



RELIEF

Respect Every Life In Every Family

A bi-monthly pro-life newsletter

National Association for Respect For Life, C/o St. Martha's Hospital
Nrupathunga Road, Bangalore 560 009. Tel : 2275081

January / February 1997

Hello there !

We, at the National Association for Respect For Life (NARFL) would like to wish you every joy and happiness in the year ahead! In case you haven't already heard about us, let me introduce the Association. We have been in operation since 1986 - and from that time on we have been working closely with schools and colleges, youth groups and hospitals towards our common goal - which is to promote life in all its stages - from conception to death. NARFL believes that every human is unique and precious in the eyes of God and in the human family. Understanding the SELF in all its richness (physical, emotional, inter-personal, intellectual and sexual dimensions) is the key to nurturing human dignity.

In this our first issue for the year, we would like to start with the first stage in the circle of life - conception. While celebrating this miracle we also throw light on one of the most ghastly crimes taking place in today's society - abortion.

In successive issues of this bi-monthly newsletter we will deal with child labour, problems faced by young people today, drug addiction and alcoholism, sexual deviance, the plight of the disabled and finally euthanasia. We seek to educate and create awareness of these social evils as well as encourage people to come together to set them right, and, wherever possible, prevent them from taking place. Through posters, seminars, peace walks and street plays we seek to communicate our message to people of all walks of life - that life is precious and is to be lived to the fullest. Anything that comes in the way of each of us enjoying the gift of life should be firmly dealt with.

Your responses to the contents of the newsletter are welcome. You are also invited to make your literary contribution by sending in articles, testimonies and news snippets which would enhance the goals of NARFL.

You may direct all correspondence to Sr. Annuntiata RGS, National Association for Respect For Life, C/o. St. Martha's Hospital, Nrupathunga Road, Bangalore 560 009. Tel : 2275081.

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PROTECT THE LIVES OF THE INNOCENT

- A message from our President

Every one of us is created by God with special care and love. God Himself informs us that each one of us is precious to Him. Though we complain that God has forgotten us or deserted us especially when we are suffering, etc. God replies that He remembers us always. "Even if your mother may forget you I will not forget you..." (Is. 49:15). Every parent is a representative of God. They participate in the creative power of God. Sadly, many of our 'parents' are turning their creative power into havens of destruction. The wombs which are supposed to nurture the foeti into new human persons, are the same places which are converted into crematoria by way of abortions.

When God called Moses from the burning bush, the first feeling He expresses to Moses is that "I have heard the cry on account of their taskmasters..." (Ex.3:7). It is nice and consoling to know that despite the prevalence of Abortion and other inhuman practices, some noble souls have come forward to stand up and

fight for the innocent babies who are killed in cold blood both by parents and the practitioners of abortion.

As God called Moses and other prophets to stand and defend innocent people, the members of NARFL are called to defend the rights and dignity of each person, both living and yet to be born. All of us are called to remember that we are specifically formed and consecrated by the precious hands of God for this purpose (Jer 1:5).

Being guided by the finger of God, let each of us take up the cause and defend the rights of the growing foetus in every womb. Both the parents are to be advised to accept their child - be it male or female as the gift from God. Our effort would be a small match-light in a dark night's breeze. But when each one makes an effort to strike a match-light, perhaps we would be able to transform the night into a bright day and save the lives of innocent babies.

Fr. Patrick Xavier, President, NARFL

ABORTION : LETS PUT AN END TO IT

What is abortion ?

To many it is just a routine medical procedure. Probably comes with a little discomfort and some feelings of remorse and guilt. But abortion is actually murder. The murder of a voiceless, defenceless little one inside its mother's womb. So, foeti cannot speak. But, yes, they can feel pain. Abortion is a story of unspeakable horror inflicted on an unborn child. The procedures could compare with some of the most heinous killings ever witnessed on the planet !

Caesarean Section Abortion (Hysterotomy)



This method is exactly like a C-Section until the cord is cut. In a Caesarean Section, the baby's phlegm is sucked out, and she is taken to the intensive care, newborn nursery where everything is done to care for her.

