guilt – A mother's heart is genetically designed to “protect their child at all costs.” Abortion short-circuits that basic human instinct. That can lead to feelings of guilt. A common guilty reaction after abortion could be that the individuals believe future bad events happen because they “deserve it” for making this choice.

Self-Punishing Behaviors - Some may cut themselves, hoping to release pain. Others remain in abusive relationships feeling they “deserve” the abuse.

Thoughts of suicide – Some post-abortive people get so sad that they think it would be easier to die than continue living. Others miss their lost child so much that they want to join them to hold them at last.

Wanting to get pregnant again – It is normal to want to get pregnant again as soon as possible after any pregnancy loss. Most do so out of a desire to make sure they can still have a baby. Others hope to “replace” the life that was lost during the abortion. This is often referred to as an “atonement” pregnancy.

Unable to Bond with Present or Future Children – If the post-abortive person has children before or after the abortion, these family members can be a constant reminder of the person they aborted. This pain can result in the person distancing themselves emotionally or even abandoning the children, believing they are disqualified to be a parent.

Appendix B - How Many Women Have Experienced Abortion

And Why Post-Abortive Are Impossible to Survey

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How Many Women Have Experienced Abortion?

By Sydna Massé - HerChoicetoHeal.com

Accurate statistics on the demographics of post-abortive people are nearly impossible to discover for many reasons. Ramah International typically uses Planned Parenthood's research arm – The Alan Guttmacher Institute (agi-usa.org) – for most abortion references. I cite abortion provider's statistics simply because they are the only ones that come into direct contact with us.

Can we trust them? Likely not but the pro-life movements statistics are equally unreliable. The ending of *Roe v. Wade* changed everything when it comes to statistics as women were then allowed to purchase medication abortion from various vendors which was typically sent to their home. There is no survey mechanism that allows tracking how many have been sold to US women since June of 2022. Most come from third world nations.

1997 - In 1997, when I founded Ramah International, Planned Parenthood featured the following Guttmacher post-abortion statistic as part of their "Facts in Brief: Induced Abortion" research – At current rates, 43% of all American women will experience abortion at least once by the age of 45 years.

2008 - In 2008, through an updated version of the "Facts in Brief: Induced Abortion" research, Guttmacher adjusted the post-abortion rate down to 33% of all American women will experience abortion at least once by the age of 45 years.

2017 - At the end of 2017, this source reduced the number again, outlining that 24% of all American woman are post-abortive.

Why has this post-abortion number changed so much over the years? The answer relates to declining abortion rates among other variables. The general post-abortion rate in the US must now be viewed across generational lines.

Older abortion rates must be adjusted for various demographic groups. Here is that information broken down by age of woman:

Over 50 - At the time of my abortion, the post-abortion rate for my demographic age group was 43% of all American women. That leads to a basic conclusion that the post-abortion rate for women over 50 would be 43%. Think about it – nearly half of American women aged 50 or older had at least one abortion.

Ages 35-50 years - For women between the ages of 35 and 50 years of age, their post-abortion rate is likely more in-line with the 33% post-abortion rate.

Under 35 years - For those under 35, their rate is likely to resemble the 24% rate based on the 2017 the Guttmacher statistical information.

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Obviously, *this is just my educated guess when extrapolating abortion statistics*. Due to my deep involvement in abortion recovery ministry over the last 34 years, I have likely heard more abortion stories than anyone else alive on Earth today. So, my speculations are educated at a different level from those who rarely hear an abortion testimony.

Impossible to Survey

True and trusted information on the American post-abortive demographic does not exist at a statistically significant basis due to the reasons I in.

NOTE: When the Dobbs decision ended Roe in 2022, President Biden immediately signed legislation that allowed ANYONE to order medication abortion online. *At that moment in time, it became impossible for anyone to have good “numbers” on the number of abortions as it does not include these sales since many pills come from outside the USA.*

Changeable – How you feel today may not be the same as how you feel tomorrow. Post-abortive people can be unpredictable and changeable. Additional abortions increase this impact as do other “life” events like the death of family member or loved one, infertility, subsequent pregnancies, etc. Many are afraid to address abortion memories, fearing doing so could lead to a suicide decision. As a result, many spend vast amounts of emotional energy over the years working to forget they ever made such a choice.

Too Broad – Post abortive people comprise a large section of all American women over EVERY demographic. How a poor woman feels about her abortion can be vastly different to the emotions of wealthy women. Women of faith may experience deeper levels of regret than secular women with no faith background.

Rehearsed Innocence — It is typical for post-abortive women to practice ways to remain tranquil when the abortion topic is discussed in their presence. Numbness or emotional distancing can assist post-abortive women in remaining calm when abortion is discussed in their presence. If they are rehearsing their silence, they will rarely share their truthful feelings on a survey instrument.

Recovery Impact — Some women initially cope well after abortion but later find themselves in great emotional upheaval over this choice. Others who are immediately overwhelmed with regret and grief can attend an abortion recovery program and go on to live in peace. Those who have found healing present vastly different survey information than those who may not be struggling after abortion.

Impact of Abortion Procedure – Women who endure surgical abortions have vastly different experiences/emotions than those who utilize the medical (RU486) option. In addition, those who endured a late term abortion often go through an actual birth experience. Their pain and regret can be quite different as a result.

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Cultural Influence – Since America is a nation of immigrants, it is a “melting pot” of cultures that have different perspectives on unexpected pregnancy and abortion. First-generation Americans are more impacted by an outside culture than those whose ancestors have lived here for many years.

Within some cultures/religions, the loss of virginity is a reason to expel or kill women, even if they have been raped. These women abort to avoid being publicly murdered. Within Christian cultures, where the sanctity of life is embraced, women abort to avoid bringing shame or judgment on their families.

Research Methods – Current research methods (standardized surveys) are typically inadequate in uncovering deeply entrenched emotional reactions for this “difficult to discuss” experience. Women are rarely truthful about their abortion on medical intake forms! If they are withholding information regarding their health, they likely won’t be truthful on a generic survey form or with an interviewer who asks troubling questions.

