



FOR IMMEDIATE RELEASE

Abortion Is Hazardous to Your Spiritual Health

Debut Author Kim Ketola Tackles the Spiritual Issues of a Deadly Epidemic Sweeping the Nation... and the Church

GRAND RAPIDS, MI – The Alan Guttmacher Institute (AGI), a pro-abortion organization, reports that 46% of aborting women identify themselves as Protestant and an additional 27% identify themselves as Catholic. If true, these statistics reveal that more than 70% of all abortions in the United States are performed on Christian women. Has AGI manipulated the numbers for shock value? Perhaps. But the statistics still reveal a disturbing truth: abortion is not rare; it is an epidemic sweeping the nation—and the church.

More than a political platform, women’s rights debate, or medical procedure, *abortion is a spiritual issue*. It raises questions of life and death, heaven and hell, grief and loss. Does God hate me? Can I be forgiven? Is it really possible to just start over with God?

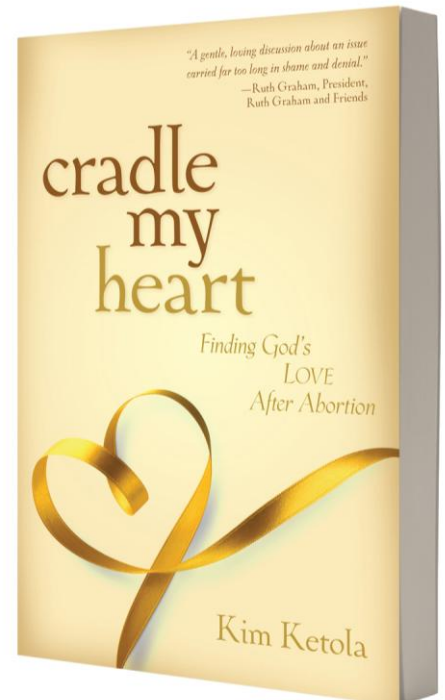
Sharing her story and the stories of ten other women, author and experienced broadcaster Kim Ketola reveals that God’s love is not a casualty of the abortive process. With compassion and concern, she shows how to

- Face yourself (Vicky’s story)
- Face God (Sheila’s story)
- Discover what the Bible says about abortion (Alice’s story)
- Overcome shame (Paula’s story)
- Forgive and be forgiven (Jeannie’s story)
- Repent and accept God’s love (Molly’s story)
- Stop worrying over heaven and hell (a pastor’s story)
- Grieve and find an end to sorrow (Joanna’s story)
- Regain confidence to serve (Bonnie’s story)
- Give of yourself (Aileen’s story)

With an appendix of helpful resources and a study and discussion guide included, *Cradle My Heart* is a timely and important resource for the hurting woman, the counselor, and the church. With an understanding and empathetic voice, Kim Ketola exposes the hurt in your heart, reveals the healing in God’s heart, and brings the two together to create a whole heart where restoration—and celebration—are possible.

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For more information, to request a copy of the book or an interview with the author, please contact Cat Hoort at publicity@kregel.com.



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Author Information: Kim Ketola



Kim Ketola is a writer and broadcaster with more than thirty years of journalism experience in both the general market and for Christian radio, and now dedicated to helping others connect in faith to God, especially after abortion. She's most well known by her broadcast name of Kim Jeffries, and Life Redeemed™, the radio and online outreach she hosted and produced to feature first-person stories of healing after abortion with expert commentary from leading Christian voices. She's created, organized, and presented professionally-accredited conferences for healing after abortion (approved by the State of Minnesota for Licensed Psychologists, Social Workers, and Marriage and Family Therapists); she's traveled internationally presenting post-abortion workshops with Ruth Graham and Friends since 2007. For the annual national conferences of Heartbeat International and Lutherans for Life, she's served as faculty, and is a frequent keynote speaker at churches and community events.

Kim studied communications at Northwestern University, and earned her Bachelor's degree in ministry from Northwestern College, where she also taught media ministry as adjunct faculty. Her commentaries have appeared in several publications, and she is a frequent media guest addressing pro-life issues on Salem, Moody, Sirius, and other network outlets.

