

*****NEWS RELEASE*****

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**‘Cradle My Heart Today’ Pro-Life Radio Feature Now
Airing on 600+ Stations Nationwide**

Kim Ketola’s Daily One-Minute Program Airing During American Pastors Network’s ‘Stand in the Gap Today’ and ‘Wretched Radio’

PEACHTREE CITY, GA—“*Cradle My Heart Today*” (www.CradleMyHeart.org), which provides a daily dose of truth and inspiration to choose and defend life by sharing stories reflecting faith in Jesus Christ to redeem us after unintended pregnancy or abortion, is now airing on more than 600 radio stations.

The daily one-minute radio program from Cradle My Heart Productions, Inc., and hosted by Kim Ketola now airs during the one-hour “Stand in the Gap Today” program from the American Pastors Network and during the daily half-hour broadcast of “Wretched Radio.”

Ketola, an excellent storyteller and award-winning writer and broadcaster, has used her talents, along with her faith and own life experiences, to unveil one of the biggest untold stories of our time—the spiritual impact of abortion on the women and men who choose it, as well as the hope available to make a better choice.

“We are thrilled that ‘Cradle My Heart Today’ is reaching so many through radio stations around the country,” Ketola said. “Our vision is to save innocent lives and heal hearts after abortion—one story at a time. Especially at this time in our culture, abortion continues to make headlines and divide the nation, but we know that the need for healing and prevention is great. ‘Cradle My Heart’ stories address the public health crisis of abortion, as we think through all aspects of pro-life issues. We are excited and blessed with this new radio opportunity so ‘Cradle My Heart Today’ will impact even more listeners and share the message of God’s forgiveness, restoration and healing after unintended pregnancy and abortion.”

[Listen to “Cradle My Heart Today” here...](#)

“Stand in the Gap Today” airs on about 425 stations, including the Christian Satellite Network (CSN), Kingdom Keys Network, The Life FM Network, as well as several local and independent

stations. “Wretched Radio” airs on more than 560 stations, including CSN, the American Family Radio, the CHIM Radio Network in Canada and The Dove Network in the Pacific Northwest. The new partnership brings the “Cradle My Heart Today” station total to 634.

Ketola’s story and voice have been featured on many national radio and television outlets, and she also serves as host and executive producer of the weekly one-hour “Cradle My Heart Radio,” airing live each Sunday at 9 p.m. on several broadcast outlets, including three top 50 markets. “Cradle My Heart Radio” can be heard live via streaming audio at www.myfaithradio.com or on the [My Faith Radio app](#). Several stations in Minnesota, Ohio and Georgia also air the program; [check here for local listings](#).

Ketola has been inducted into the Minnesota Broadcasting Hall of Fame for her work as Kim Jeffries on KS95, WCCO Radio and TV and KTIS. Her book, “Cradle My Heart: Finding God’s Love After Abortion,” which features a foreword by Ruth Graham, is an Amazon bestseller and was a finalist for the Evangelical Christian Press Association’s Book of the Year in 2013. Ketola also teaches pro-life apologetics in pregnancy centers, as well as Christian colleges and high schools. Ketola is also featured in multiple episodes of “Life Is Best” from Wretched TV and the Life Training Institute, hosted by LTI’s Scott Klusendorf. Over the next several weeks, the 13-episode series will air at 7:30 p.m. ET Fridays on NRB-TV. Learn more about the series [here](#) and [click here](#) to learn more about where to watch NRB-TV.

For more information on *Cradle My Heart*, visit cradlemyheart.org or follow the ministry on [Facebook](#), on Twitter [@KimKetola](#), on [Pinterest](#) or [YouTube](#).

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To interview Kim Ketola from *Cradle My Heart*, contact Jen Retallick, 610-584-1096, ext. 100, Media@HamiltonStrategies.com. For information about airing the one-minute “Cradle My Heart Today” on your station, contact Michael Hamilton, 610-584-1096, ext. 101, 215-519-4838.

Cradle My Heart Radio helps listeners connect with others who are finding God’s love—especially during unintended pregnancy and after abortion. The [Cradle My Heart](#) online blog is a companion to the bestselling book by Kim Ketola, “Cradle My Heart: Finding God’s Love After Abortion,” released by Kregel Publications in 2012. Net proceeds from the book and CD are donated to organizations in the pregnancy help movement. The vision of Cradle My Heart Productions, Inc., a 501(c) 3 non-profit organization, is saving lives and healing hearts after abortion one story at a time. The mission is to effectively answer the public health crisis of abortion through education and excellence in communications. Cradle My Heart values center on the belief that defining success means reaching as broad an audience as possible with the message of the value of every single individual human life and the redemptive power of God’s love. Because unintended pregnancy and abortion are problems which often unfold in isolation, radio is an ideal medium to reach women and men in their time of need with a message of encouragement and hope in Jesus Christ. Children are a gift from God and worthy of protection at every stage of development regardless of the circumstances of their conception. Abortion is the intentional act of destroying an innocent human life, therefore it is morally wrong.

She chose her broadcasting career over baby's life, now runs radio show for post-abortive women

PEACHTREE CITY, Georgia, May 21, 2013 (LifeSiteNews.com) – Thirty-five years ago, in 1978, everything seemed to be going Kim's way.



(Ketola pictured at NewLife FM with Producer Pete Chagnon)

The 23-year-old, blond-haired beauty had recently put herself through broadcasting school. Now she was being offered the job of her dreams, which would lead to her having her own program in a big city. She also had a man by her side with whom she planned to enjoy all the good things that life offered.