Which Symptom to Study? – There is no agreement among researchers about which Abortion PTSD symptom (relief, depression, grieving, self-destructive behaviors, etc.) they should attempt to survey as it relates to abortion, nor what level of symptoms should be considered substantial.

Appendix C - Information for the Recently Post-Abortive Woman

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Information for the Recently Post-Abortive Woman

By Sydna Massé, HerChoicetoHeal.com

As someone who chose abortion in my teen years, I understand the various emotions that many endure afterwards - today, tomorrow or years from now. I am not a physician or professional counselor just a woman who has experienced this pain and been used by God to help others. The points below are based on my personal experience and through assisting thousands of others after their abortions. I hope this will help you understand what you might be feeling at a physical, emotional, psychological, or spiritual level.

Realize that your hormones are in the process of shifting back to a non-pregnant state.

Having unbalanced hormones leads many to experience emotional ups and downs. When you feel overwhelmed, remind yourself that your body is changing and be patient with yourself for at least six weeks.

Be sure to schedule a follow-up exam by a physician that does not perform or refer for abortion procedures. Very few states have adopted health-code regulations for abortion clinics. Often nail salons, veterinary offices and restaurants are required to have a higher level of state-monitored cleanliness standards than abortion clinics. It makes good sense to have a physician uninvolved in the abortion industry ensure that your healthcare in this procedure was appropriate and safe.

Understand that it is normal to be angry after an abortion experience. Anger is the typical emotion endured immediately after this procedure, particularly if you were not confident about this choice and/or were pressured into it by others. Typically, anger is directed at those who did not support continuing the pregnancy. The hormonal imbalances can impact all emotional reactions, particularly related to anger.

Feeling “relieved” is a common emotion after abortion. Your crisis is over, and the situation has been resolved. Perhaps the people that were pressuring you to make this decision have backed down and are no longer worried. Things seemed to have smoothed out in your life. Many times, however, this relief is temporary. Other emotions can find their way into your heart as the days, months, and years pass. If feelings of relief are replaced with other emotions, understand many other women endured this same situation. Abortion **can be** a hard decision to live with at any stage of life. Help is available should you struggle, either now or in the future.

Give yourself permission to grieve this pregnancy loss. Many times, anger is used to keep grief from our hearts and tears from our eyes. You may feel if you start crying, you may never stop. Or that your tears could lead you to consider suicide. *You have experienced a pregnancy loss, although it was your choice.* Society, particularly those who encourage abortion decisions, rarely provide post-abortive people the permission to grieve this pregnancy loss.

For those involved in the decision, your tears may produce guilt in their hearts for not being supportive of the pregnancy. These related individuals can respond in anger to silence their own emotions over their involvement with your current pain. After all these years since my

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abortion experience, I still mourn the loss of my child. That is my right, and it brings me peace. *If necessary, find a private place to express this grief. You deserve that opportunity.*

Some post-abortive women feel an urgency to quickly become pregnant again. This desire can be referred to as desiring an “atonement” baby. Some simply seek to “replace” the lost child with another baby. Seldom does the next baby fill that void due to the many psychological issues that can appear after abortion.

On another extreme, many who successfully get pregnant again can find themselves facing the same pressure and lack of support from those around them. They can very easily abort repeatedly. A second or third abortion can be more difficult emotionally than the initial one, particularly if the person *wanted* to be pregnant. Additional abortions can trigger specific memories of earlier procedures and enhance any related emotional agony.

You may experience anxiety concerning being able to get pregnant in the future. Abortion can certainly impact women physically for assorted reasons. Therefore, it is essential to have a complete check-up with a physician that is uninvolved in the abortion industry. Personally, I not only struggled with this anxiety but endured two years of infertility when I eventually married. My doctor believed my abortion had been “incomplete” and my fallopian tubes were blocked. Through a simple test he was able to clear my tubes which allowed me to get pregnant. Had I visited a physician immediately after my abortion, it is possible he would have noticed this situation and resolved it then. Waiting seven years to finally get a check-up did not help my fertility situation. So be sure to schedule that appointment soon with a pro-life doctor.

When you hear the word “abortion” in conversations or media coverage, it can trigger emotional pain. In the days following my abortion, it was easy to avoid the term. Once I heard it, I had immediate anxiety and would either throw the newspaper away or shut off the television. I was incredibly careful to avoid anything related to “pro-life” or “pro-choice” politics as well.

Today this topic is simply unavoidable at any level. The abortion word can be a “trigger” of memories that you want to forget. Understand that if anxiety or pain comes over you at the discussion of this term, you may need some help in addressing this past choice.

Realize there is help if you are overwhelmed with these emotions. The Alan Guttmacher Institute, the research arm of the largest abortion provider, Planned Parenthood, states that at current rates, 33% of all American women will experience abortion at least once (agi-usa.com).

If abortion is such a good experience, why is it that you rarely hear anyone talk about their past choice? This is primarily due to the fear of judgment by a society that holds various opinions on this choice. Regardless, I’m happy to report that there are thousands of abortion recovery programs, staffed by caring individuals, ready to help you find peace.

If you are experiencing any of the emotions or issues I have outlined above, please read the following outline of “Common Issues People Experience After Abortion.” When I read this listing eleven years after my abortion, I could see myself in many of the symptoms.