The baby in this picture weighing two pounds (a 24 week pregnancy) was to be aborted. She was cut free, dropped in a bucket, and left to die. At this age they all move, breathe and some will even cry.

Salt Poisoning Abortion at 19 Weeks



This method is done after 16 weeks when enough fluid has accumulated in the baby's bag of waters. A long needle is inserted through the mother's abdomen into the baby's sac and a solution of concentrated salt is injected into it. The baby breathes in and swallows the salt and is

poisoned by it. The outer layer of skin is burned off by its corrosive effect. It takes over an hour to slowly kill a baby by this method. The mother will then go into labor about 24 hours later and deliver the "Product of Pregnancy" above.

THE TRUE PICTURE

D & C Abortion at 12 Weeks



Performed between 7 and 12 weeks, this method utilizes a loop-shaped steel knife. The uterus is entered through the vagina. The cervix (mouth of the womb) is stretched open. The abortionist then cuts the tiny body to pieces and

slices the placenta from the walls of the uterus.

Suction Abortion at 10 Weeks



Over 85% of all abortions performed in the U.S. and Canada are done by this method. It is like the D & C except that a powerful suction tube is inserted. This tears apart the body of the developing baby and his placenta, sucking the "products of pregnancy" into

a jar. Sometimes the smaller body parts are recognizable as in this picture.



Human Garbage

These dead babies had reached fetal ages of 18 to 24 weeks before being killed by abortion. This is the result of one morning's work at a Canadian teaching hospital

*What did these little ones do to deserve a fate like this ?
Only ask to be born.*

IS ABORTION THE ONLY RESORT ?

In most cases abortions are hushed up and not talked about. The less said about it the better. And most of us are silent spectators to the crime.

Abortions are not restricted to unmarried mothers alone. They take place within the institution of marriage as well. Married women resort to abortions when proper family planning is not carried out and in order to space out their pregnancies. Many a time material requisites take precedence over bearing a child and the foetus is looked upon as an unwelcome burden. Little do they know the harm that such invasive procedures inflict on their bodies. Abortions may even reduce their chances of conceiving altogether.

In the case of unwed mothers, most often they resort to abortion in sheer desperation and helplessness, for fear of being ostracised and publicly disgraced in society. With nowhere to turn to and no one to offer any other solution they take this drastic step. Either they have been abandoned by the father of the child or the couple decides jointly to go ahead with the abortion. Abortion is seen as the only resort.

HELP IS AT HAND

If you're pregnant and it seems like you have nowhere to go, no one to turn to, just reach for the telephone.

Call **5282811** or **2275081**

St. Michael's Convent 80 Feet Road Indiranagar Bangalore 560 038	NARFL C/o St. Martha's Hospital Nrupathunga Road, Bangalore 560 009
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For care and counselling. In confidence.

Abortion is not the only alternative.

Trust us, you'll be in safe hands.

CAN YOU SURVIVE THE GUILT ?

Once the abortion is over most people think they've dealt with the problem. But very often this is just the beginning of the trauma that mothers of aborted babies go through. The horrors of the experience continue to haunt them through their lives and most need care and counselling.

Here is an account of one woman's struggle to deal with her feelings of guilt.

Lyn's lonely struggle with her past.. and future

LYN was a swinging socialite in the early 60's. She was constantly tryping around star studded nightspots and private parties known to the elite and the Blue Ladies of her time. Swinging partners was the norm in her happy-go-lucky lifestyle. Moreover, getting pregnant was not a problem since money could always avail of the services of professional abortionists who claimed that the procedure was safe and sterile instruments were used to extract the baby.

Having been used to the procedure, Lyn pushed her luck too far. Her last pregnancy should have been the first baby for her but this time something went wrong. Her doctor became a little careless and she suffered from massive infection and bleeding. Her reproductive system was severely affected. Time came for her to settle down and have a family of her own.

Years of waiting to bear a child ended up with frustration as all procedures proved that even tubal insulation and other medical treatments were hopeless in her case. In her desperation, she had to resort to adopting her husband's illegitimate child if only to compensate for the babies never born.