Tim Pawlenty appointed Kim as chairperson of the MN Governor's Council on Faith and Community Service Initiatives (2006–2008), and she has served many organizations reaching the homeless, the addict, and those in prison with a message about the love of Jesus Christ. She and her husband, Bruce, make their home in suburban Atlanta, where they welcome visits from their four young adult children.

Visit her websites at www.kimketola.com. Also you will find more resources, including healing material specifically for men dealing with abortion, at www.cradlemyheart.com.

Suggested Interview Questions

- Tell us your story. What was your life like before and after your abortion? When and why did you finally decide to come forward and open up about your experiences?
- The statistics about abortion in the church are astounding. Where's the disconnect between what the church preaches and how the church acts? What can the church do to address the needs of women in their service?
- Your book, *Cradle My Heart*, is your story and the story of ten other women who have had similar experiences. Were you surprised that so many women can relate?
- There is a lot of false teaching and preaching about abortion. What does the Bible say about the issue?
- Women who have gone through an abortion will experience a wealth of emotion: anger, sadness, grief, guilt. For any woman in the middle of these emotions, what is the first step she needs to take?
- Someone out there is wondering: Can I really be forgiven? What do you say to her?



Fact Sheet: Christians and Abortion

- ❖ Abortion became legal in 1973. Since then, nearly 50 million abortions have been conducted in the United States (Voice of Revolution)
- ❖ Every year, more than 1.3 million women experience elective abortions (Alan Guttmacher Institute)
- ❖ Nearly eight in ten U.S. women obtaining an abortion report a religious affiliation:
 - 43% are Protestant
 - 27% are Catholic
 - 8% are other religions(Bound4Life)
- ❖ “Based on these statistics, there are at least 8 to 10 million Christian women who never held the baby we thought we did not want, but now wish we could have known and loved.” (Kim Ketola, *Cradle My Heart*)
- ❖ 85% of women say abortions cause mental health issues, including sorry, sadness, guilt, regret, grief, and disappointment (*British Journal of Psychiatry* as reported by Physicians for Life)
- ❖ Promiscuity, eating disorders, addictive behaviors, feelings of suicide—these are things that can be triggered or worsened by abortion. (Dr. Theresa Burke and David Reardon in *Forbidden Grief: The Unspoken Pain of Abortion*)
- ❖ “Ultimately, to know the truth is to know more than just the facts and numbers. Truth is a person, so it’s not an encounter with an idea that will adequately change us... Minds can be swayed by facts, but an encounter with the Lord changes both hearts and minds.” (ChristianLifeResources.com)
- ❖ “Jesus answered, ‘*I am the Way, the Truth and the Life.*’” (John 14:6)
- ❖ “Jesus has paid the penalty for abortion and holds our child in heaven. Our eternal life with him and with them is now and forever secure... He has always been there to cradle your heart. And he remains there to grant you peace.” (Kim Ketola, *Cradle My Heart*)





What People Are Saying about *Cradle My Heart*



“I want to recommend Kim Ketola’s book *Cradle My Heart* to you. In working directly with the pro-life movement over the last few years, I have seen the incredible need for a book such as the one you hold in your hands. Through powerful, real stories, many of them from her own life, Kim graciously communicates the love and hope Jesus brings to hearts wounded by abortion. May God continue to bless and lead your ministry Kim!”—**Rebecca St. James**, singer, author, actress



“In *Cradle My Heart*, you will experience release and encounter wholeness that only comes from God’s forgiving touch. Too many people in our culture treat abortion as a political, medical choice. It is far more. Kim Ketola takes this issue away from politicians and doctors and elevates it tenderly to a spiritual level to open eyes and hearts to the amazing grace and redemption of a loving heavenly Father.”—**Ruth Graham**, author of *In Every Pew Sits a Broken Heart*, daughter of Billy Graham, and president of Ruth Graham and Friends