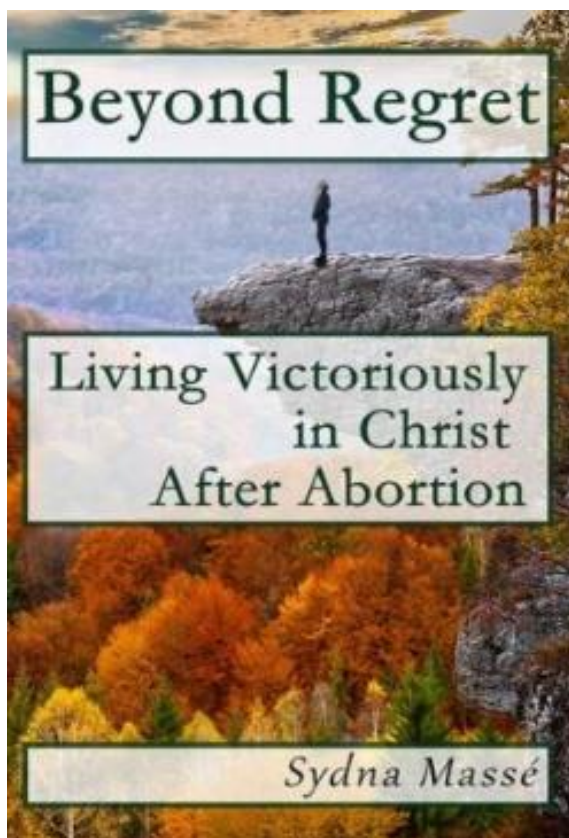
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It was a relief to know that my emotions were typical and that I was not the only person struggling after abortion. By connecting my pain to my abortion experience, I soon found a wonderfully compassionate abortion recovery program offered through a pregnancy center. Ramah International exists to help you find these programs and begin your healing process.

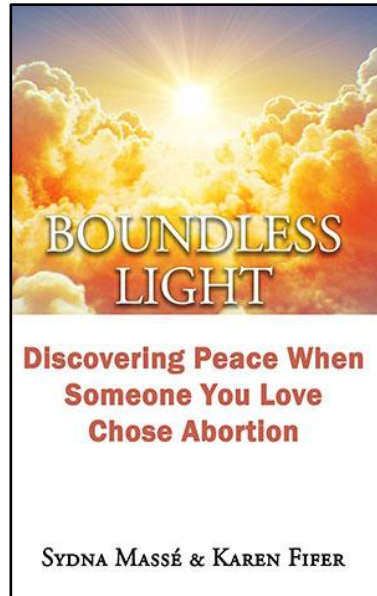
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Ramah Catalog of Resources

To order, visit HerChoicetoHeal.com – SHOP button



Beyond Regret: Living Victoriously in Christ After Abortion - *Beyond Regret*, Sydna Massé, author of the HerChoicetoHeal.com abortion recovery program, goes deeper into her own healing journey and shares new information on the impact of abortion. Included is distinctive content on the post-abortive experience to bring enlightenment and comfort for those waiting to hold a child in heaven. This is the perfect study to follow-up after a retreat as well as to do after a weekly/individual session is complete. **\$14.95 - FREE SHIPPING!**



Boundless Light: Discovering Peace When Someone You Love Chose Abortion

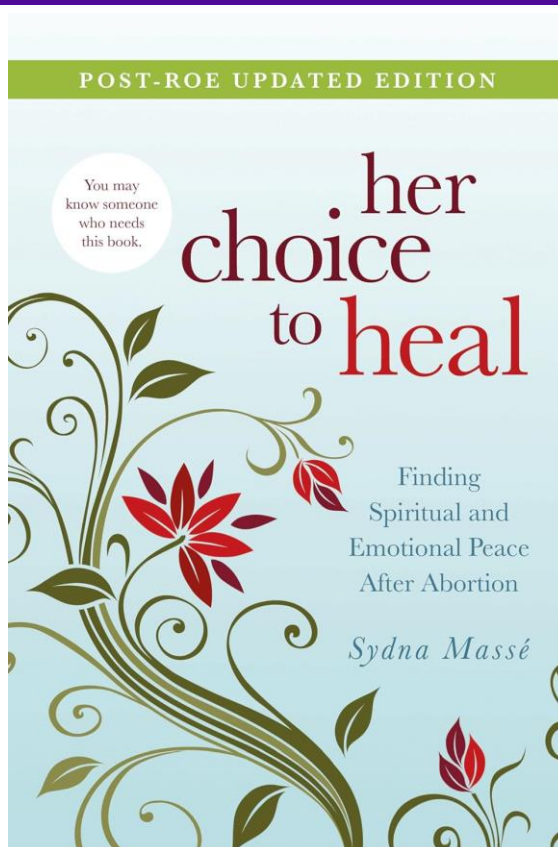
- Did you have a girlfriend, wife or relative who aborted?
- Did you support someone's abortion decision, drive her to a clinic, or help pay for it?
- Have you learned that you have a sibling, or another family member that was aborted?
- Are you struggling with conflicting emotions regarding someone's abortion and don't know how to resolve them?

Abortion impacts every life it touches. The silent fingers of abortion reach into many lives and cross all generational lines. Perhaps you're questioning why another person's abortion decision has had such a profound impact on you. Intrusive thoughts may make you feel like you're lost in the dark, colliding with unexplainable emotions.

It's common to struggle with conflicting feelings and pain when someone you love and deeply care for has undergone an abortion. This can lead to emotions that are not easily understood or resolved.

If you have struggled with this pain, know that you are not alone. It is impossible to count the number of people, just like yourself, who are impacted by abortion in this indirect way. Rest assured God can heal this pain and help you cope with this loss.

