



# RELIEF

Respect Every Life In Every Family

A bio-monthly pro-life newsletter

NARFL, C/o. St. Martha's Hospital,  
Bangalore GPO 560 001. Tel: 2275081



July/August 1997

1997 marks the 50th year - the Golden Jubilee year of Indian Independence: a moment of special celebration, a time to relish the fruits of freedom, a period of significant achievement and within the immediate geo-political region, we, as a nation, are the most sustained democracy; thereby becoming "a tryst with destiny" carried forward.

However with the dawn of Independence we pledged to be a nation based on the principle of Truth and Justice. "Satya meva jayate" (Truth alone triumphs) we sing. Yet the hopes and aspirations of the common person seem to be a mirage.

The world is in such a turmoil where greed, lust, hatred and violence at all stages, bribery and corruption are rampant. The dignity of the human person and the sacredness of life are fast disappearing in our world. Tension and anxiety are the order of the day! Can we call ourselves free?

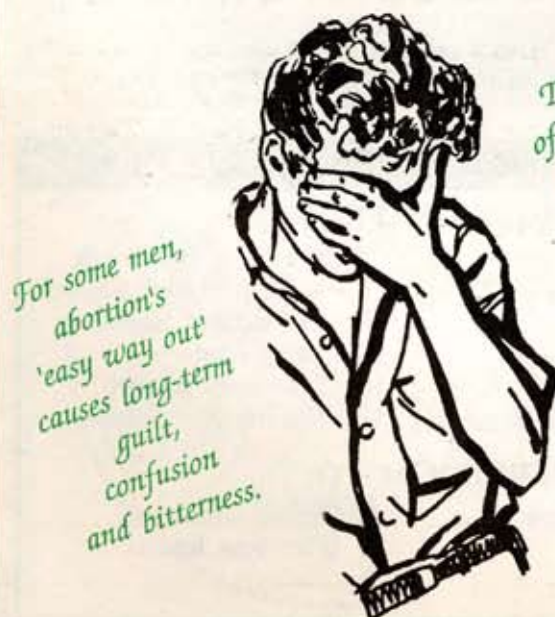
We, in Pro-Life, choose a spirit of autonomy not to devastate life but to affirm life wherever/whenever it emerges.

"RELIEF" represents in this issue the TRUE meaning of freedom, the inner traumas and agonies of men during the violence of abortion in an adaptation titled "The Silent Sufferers". The newsletter also engages with the practice of chastity which provides inner strength to enjoy the freedom and liberty of the children of God. And then, there is news - all that we should know about the life-affirming practices of the larger world.

During this Golden Jubilee year of India's Freedom, we, in Pro-Life have to renew our promises to all the people that we will fight without compromise for human life's right to exist and to be.

Editorial

## THE SILENT SUFFERERS



At 41, Anand Kumar is the epitome of a responsible husband and father. He'll tell you, unabashedly, that he loves his wife and children. He works hard operating his own construction business to provide a home for them. And it's clear that he would do anything - even, he says, "lay down my life" - to protect his family from harm.

But it wasn't always so.

Between the ages of 22 and 25, three of his children, conceived with different women, were aborted - all with his assent. In the third instance, he escorted his girlfriend - now his wife - to the abortion clinic, and sat in the waiting room as the procedure was performed.

"Those women and those children were the victims of my irresponsibility", says Anand Kumar.

When we found out about the pregnancies, he says, he could have tried to convince the women to keep



the babies by assuring them he could provide for them. But, he didn't.

Anand Kumar isn't alone. Across the country of India, millions of men have struggled with the same pain. Psychologists say that fathers of aborted children may experience guilt, hostility, frustration and loneliness - sometimes years after the abortion. Some report recurring nightmares that center on the abortion or on the child they never knew. "Men can live in denial more easily than women, because they are better at avoiding their feelings. But it's there. No matter how much you try to avoid it, it's there," says Kumar.

