

person. . . that there should have been another person in your life. That it's your fault that they're not there. It was your decision."

--Maria



Special thanks to Jennifer, Anita, Maria, Jenny and Lucy for sharing their abortion experiences by contributing their quotes to this informational brochure.



LOCAL RESOURCES

PORTLAND

Advocates For Life Ministries
(503) 257-7023

Birthright Services
1515 NE 41st Street
(503)249-5801

Crisis Pregnancy Centers
12709 NE Halsey St.
(503)255-7342

4240 SW Cedar Hills Blvd
(503)643-4503

1626 NE 9th Street
(503)284-1977

Milwaukie Center
14419 SE McLoughlin
(503)659-3336

VANCOUVER, WASHINGTON

Crisis Pregnancy Center
5109 & 4th Plain
(206)699-5433



IF YOU ARE HURTING AFTER AN ABORTION:

1. Allow yourself to admit that abortion was not a good decision. Forgive those who may have pressured you and those who failed to give you the support you needed during a time of crisis and confusion. Forgive the medical personnel who participated in taking the life of your child, and ask God to forgive you too. Ultimately, you made the decision to have an abortion. Finally, be willing to forgive yourself.

"If we confess our sins, He is faithful and just and will forgive us our sins..." 1 John 1:9

2. Understand that God wants you to have peace and life. He loves you and wants to show that to you.

*"I have come that they may have life..."
John 10:10b*

3. You can have that peace by responding to what Christ has done for you. Accept His forgiveness and believe that He died and rose for you.

*"If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."
Romans 10:9*

No one can make this decision for you. Will you admit that you are a sinner, believe that Jesus died on the cross and rose to save you, and invite Him to become the Lord of your life? Call us if you want to know more about how to accept the free gift of salvation and forgiveness in Christ.



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