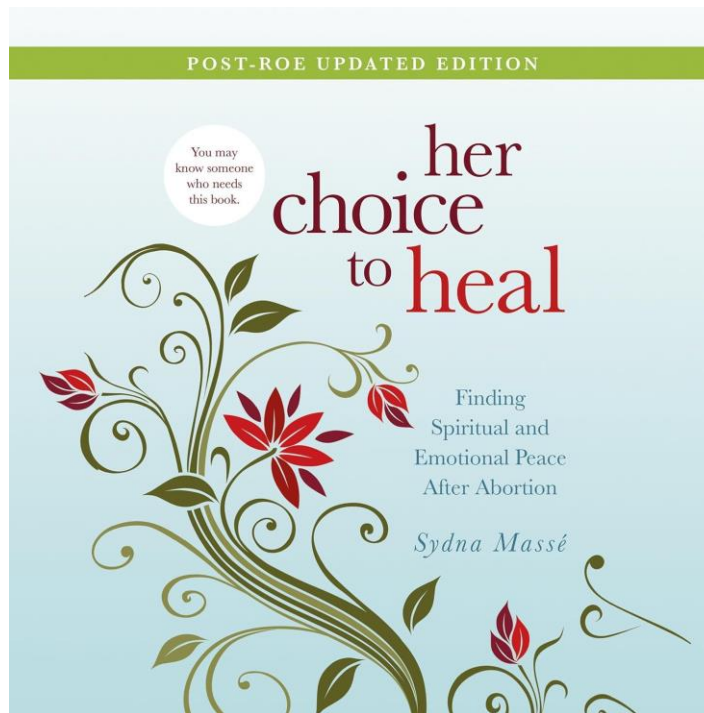
Boundless Light addresses the pain that can affect anyone associated with someone who has aborted. It is specifically for the father of an aborted child, the sibling of an aborted child and other family/friends that may have aborted a child. Extended family relatives, friends, a boyfriend, or girlfriend of someone who has aborted in the past could also discover God's peace within the pages of this book. **\$14.95 - FREE SHIPPING!**



Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion - Paperback

Her Choice to Heal is designed to help women find a way to God's healing after making the devastating choice of abortion. Written by a post-abortive woman, Sydna Massé, it includes testimonies of strength, healing, and hope. Sydna compassionately leads you on the difficult journey through denial, anger, and grief, to forgiveness, redemption, and letting go. Her Choice to Heal offers a road map to healing – practical suggestions, resources for help, space to journal, with the encouragement and hope found in Christ alone.

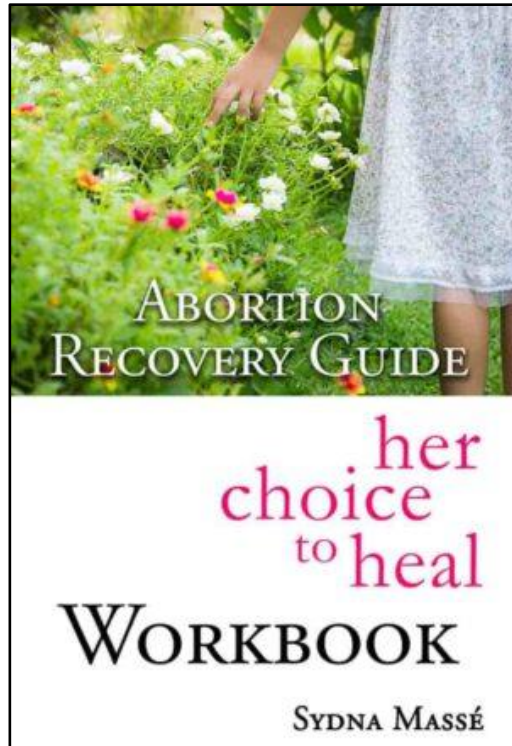
\$12.95 - FREE SHIPPING!



Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion - Audiobook

Her Choice to Heal is designed to help women find a way to God's healing after making the devastating choice of abortion. Written by a post-abortive woman, Sydna Massé, it includes testimonies of strength, healing, and hope. Sydna compassionately leads you on the difficult journey through denial, anger, and grief, to forgiveness, redemption, and letting go. Her Choice to Heal offers a road map to healing – practical suggestions, resources for help, space to journal, with the encouragement and hope found in Christ alone. **Narrated by:** Sydna Massé

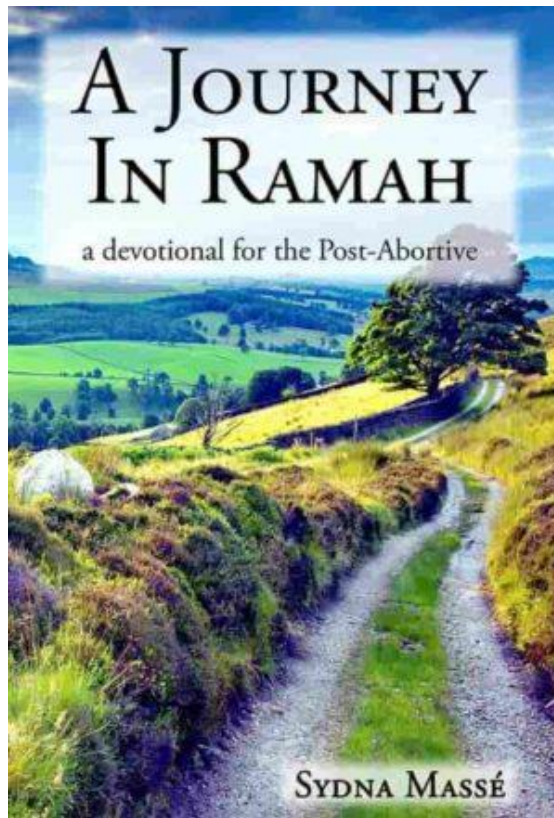
Available at: [Audible.com](https://www.audible.com)



Her Choice to Heal - Abortion Recovery Workbook

Ramah International's **Her Choice to Heal Abortion Recovery Guide** supplements Sydna Massé's book, *Her Choice to Heal*, making it into a weekly abortion recovery program that can be used to help individuals work further through the recovery process in a group or one-on-one setting. Each week the individual will read a chapter in the book and then do the exercises in the recovery guide.