“The estimated one in every five Christian women who have experienced abortion will experience the love of the Lord through this beautiful, insightfully-written book. Kim relates stories of those with broken hearts who encountered Jesus, and she bravely shares her own experience of repentance and meeting his comfort and healing after abortion to deliver a personal, intimate, and hope-filled read and resource.”—**Peggy Hartshorn**, PhD, president of Heartbeat International



“With candid honesty, Kim Ketola helps readers heal from the suffering after abortion. Prayers and practical steps at the end of every chapter provide guidance in transforming hurt into hope. And thoughtful reflections and biblical insight help readers find Christ’s restoration the minute they open their hearts and give him permission to forgive and heal.”—**Theresa Burke**, Ph.D., author of *Forbidden Grief*, and founder of Rachel’s Vineyard Ministries



“Kim Ketola’s discerning creativity translates biblical stories into practical help for those struggling after abortion. Sharing her personal walk from shame to new life, she writes from the heart and offers hope, forgiveness, and help for strengthening faith in this awesome book!”—**Georgette Forney**, Co-founder of the Silent No More Awareness Campaign



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kregel PUBLICATIONS

733 Wealthy Street SE
Grand Rapids, MI 49503

PO Box 2607
Grand Rapids, MI 49501

For more information contact:
Kregel Publicity Department
Phone: 616-451-4775 ext 238
Email: publicity@kregel.com
Website: www.kregel.com

“With keen insight and courageous authenticity, Kim Ketola reflects on her haunting experience with abortion as a springboard to encourage others to process their similar experiences. Through dawning observations—as insightful as they are brief—Ketola puts words to the unspeakable and gives expression to the inexpressible. She encourages readers toward brutal honesty and liberating grace—or perhaps it is brutal grace and liberating honesty—to create chapters that insist upon Scriptural reflection and prayerful response. No reader is too wounded or wretched or worldly or wise to gain something from this book. For no reader lives in a place untouchable by an encounter with the Lord of life.”—**Douglas S. Huffman**, PhD, Professor and Associate Dean of Biblical & Theological Studies, Talbot School of Theology

“As a Christian psychotherapist who works with abortion-related trauma, I highly recommend this compassionate work that differentiates the need for spiritual from emotional healing, and moves the reader in a personal way from a place of shame to grace like no other book out there on this topic.”—**Gregory Hasek**, M.A./MFT, LPC, executive director of Misty Mountain Family Counseling Center; adjunct professor at George Fox University

“A powerful mix of Scripture, personal testimony, illustrations, and practical action steps for each chapter. These insights show the power and love of Jesus to restore and give future hope. If I were still preaching, I’d order a case of these books and leave them in a semi-private place where women could unobtrusively pick up a copy—and I recommend my pastor friends do just that.”—**Don Miles**, Ed.D., M.Div., mental health professional, pastor, and board member of Living Free Ministries

“*Cradle My Heart* shows Kim’s insight and heart of compassion through a beautiful parallel of Biblical truth and practical application which will both comfort and encourage. Even after abortion, God’s grace increases all the more.”—**Jimmy Ray Lee**, D.Min, President, Living Free

“*Cradle My Heart* is like the steady hand of a loving and empathetic physician doing heart surgery with truth and love. You bring the grief. Let God supply the grace.”—**Rev. John Ensor**, author of *Answering the Call: Saving Innocent Lives One Woman at a Time* and executive director of global initiatives for Heartbeat International

“Two perspectives make this book meaningful: Kim’s empathetic personal journey to healing and Jesus Christ’s grace and truth. Kim makes his encounters with the infirm and helpless both personal and relevant, sure to make a difference in many lives.”—**Rev. James Lamb**, national executive director of Lutherans for Life

“A compelling, powerful, honest account of accepting forgiveness and experiencing the miraculous, healing power of God. Kim uses clever, modern-day retellings of biblical encounters with Jesus that clearly illustrate his love and compassion, and she gives true-life testimonials that provide a deeper understanding of grief and its consequences. Biblical reflection and useful action steps help readers better understand God’s love and true healing. A powerful reminder that God wants to redeem pain in our lives and use it for his glory.”—**Dr. Wess Stafford**, president and CEO of Compassion International, and author of *Too Small to Ignore* and *Just a Minute*



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