Vincent Rue, co-ordinator of the Institute for Pregnancy loss Portsmouth, New Haven, USA., says that even when men desperately want to take responsibility for a child, they have no legal recourse if a woman decides against the wishes of her husband or boyfriend to have an abortion.

Reconciliation to the death of one's unborn child involves the act of forgiveness. Forgiveness, for abortion flows from being willing to know the truth and tell the truth.



In the previous issue of RELIEF (May/June) the article "What abortion does to a mother", the mother realizes the felt need of confession, reconciliation and forgiveness to regain peace, harmony and self-confidence... so also does the father.

"I have peace of mind now. I know that what I did was wrong, but I know God has forgiven me. I can go on with my life, And, I believe my children are in heaven," says Kumar.

"For either sex, the loss of a child is a loss like none other. Guilt and grief can be tenacious, and they cannot be willed away". Rue says.

For post-abortive men, the Silent Sufferers, Rue suggests the following therapies:

- Accept and acknowledge your feelings, and stop resisting them,
- Allow yourself to grieve over the death of your child.
- Talk with others, to vent grief and guilt.
- Learn how to forgive yourself and others.

**Life- God's gift to all! He is the author and giver of life; Only He has the right to take it away. Hence we need to treasure life and promote it from conception to death. We therefore should not attempt to harm life. That may tarnish the image of divine beauty within us.**

**Chastity is a value that preserves that inner, eternal beauty. It is a choice, a challenge. Meet it!**

## CHASTITY IS

**A CHOICE**

I'm choosing chastity and avoiding sex problems. I've seen too many lives damaged because of casual sex.

**A CHALLENGE**

I would like to care so much for my personal honour, that I'd be willing to die for it.

**A CHERISHING**

CHASTITY separates the strong from the weak, the mature from the immature, and the NOBLE from the ignoble.

### CHASTITY means

**C**OURAGE  
**H**EALTH  
**A**PPRECIATION  
**S**ELF-CONTROL  
**T**EMPERANCE  
**I**NTEGRITY  
**T**ENACITY  
**Y**ES TO PURITY

### CHASTITY PROVIDES FREEDOM

#### FREEDOM FROM:

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1. Pregnancy                     | 7. Cancer of the Cervix     |
| 2. Hurry-up Wedding              | 8. Hazards of Birth Control |
| 3. Abortion Decision             | 9. Self-induced Sterility   |
| 4. Adoption Decision             | 10. Being used              |
| 5. Guilt                         | 11. Loss of Reputation      |
| 6. Sexually Transmitted Diseases | 12. Ruining your Future     |

#### FREEDOM TO:

- |                        |                      |
|------------------------|----------------------|
| 1. Develop Friendships | 4. Resist Temptation |
| 2. Help Others         | 5. Plan your future  |
| 3. Understand Sex      |                      |



# DREAM OF THE FATHER OF THE NATION FULFILLED

## ON THAT DAY 1947

"I will agree India got freedom only when a Harijan becomes President of India".

Gandhiji, Father of the Nation

## ON THIS DAY 1997

"Sri. K.R. Narayanan has become the President of India".



Where the mind is led forward by  
Thee into ever widening thought  
and action  
Into that heaven of freedom,  
my Father, let my country  
awake.

-Rabindranath Tagore

## Living Words

I love India not because I have had the chance to be born in her soil, but because she has saved through tumultuous ages the living words that were issued from the illuminated consciousness of her great sons.

-Rabindranath Tagore

"I am free when I have loved persons and things and when, because of my love, they are more free and I am less of a slave".

-Fr. Juan Aries



"He who understands Christ's teaching feels like a bird that did not know that it has wings and now suddenly realises that it can fly and can be free and no longer needs to fear."

Tolstoy

# THE FREEDOM OF JESUS

Jesus: a man for God, a man for others

- born in Bethlehem, "the son of a carpenter",
- brought good news to humanity
- transformed lives by the power of the Spirit
- by His death and Resurrection conquered evil.

Jesus grew in age and wisdom

- He showed us the way
- "I am the way, the Truth and the Life".

