

CAL TOPS 'CANES IN LATEST POLL



- 1 CAL
- 2 MIAMI (FL)
- 3 OKLAHOMA
- 4 COLORADO
- 5 TENNESSEE
- 6 TEXAS
- 7 FLORIDA STATE
- 8 FLORIDA



Can the 'Canes repeat? Can the Sooners make it two out of the last three? Who will win the Heisman? How many polygons does a Butkus Award winner get? Where is Berkeley? The answers to these (No. No. Look to Texas. Thousands. Take I-80 west and follow the signs.) and other pressing questions can be found in this year's College Football Top 25 poll:

1 CAL

17 NEBRASKA



Just avenge the CU mauling by beating the Oklahoma Sooners. All to be right in Huskerland.

18 USC



Must turn off "Injuries" for the thin Trojans to succeed. Controlling the playbook is crucial with USC's quarterback.

19 BOISE STATE

Say hello to the first "Houston Bowl" winner. Increased franchise rates show that this year's boys are on their way up.

20 AUBURN



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DON'T GO IT ALONE

It's scary to talk about an abortion experience with others.

What if they don't understand?

What if they condemn you, withdraw from you, or start acting weird whenever you're around?

These are all reasonable fears. We have them because it is important for all of us to see and feel that people around us care about us, love us, and understand us. So we often hide the things about ourselves that we fear will drive people away. We put up a defensive wall, a fake *persona*, to protect us from the negative judgments of others.

That may be all right for short periods of time, but if that defensive wall becomes a permanent part of ourselves, it is no longer just a defense; it is a prison. It is a prison that keeps people from really knowing us. It is a prison that keeps us from fully experiencing the love and compassion of people who *are willing* to understand our abortion experience.

To break out of this prison of fear, grief, and isolation, it is essential that you or your loved ones talk with someone who under-

stands what it is like. It may be especially helpful to talk with someone who has gone through the healing process themselves. Their enthusiasm can energize you by giving you a foretaste of the great joy of release that will soon be yours.

This is why post-abortion counseling programs and peer-support groups are so helpful. The people you will talk to have heard it all. Many, if not most, have been there themselves.

This is why they have a great yearning in their hearts to help you and your loved ones. They know about your fears. But they also know about the great joy of having this secret weight lifted off your back.

Know that post-abortion healing is a process. It takes *time*. Often you will make tremendous progress in just a short time, then plateau for a while, and then complete the process in a few more smaller steps. But

the involvement of others is *always* essential to that process.

For example, Kathy Williams was able to "stuff" the grief of her abortion away for many years. The birth of her second child, however, dredged up an enormous amount of repressed grief, regret, and guilt. After one great episode of tears, she cried out to God and experienced a great sense of mercy and forgiveness.

Years later, Kathy decided to volunteer at a crisis pregnancy center. The director asked her to participate in the center's post-abortion healing program first. Kathy felt it was unnecessary because she had already been spiritually healed, but finally she agreed.

Through the class, Kathy found healing for many areas of her life where her abortion was still causing problems. She worked

through issues of forgiveness and isolation. Most of all, she felt a tremendous experience of healing by becoming involved in a small, intimate group, made up of abortion victims like myself."

"I could be confident of their acceptance of me," Kathy said. "[I learned] that while it takes the blood of Jesus to deliver us from guilt, it takes the acceptance of others to deliver us from shame."

The acceptance of others will deliver you from shame, isolation, and loneliness, too. The place to begin is with post-abortion ministries that understand exactly what you have been through and know how you can recover the full sense of freedom and joy in your life that you desire.

Don't go it alone. There are so many who want to help you along the journey to healing. They've been there before you. And someday you yourself may be able to help others along the same path.

Help is there for all who need it. You only need to accept it. Please call one or more of the post-abortion counseling numbers on page two.



To those who mourn,

When I was seventeen years old I underwent a second trimester, saline abortion. Although I wanted to have my baby, my parents pressured me to submit to the abortion. After many hours of labor, I gave birth to a dead baby boy. To say that this had a major impact on my life is an understatement.



AFTER THE MOURNING

When I look back at where I have come from—to all the guilt, the shame, and the grief of abortion—it is with continual amazement. I now live my life with a deep joy and gratitude. Instead of doubting the mercy and goodness of God, I have come to expect it.

It is said that God can bring good out of even the worst situations. There was a time when I would have found this hard to

believe, but I know through personal experience that it is true.

Through His grace, those who have had abortions can come to find peace, healing, and even joy in their lives.

I know some of you are probably thinking, "but I had more than one abortion," or "mine was probably worse than hers," or "nobody forced me to abort," etc.

My answer to you is that the process of healing from abortion isn't about who you are and what you've done, it is about who God is and what He has done!

The mercy of God is there for the taking—if you only dare to trust His lead on the journey of healing. His mercy will bring you a new level of life, one that is full of peace. I feel this peace because God now lives within me.

I no longer feel the need to be perfect, because I know that God loves me in spite of

my imperfections—and even because of them.

I no longer fear abandonment, for I have learned that He never abandoned me—even after my abortion.

Through my healing I now have more compassion and mercy for others. I am careful not to judge, for I know where I have come from and how much I needed compassion and mercy. Through my child lost to abortion, God has taught me about true love, as opposed to the self-centered attachments I always wanted.

Through the forgiveness I have received from God and others, I have learned how to forgive others—and even myself. Because of the love I have found in God, I am less afraid of suffering, because I know I am never alone in this life. He is with me.

I won't lie to you. It was a difficult journey. You must face yourself honestly, and it is frightening to confront the many faults we have.

For those of us who are post-abortive, often the very things we have to face are the same fears that caused us to choose abortion in the first place. The paradox is that facing these things—pride, self-love, fear of abandonment, etc.—is what will set us free from them.

No matter how hard the journey, it is never as difficult as what you are living with now.

So I invite you to begin your journey toward healing, and I pray that you will begin by reaching out to those who can help you.

Remember that you are *not alone* in your feelings. There are reasons for them. There is no room for "politics" or controversy in post-abortion healing. We have lost our children. We must be allowed to grieve for them.

Through healing you will become a better person in spite of your abortion. God, through His mercy and love, is waiting for you.

I will be praying for you,

Theresa Bonapartis



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