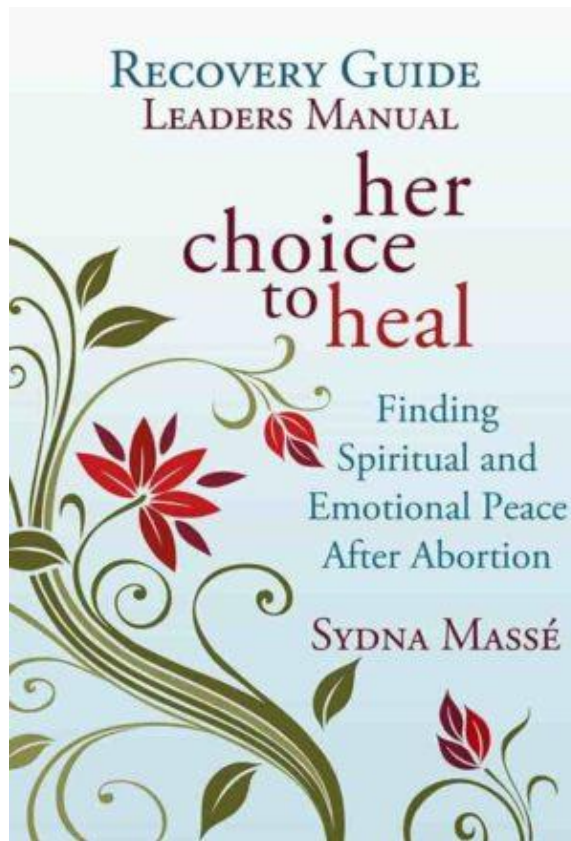
\$12.95 - FREE SHIPPING!



A Journey in Ramah Daily Devotional

A Journey In Ramah is a 70-day, daily devotional for women working through the healing process after abortion. *A Journey In Ramah* is an ideal companion to any abortion recovery program. It also helps non-post-abortive individuals understand the mindset of women enduring the grieving process of healing. This devotional can supplement **any** abortion recovery program.

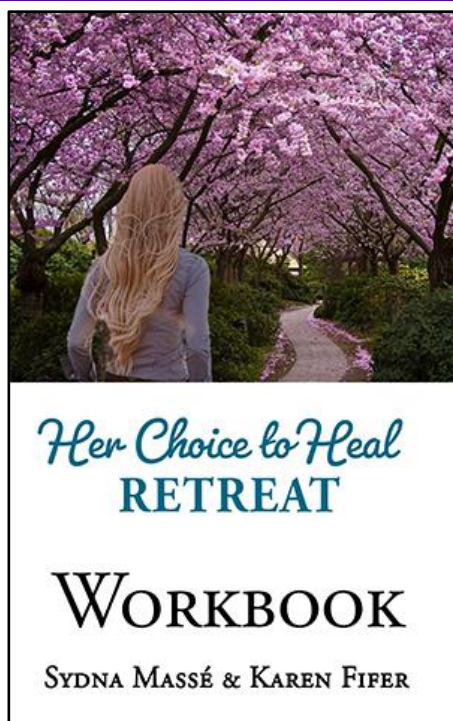
\$14.95 - FREE SHIPPING!



Recovery Guide Workbook Leaders Instruction Manual

Designed to help abortion recovery program leaders utilize the Her Choice to Heal Abortion Recovery guide and book in a 9-week abortion recovery class or individual setting. It is packed with forms, activities as well as a detailed daily assignment chart in the back.

\$29.95 - FREE SHIPPING!



Her Choice to Heal Retreat Workbook

The Her Choice to Heal Retreat Workbook has been developed for use in an abortion recovery retreat setting. Designed to walk women through the various stages of spiritual and emotional healing after abortion, topics include:

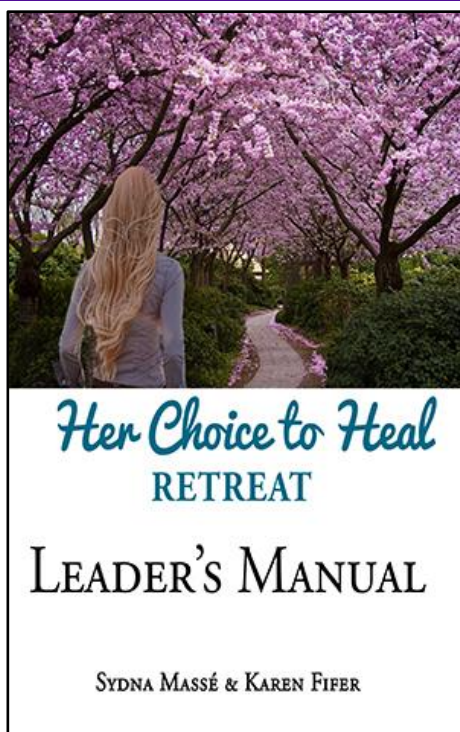
- What a personal relationship with Jesus means after abortion,
- Scriptures to help you sleep,
- What does the Bible say about forgiveness,
- Will I know my child in heaven,
- What we are like in heaven.

These topics and many more provide the foundation for beginning the healing process after the trauma of abortion. This Bible-based retreat can help begin your healing journey to emotional and spiritual peace. God loves you. He wants you to be restored with His grace and mercy.

Retreat Leader's Guide also available!

\$14.95 - FREE SHIPPING!

Her Choice to Heal 2025 Conference Manual



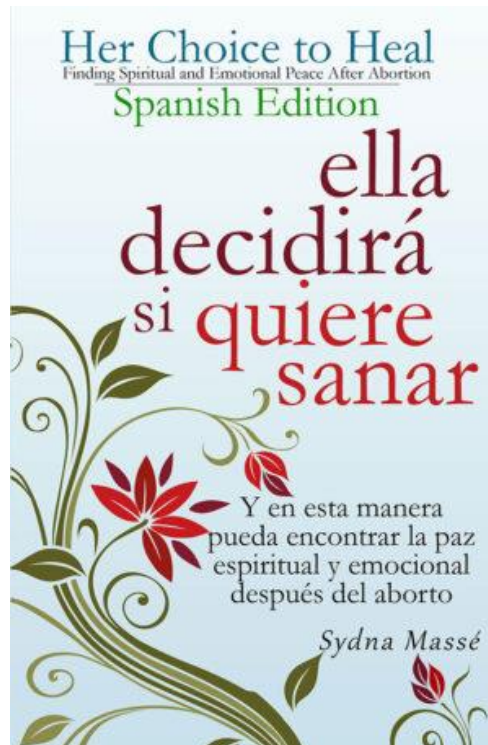
Her Choice to Heal Retreat Leader's Manual

