

The Healing Process of (Some) Men with Post-Abortion Suffering

drawn from *SONS of ADAM*
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1. Acceptance of God's complete love
2. Practicing awareness of self, feelings, and all of creation
3. Prayerful reflection on the communion of saints,
all of whom now hold nothing unforgiven
4. Admitting the objective truth of any injustice done *to me*
5. Confession of the immorality of any injustice done *by me*
6. Sitting with feelings in grief, especially anger, sadness, fear,
loneliness, shame, pride...
7. Honest appraisal of culpability, the extent to which one acted
without freedom, or the possibility that others may have
8. Asking for the charity to see all involved with God's eyes
of love, compassion and mercy
9. Naming the child, even if one has to guess the gender
10. Holding a private memorial service or a Mass for the Dead,
and perhaps receiving the Anointing of the Sick
11. Making a significant memorial donation to an agency trying to
relieve suffering in the world that does not have to be happening
12. Continued generous giving to people who help other people