Emotional Life:

He was **a friend**: loved Mary, Martha, Lazarus, .....many more.

He **wept** over Jerusalem.

He **chastised** hypocrites 'you brood of vipers'.

He was **afraid** to be alone...His agony.....

He **spoke** the language of His time and culture.

**Free** from resentment - He forgave..."Father forgive them..."

**Broke** the chains of blind tradition, legalism and ritualism

**Courage**: to be himself - to live according to his convictions  
- a life style different from others

- befriended sinners and social outcasts
- taught a new set of values.

**Free** from communalism - upheld the good Samaritan and the Samaritan women.

**Free** from hunger for power - "The greatest among you must be the least"  
- authority linked with service.

**Free** from religious bigotry - Supped also with sinners - declared that the Gentiles (non believers) too could be saved, and sinners be restored to God's friendship.

In **freedom** He shared the life of God with us, and gave us God, His Father.

The 50th anniversary of Indian Independence has dawned. We have shed Imperialism. Have we shed the many shackles that still bind us? Why not decide **today** to build **yourself and someone else**, and thus make India truly free.

LOVE  
CONQUERS  
ALL

CHRIST  
SUFFERED  
FOR YOU  
AND LEFT AN  
EXAMPLE FOR  
YOU  
TO FOLLOW  
THE  
WAY HE  
TOOK

TRUTH  
MAKES  
ONE  
FREE



*"Put yourself  
at the service  
of others"*

*Proof of genuine love*



BOUND...  
TO  
SET FREE



## Pro-Life News

*Freedom to be*

### **They take boys who have no hope and help them win**

Eighteen boys who fought hunger, indignity and illiteracy have conquered penury and secured a first division in Madhyamik '97 of Bengal Board Examination. The remarkable aspect about them is that they are all first-generation literates. These boys belong to a missionary home, run by Ramakrishna Mission monks in Rahara, a small village in West Bengal.

Swami Jayananda, secretary of the home, said, "Most of the boys had little to call their own when the monks took them in. They had no money, no education, no self-confidence and no direction". It was in the home that the boys learnt to hope and try. While the monks laid stress on education they also imparted spiritual training, something that will stand them in good stead.

"The home spends around Rs. 700 a month on each boy. When we see that a boy has potential, he is given more training to hone his skills." But will these boys have the drive to carry on? Do they have the ambition? "Our boys are brilliant students, but they lack ambition. They have never seen the good life," said a monk.

- SAR News

### **First Indian to win Pew Foundation Award**

Fr. Thomas Kocherry of the National Fisherworkers' Forum has become the first Indian to win the \$150,000 Pew Foundation Award. The triennial (1997-2000) award went to Fr. Kocherry for fighting against foreign fishing vessels fishing in Indian waters under the guise of joint ventures.

Fr. Thomas Kocherry CSsR, a Redemptorist priest, was ordained in 1971. Generally called Tom Koch, he began his work with fishermen in 1972.

He founded the National Fisherworkers Forum (NFF) which now unites the traditional fisher people all over the country.

### **SAR News**

### **Home for commercial sex workers with AIDS started**

Inspired by Mother Teresa of Calcutta, a group of doctors and social workers have set up a trust to care for sex workers with AIDS and the children they will leave behind in Ahmednagar, Maharashtra.

Started with about thirteen rupees and "much faith in providence", the trust provides sex workers who brave AIDS with counselling and medical care and looks after their children. Marcia Warren, a Catholic physician, said Snehalya Sanstha (SS) Institute of Compassion was founded because the Government and voluntary groups ignore AIDS victims, who often have no health plan to help address their condition. Most of the sex workers are left to "fend for themselves" after contracting AIDS. Warren said, adding that brothel-keepers and pimps keep all of the women's earnings.

