



“One of my greatest joys is working in ministry and seeing lives changed by the power of Jesus.”

Paulette, Phone Consultant Arkansas

I am Paulette and my prayer for you is that you will find hope and healing from the silent suffering of abortion. On January 11, 1995 I aborted my baby. I was deceived into believing that I could have a simple procedure and then my life could go back to being normal. After that day my life was anything but normal and I went on a downward spiral for 11 years.

I was raised in a Christian home and never thought abortion would be a part of my life. I was in a relationship with a married man and my family had no knowledge of it. I became pregnant and he offered the advice of “you know what you got to do”. I told him he was crazy and I would never do that. When I finally told my mother, I knew she would be angry but I thought we could get through it. Due to her anger and my fear of her I quickly lied about the circumstances surrounding my pregnancy and said I had been raped, thinking this would get me off the hook but instead it only drove the hook in deeper. She thought abortion was the answer for the problem. I was so confused and scared and believed that an abortion would make everything ok again so I agreed to abort my baby.

At the abortion clinic I was not told of the development of my child. I was not told of any risks involved with the procedure. The procedure itself was not explained to me. I have blocked much of that day but I do remember lying on that table and the feel of the instruments as my baby was ripped from me. I don't remember getting up from the table and I don't remember the ride home. I do remember feeling like something very much a part of me was now gone and I didn't know how to get it back.

There were days I would wake up and like a movie in my head the abortion and the events leading up to my abortion would play over and over. I would say to myself “I don't want to think about this today” but I was powerless to turn the movie off. There were days I would not leave my house. I would just cry and when ask what was wrong I would think of some lame excuse but never tell the truth.

In 2004 I was able to break the silence and tell the truth of what I had done. I had been married for 7 years before I told my husband the truth about my abortion. I was so ashamed that I would not turn the light on because I

couldn't look him in the eye to tell him. I will never forget his reaction. He simply said ‘it doesn't change anything, I love you.’ I certainly was not expecting that and it was with him that I first felt unconditional love. This is when my journey for healing started.

After years of denial, shame, anger, guilt, depression, horrific nightmares and poor choices in relationships I found healing through Jesus. God brought a lady into my life that would lead me through a post-abortive Bible Study. In 2006 I worked through all the pain of my abortion. All the shame, guilt, self-hatred, anger, bitterness are gone. Through this study I was set free from all the negative emotions and the nightmares. I am now whole, a new creature in Christ, and my son Owen has an honored place in my family.

If you are hurting, call 1-866-482-LIFE. There is hope.

Paulette has been married to Michael since 1997. They have 5 children. Paulette is Services Director at her local PRC. She leads post-abortive Bible Studies and enjoys reading, writing, spending time with her children. She loves to read cookbooks and loves to bake. She and her husband love to go to flea markets. Paulette's husband is a minister and one of her greatest joys is working in ministry and seeing lives changed by the power of Jesus. Paulette is a part-time administrative staff member for Concept's of truth and the National Helpline for Abortion Recovery.