The Her Choice to Heal Retreat Leader's Manual provides you with everything you need to facilitate a woman's retreat using the Her Choice to Heal Retreat Workbook. This includes:

- Initial Interviewing of potential attendees,
- Numerous ways to promote the retreat,
- Copies of administrative forms to use during the retreat,
- Detailed schedules with topics to be covered
- Meals for the retreat include menus and discussion topics,
- Supply list for what is needed to facilitate the retreat,
- Teaching guides for every topic covered during the retreat,
- Weekend recovery guidelines,
- Page numbers to topics in Retreat Workbook,

And much more. If you are new to using the retreat format, this Leader's Guide will cover everything and give you more confidence in facilitating this program.

\$29.95 - FREE SHIPPING!



Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion

Español Spanish Edition

PAPERBACK VERSION - SPANISH LANGUAGE EDITION: Her Choice to Heal is designed to help women find a way to God's healing after making the devastating choice of abortion. Written by a post-abortive woman, Sydna Massé, it includes testimonies of strength, healing, and hope. Sydna compassionately leads you on the difficult journey through denial, anger, and grief, to forgiveness, redemption, and letting go. Her Choice to Heal offers a road map to healing – practical suggestions, resources for help, space to journal, with the encouragement and hope found in Christ alone.

\$14.95 - FREE SHIPPING!

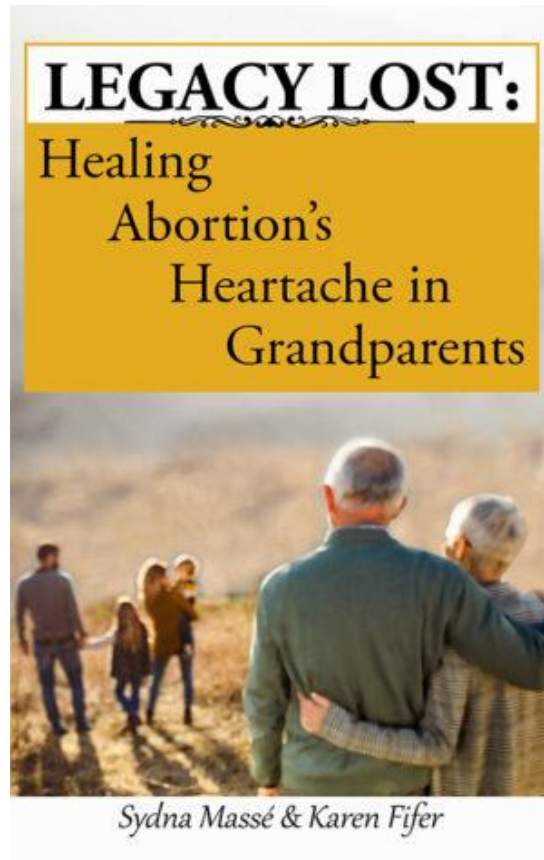


Abortion Recovery Guide Workbook

Español Edition:

Español SPANISH LANGUAGE EDITION: Ramah International's **Her Choice to Heal Abortion Recovery Workbook** supplements Sydna Massé's book, *Her Choice to Heal*, making it into a weekly abortion recovery program that can be used to help individuals work further through the recovery process in a group or one-on-one setting. Each week the individual will read a chapter in the book and then do the exercises in the recovery guide.

\$12.95 - FREE SHIPPING!



Legacy Lost: Healing Abortion's Heartache in Grandparents

Abortion impacts every life it touches. The silent fingers of abortion reach across all generational lines. The pain a grandparent of an aborted child can endure can be like that of the mother or father. Many do not realize that they have a need and a right to grieve this loss, even if the baby's parents may not be able to do the same. This book contains a step-by-step process to help grandparents – as well as anyone impacted by someone else's abortion – address this loss to find peace with themselves and God. With 50 plus years of ministry experience, this book includes all that we have learned to help you understand how this abortion(s) has touched your life to walk you through the emotions of healing with God's help.

\$14.95 - FREE SHIPPING!

Her Choice to Heal 2025 Conference Manual

Abortion Recovery Sets

Abortion Recovery Program Her Choice to Heal Book and Recovery Workbook Set

This abortion recovery program allows women to work further in the abortion recovery process. Incorporating new areas like breaking sexual soul ties will allow abortion recovery ministry leaders to use Her Choice to Heal in a 9-week abortion recovery program.

\$19.95 - FREE SHIPPING!

Her Choice to Heal Book, Recovery Workbook and Daily Devotional

This **three-book set** abortion recovery program offers personal support to the woman who is working through the pain of a past abortion.

\$29.95 FREE SHIPPING!

Her Choice to Heal Book, Recovery Workbook, Daily Devotional and Beyond Regret

The **four-book set** abortion recovery program offers in-depth support using Scripture and personal testimony to help guide a woman through God's wonderful healing. Her Choice to Heal Finding Spiritual and Emotional Peace After Abortion, the accompanying Recovery Guide Workbook, Beyond Regret and the "Journey in Ramah" devotional. When using the Her Choice to Heal book and workbook, adding Beyond Regret and A Journey in Ramah daily devotional is the perfect way to supplement each woman's healing through Christ.

The homework is not overwhelming, and the daily devotional provides personal support and encouragement and addresses emotions that may not be verbalized within the class setting.