SS has invited similar-thinking people to join its efforts. Annual membership is ten rupees, and the trust's only other income is donations from its sixty-eight members, mostly doctors and social workers. The trustees said

they would not approach political parties, funding agencies or religious groups, saying they were motivated by Mother Teresa's faith in divine providence. In June, SS was providing medical care to nineteen AIDS affected commercial sex workers and its rehabilitation centre was housing twenty-three children of sex workers.

Pushpa Bhave a trustee said the centre eases victims' worries for their children's future. The women, meanwhile, are sheltered so they do not work and spread the disease. Rani, 35, a sex worker with AIDS, said the centre looks after her daughters, aged 6 and 9. "That they will be cared for when I am no more is consoling", she said.

-UCAN

### **Priest offers inactive Catholics a sympathetic ear in cyberspace**

Do you know someone who won't practise the faith because of a perceived problem with the Catholic Church? Now there is a sympathetic ear in cyberspace where inactive Catholics can get things off their chests and perhaps begin the healing process that might lead them back to the fold.

Redemptorist Fr. William F. Mckee, who has spent 14 years ministering to inactive Catholics, recently created his own web site for this same purpose.

He is inviting inactive Catholics and all who are dissatisfied with the Church to contact him via the Internet at <http://www.jc1.com/william>

- CNS

### **NARFL is on the INTERNET**

<http://www.geocities.com/Alfrens/2960/martha.htm>



## PARTIAL- BIRTH ABORTION



Once the cry from the feminists, abortionists was that it was not human up until a certain stage of pregnancy, now with partial-birth abortion these same feminists, abortionists are saying it's a woman's right, she is having the baby so it's her right to destroy the unborn baby who is capable of living outside the womb.

Partial-birth is also called the anatomy of D & X killing where the abortionist grasps one of the legs with forceps, pulling the leg into the birth canal, then using his hands the abortionist then delivers the baby's body. The head remains inside.

The abortionist forces scissors into the base of the baby's skull. He then opens the scissors to enlarge the hold. A suction catheter is inserted into the wound and the baby's brains are sucked out. The dead child is then removed.

## HELPLINES

### Sr. ANNUNCIATA

St. Martha's Hospital  
☎: 2275081

### Sr. THERESE MEERA

St. Michael's Convent  
☎: 5282811

### Mrs. ALOMA LOBO

Family Welfare Centre  
☎: 5587674

### VISHWAS

☎: 6634489

### HELPING HANDS

☎: 2265628/2260674

### Mrs. PHYLLIS FARIAS

☎: 5585775

### Mrs. BARBARA NAIDU

☎: 5586622

### KARL SEQUEIRA

Feedom Foundation  
(Alcoholics, HIV, AIDS)  
☎: 5479766/5440135

## HELP CONTINUE OUR MINISTRY!

When you've finished reading this newsletter,  
please pass it on to a friend or relative!

I'd just like  
to say.....

I consider your work as something divine. The threat against the Right to Life should be fought with tooth and nail. Thank God for selecting you as the ambassadors of the Almighty in this regard. Wishing you all the success.

+ Thomas Elavanal  
Bishop of Kalyan

I hope and pray that your Association for Respect for Life will bring about the necessary awareness that life is a gift of God and is sacred. I wish you all success in your endeavours. With assurance of my prayers,

+ Ignatius Pinto  
Bishop of Shimoga

**The National Association for Respect For Life is a non-profit, secular organisation of people from all walks of life, united in a common goal - which is to promote life in all its stages-from conception to death, and to act against all that would lessen human dignity.**

**NARFL believes that every human is precious and unique in the eyes of God and the human family.**

**The association is concerned with issues like Abortion, Child Labour, Drug Addiction and Alcoholism, Suicide, Battered Wives, Dowry Deaths, the Plight of the Disabled, Euthanasia and AIDS.**

**For more information call 2275081 or write to us at the address given alongside.**

### *Tell us how you'd like to help*

- By making a contribution
- Becoming an active member
- Giving of your time
- Prayer

**We welcome your comments, reactions and responses to the articles in this issue of RELIEF. Do send in your own articles, letters & testimonies to the address given below.**

## NARFL

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