In spite of her depression bouts, she volunteered to teach livelihood skills to the Kababaihan Ng Maynila Rachels Support Group. She thought she was going to help other women and she felt good. In time, she was introduced to the Pro-Life Value Integration seminars combined with the Livelihood Training. To her surprise, she felt that she was the one who needed help and counselling. She realised after more than 20 years of denial that she needed to confront her past lifestyle and renew her life. She was struck by the often quoted verse in the Scripture: "I want you to live a full life.. life in abundance.. (John 10:10). She had to confront her abortion experience before healing could take place, which she did.

Lyn, now in her fifties grappled with her past and struggled to discover the love, mercy and forgiveness in Jesus the true healer.

It would have been a happy ending, but recently she was diagnosed to be suffering from a disease affecting her nervous system (neuritis leading to Parkinson's disease). This is due to her body's inability to secrete hormones normally. The last few months proved she is rapidly ageing ahead of her years. Lyn can only sigh and ask God's mercy and love as her body weakens trying to catch her breath. She can only attribute her hormonal deficiency to the abuse and abortions she underwent and she would always remember what she heard the first time she joined the Rachel Support Group: "God forgives, people sometimes forgive, but nature... never!"

(Source : Pro-Life Phillipines)

UNWANTED

Out of the depths of your womb
 O mother, hear my cry.
 Only you can decide
 Whether I live or die.
 Instead of me you prefer
 A video, fridge and car,
 But these lifeless objects
 would never call you Ma,
 Can never lend a helping hand
 Or console you when you're sad,
 Can never be a bond of love
 Between you and Dad.
 Give me life, dear Mama,
 I long to see your face.
 I want to nestle close to you
 And feel your warm embrace.
 God wanted me to live,
 Mama do give birth to me.
 God will bless you hundredfold
 For this act of charity.

- Tessie Rozario

THE SMALL MIRACLE

The creation of a child is nothing short of a miracle. As we understand more about the development of the unborn child, week by week, we never cease to be amazed by this awesome gift of life....

- **18 -25 days** after fertilization the unborn baby's heart is beating.
- **40-42 days old** : his brain waves can be recorded.
- **Eight weeks old** : he has his own unique fingerprints.
- **Nine to ten weeks old** : he can respond to touch.
- **12-13 weeks**: he can kick, curl his toes, bend his arms and make a fist.
- **In the fourth month** : he may more than quadruple his weight. Also, his ears begin to function.
- **16 to 20 weeks** : the mother feels the baby's movements.
- **Fifth month** : the unborn baby can sleep, wake, and hiccup. Fine hair begins to grow on his head; eyebrows and eyelashes begin to appear.
- **During the sixth month** he can hear his mother's heartbeat and recognize her voice. At this point the baby also leads an active emotional life. He begins to shape attitudes and expectations about himself.
- **By the seventh month** the nervous system is much more complex.
- **Between the 28th and 32nd week** of development, the brain's neural circuits are just as advanced as a newborn's. The unborn child unquestionably retains memories.



LET ME LIVE

By: Pat Boone

LET ME LIVE! Let me walk into the sunshine, let me feel my mother's love surround me, feel my father's arms around me, be a part of God's creation, LET ME LIVE.

I'm one month old. I'm very small. I feel I'm growing every day in this warm, dark place. My heart is the biggest part of me, and it's beating! I'm so glad to be alive. I'M VERY GLAD TO BE ALIVE!

I'm six weeks old now, and I've grown so much. Look at me! I'm a half-inch long already. I have a little brain and a big heart.... and eyes! I can't see yet, but I will. Just give me time!

Fingers and toes... my own mouth - I'm growing up! And I'm two months old today. My heart is beating fast. And I feel another heart, big and strong - somewhere ... all around me. Is that my mother ?

I'm three months old now, and my arms and legs have real bones!. I'm growing and kicking, too... can you feel it ? I can turn my head; I can squint, and frown, and make a fist. See! I can curl my toes, and I think my mother knows I'm here. I'm alive ! **I'm alive !**

(Source : Pro-Life Philippines)

A RECIPE FOR LAUGHTER

A BUNDLE OF CURIOSITY

A WELLSPRING OF LOVE

A SOURCE OF WONDER

A PICTURE OF INNOCENCE

A VERY SPECIAL PERSON

A GIFT TO THE FAMILY

What is a Child?