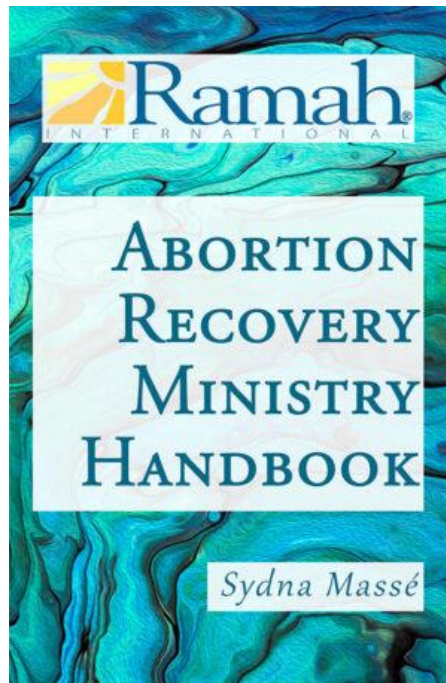
\$39.95 FREE SHIPPING!

Her Choice to Heal - Abortion Recovery Program – Review Copy

Ramah International's "Her Choice to Heal" abortion recovery program has been used by thousands to discover the hope of God's healing. It is the perfect companion to any abortion recovery program ministry related to pregnancy loss and pain after abortion.

This review copy is complete with a copy of Sydna Massé's book, Her Choice to Heal Finding Spiritual and Emotional Peace After Abortion, the accompanying Recovery Guide, The Leaders Manual, Beyond Regret and the "Journey in Ramah" devotional. This is a perfect program for new ministry efforts!

\$54.95 - FREE SHIPPING!



Abortion Recovery Ministry Handbook

Ramah International's Abortion Recovery Ministry Handbook is designed to equip individuals who desire to begin a ministry outreach program to reach abortion's wounded.

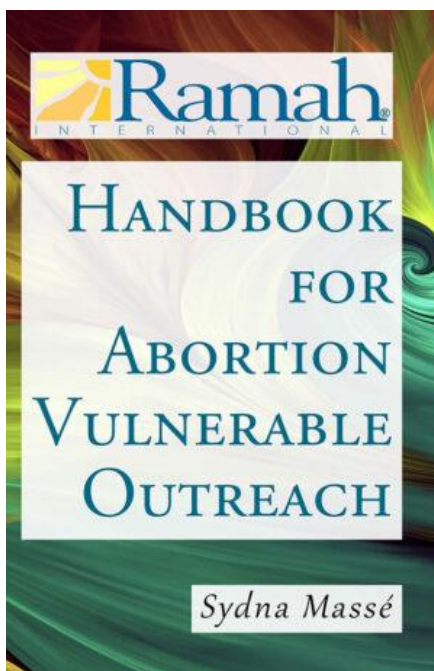
Topics include:

- How Many Women
- Abortion Recovery Formats
- Unwrapping an Abortion Story
- Abortion's Extended Wounded
- Common Issues of Post-Abortive Women
- The Emotions of Healing
- Abortion Recovery Leadership Administration
- When They Abort Anyway: Handling Your Emotions

The Abortion Recovery Ministry Handbook is the perfect tool to educate anyone in understanding why people chose abortion and how to help them find the hope of God's healing.

Her Choice to Heal 2025 Conference Manual

\$14.95 - FREE SHIPPING!



Handbook for Abortion Vulnerable Outreach

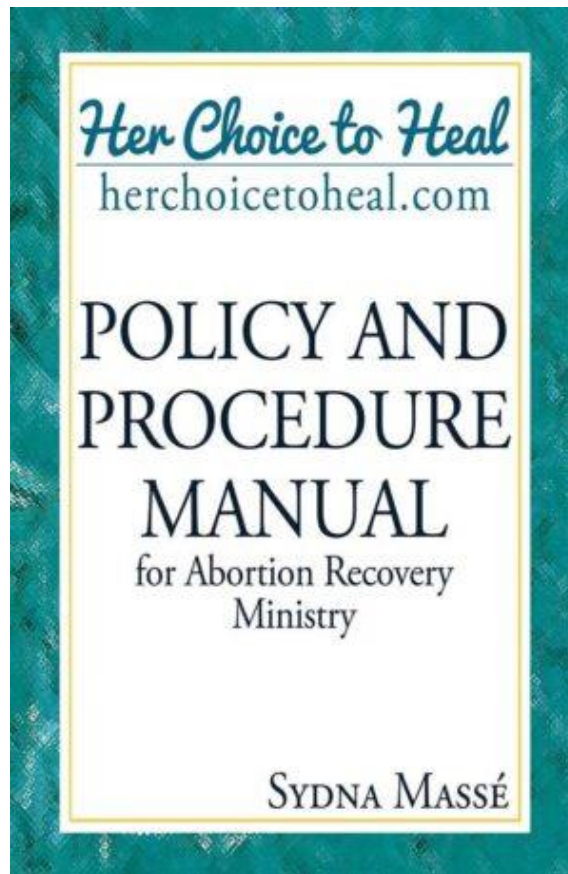
Ramah International's Handbook for Abortion-Vulnerable Outreach is designed to equip those who are working with individuals who may be considering the abortion option.

Topics include:

- Common Issues of Post-Abortive People
- Discussing Medication Abortion
- Determining Level of Abortion Vulnerability
- The Lifecycle of an Abortion Decision
- The Cultural Impact of Choosing Abortion
- The Cellular & Biological Impact of Abortion
- The Grief Impact of Ultrasound Scans
- Abortion Anesthesia & Pain
- Reaching Abortion-Vulnerable Men
- When They Abort Anyway: Handling Your Emotions

Handbook for Abortion-Vulnerable Outreach is the perfect tool to educate anyone in understanding why people chose abortion and how to help them make life affirming decisions for their unplanned pregnancies.

\$14.95 FREE SHIPPING!



Policy and Procedure Manual for Abortion Recovery Ministry

Available in 3-ring binder format, the HerChoicetoHeal.com Policy and Procedures Manual is a comprehensive text that details every aspect of abortion recovery outreach, resulting in a reference tool for everyone involved in the ministry program. This tool can be used as a back-up when more information is needed to explain a policy or when a deeper understanding of the abortion recovery step-by-step process is desired. This manual includes best practices, core process descriptions and specific methods and standards for how this ministry work should be performed.

\$49.95 - FREE SHIPPING!



**Weathering The Storm:
A Bible Study for Women Who Have Experienced Miscarriage or Infant Loss**

Each year, innumerable women endure the heartache of miscarriage and infant loss, grappling silently with profound sorrow and feelings of incompleteness. The hushed agony of a child's passing often remains unspoken, leaving many to grieve in solitude.

Janet Caldon, herself a survivor of infant loss, offers a sanctuary of understanding and empathy in *Weathering the Storm*. Delicately navigating the tempestuous sea of emotions and myriad questions accompanying such a profound loss, Janet offers solace and guidance. At its heart, this book is a beacon of hope, illuminating the path to healing through the unwavering love and grace of Christ.

If you have experienced miscarriage or infant loss, you are not alone. Give yourself the grace to grieve and find strength in the storm. This Bible study can help you find God's peace.

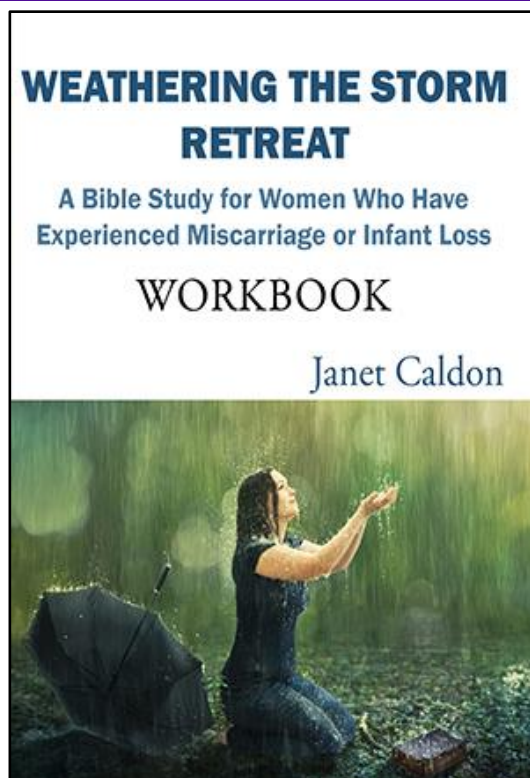
\$14.95 - FREE SHIPPING!



Weathering The Storm: A Bible Study for Women Who Have Experienced Miscarriage or Infant Loss - Leader's Manual

Each year, innumerable women endure the heartache of miscarriage and infant loss, grappling silently with profound sorrow and feelings of incompleteness. The hushed agony of a child's passing often remains unspoken, leaving many to grieve in solitude. This Leader's Manual is designed to equip group administrators in working with women who have experienced miscarriage or infant loss utilizing the Weathering the Storm Bible study program. This resource contains detailed notes relating to each week's topic along with an answer guide to the questions found in the program's homework sections and much more. This Leader's Manual program also contains a copy of the participant's version of this program.

\$29.95 – Free Shipping

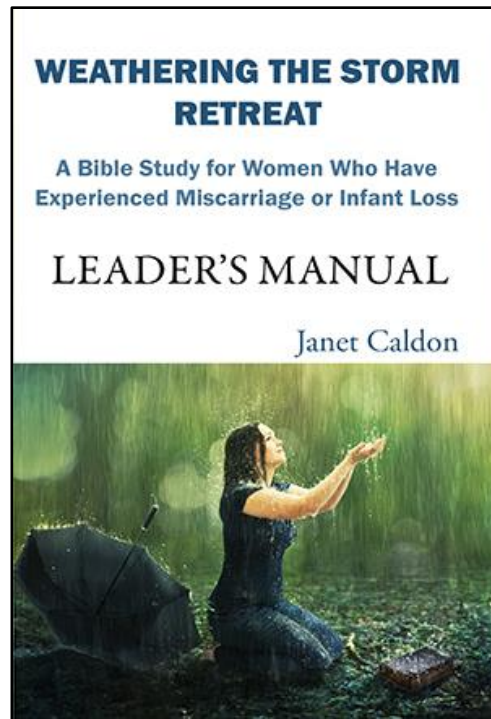


Weathering The Storm: A Bible Study for Women Who Have Experienced Miscarriage or Infant Loss - Retreat Version

Each year, innumerable women endure the heartache of miscarriage and infant loss, grappling silently with profound sorrow and feelings of incompleteness. The hushed agony of a child's passing often remains unspoken, leaving many to grieve in solitude. Janet Caldon, herself a survivor of infant loss, offers a sanctuary of understanding and empathy in *Weathering the Storm*.

Delicately navigating the tempestuous sea of emotions and myriad questions accompanying such a profound loss, Janet offers solace and guidance. At its heart, this book is a beacon of hope, illuminating the path to healing through the unwavering love and grace of Christ. If you have experienced miscarriage or infant loss, you are not alone. Give yourself the grace to grieve and find strength in the storm. The RETREAT version Bible study can help you find God's peace.

\$14.95 - FREE SHIPPING!



Weathering The Storm: A Bible Study for Women Who Have Experienced Miscarriage or Infant Loss Retreat – Weekly Version - Leader's Manual

Each year, innumerable women endure the heartache of miscarriage and infant loss, grappling silently with profound sorrow and feelings of incompleteness. The hushed agony of a child's passing often remains unspoken, leaving many to grieve in solitude. This Leader's Manual for the Retreat is designed to equip group administrators in working with women who have experienced miscarriage or infant loss utilizing the Weathering the Storm Bible study program. This resource contains detailed notes relating to each week's topic along with an answer guide to the questions found in the program's homework sections and much more. This Retreat Leader's Manual program also contains a copy of the participant's version of this program.

\$29.95 - FREE SHIPPING!

Her Choice to Heal 2025 Conference Manual

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