But just three months into her new career, Kim found out that she was pregnant. Her partner wanted nothing to do with a baby, telling her that he was not ready to become a father. Kim's close friends told her that since he would not support her, she would just have to "take care" of herself – i.e. get an abortion.

Kim Ketola told LifeSiteNews.com in a recent interview that she viewed the pregnancy as a threat to her future.

"I did not in any way see how I could [have the baby and] withstand the shame of being a single mother and being someone who had been in love with a man who would treat me that way," she said.

Kim didn't agonize over the moral questions raised by abortion. She simply assumed that abortion must be moral since it was legal.

Abortion Aftermath

Kim remembers that while the abortion procedure was not traumatic or painful physically, it was "very traumatic spiritually." After the procedure, she realized on some deep level that she was guilty of having "taken a life."

"I believed I was going to hell. I believed that God hated me," she said.

Grief and sorrow became Kim's constant, but unacknowledged companions. She tried to bury her spiritually devastating abortion experience in her demanding career. The betrayal she felt from the man who had promised to be there for her in times of need destroyed the young couple's once flourishing relationship.

A marriage five years after the abortion lasted less than a decade before ending in divorce. Kim remarried. Her second husband was interested in God and together they began attending a scripture-based pro-life denomination.

"As I would hear the sermons, it was just shattering because what my heart had known and sensed to be true ... I was now hearing confirmed in scripture," she said.

"Before I formed you in the womb, I knew you" (Jeremiah 1:5), she heard on one occasion. "For you created my inmost being; you knit me together in my mother's womb," (Psalm 139:13) she heard at another time.

But while the words of scripture beckoned her to begin a healing journey, Kim still had a long road ahead.

"There was no 'child' until that point. It was just too terrible to think about a baby or to try to picture a little one," she said.

After being with the denomination for eleven years, Kim attended a discipleship retreat where a woman openly shared her abortion experience. At that moment, Kim knew that the time had come for her to acknowledge what she had denied and kept buried for so long.

"Someone confessed an abortion and that made it safe for me to share my secret," she remembers.

Kim learned at that retreat that Jesus had died for her and all her mistakes, including her abortion. She learned that nothing she had done was so terrible that God wasn't big enough, merciful enough, and loving enough to forgive.

“God released me. As that shame receded, something really beautiful happened: Christ affirmed for me that my child is safe with him in Heaven.”

She named her child Emmanuel, meaning “God is with us”.

For the first time, Kim was able to publicly grieve over her child lost through abortion. And then, from her new vantage point, she took a hard look at her broadcasting career, pursued at the expense of her God-given child, and saw it as so much sawdust.

Help over the radio waves

Kim went on to work with Ruth Graham, who ran post-abortion healing workshops, in 2007. She wrote a book about her journey titled *Cradle My Heart: Finding God's Love after Abortion*, published last year by Kregel, which tells her story and those of 10 other women.

Then, last year, when Kim moved to Georgia, some friends encouraged her to use her three decades of broadcasting experience to reach out over the airwaves to women hurting from abortion. With no budget and no backers Kim approached a radio station manager to ask for an hour a week. She was surprised when the station manager responded “Yes.”

Cradle My Heart Radio with Kim Ketola was first broadcast last September. In the past eight months, Kim has featured first-person stories of healing after abortion with expert commentary from leading Christian voices, including Cecil Stokes, producer of pro-life film *October Baby*, Ryan Bomberger of the Radiance Foundation, pro-life nurse and blogger Jill Stanek, Pat Layton, founder of Life Impact Network, Reggie Littlejohn, founder of Women's Rights Without Frontiers, abortion worker turned pro-life activist Abby Johnson, and Rachel's Vineyard founder Dr. Theresa Burke.

Cradle My Heart Radio is live on 11 stations and streamed over the Internet on Sunday evenings at 9 ET. Kim's begins every program with the tag line: “A safe place to connect with others. Finding God's Love After Abortion. This is Cradle My Heart Radio.”

On the show, Kim encourages listeners to call in and share their abortion related stories, ask questions, and make comments. “We are live and interactive so people will know that there is a safe place to go and to call,” she said.

Kim sees the radio show as a “beautiful ministry” to women hurt by abortion who just might hear the words they need to see the dawning of a new hope in their lives shattered by abortion. With about an estimated one-third of American women having an abortion during their reproductive lifetime, Kim knows that her program is not falling on deaf ears.

“What I know is that there are a lot of people who have stories to tell and some of them are very different from my story,” she said.

Kim does not see her program as a one-woman show. She relies on the pro-life movement to be there for the hurt and broken women who call in. She tells callers thinking about abortion that local pregnancy help centers offer the best information. She has a list of locations and numbers at hand. “The pregnancy help movement are the hands and feet of the pro-life movement,” she said.

Listeners tuning in on Sunday evenings will hear Kim say that abortion never solves problems, it just creates bigger ones. Kim said that if she knew a young woman had tuned in who was in the same situation she faced 35 years ago — on the threshold of a big career, in an uncommitted relationship, and pregnant — she would know exactly what kind of advice to give this woman.

“Pregnancy is nine months of your life,” she would say. “Once you are pregnant, there is nothing that can turn back the hands of time: You are a parent. Your only choice at that point is whether you’re going to make a loving decision for the good of your child or whether you’re going to act selfishly, out of fear and self-protection.”

“If you make a loving decision on behalf of your child, it may involve releasing that child for adoption, which is a difficult and painful choice. Or it may involve getting married when you weren’t planning to. Or it may involve single motherhood.”

“While all of these options have their own difficulty, none of them involve taking the life of another human being. You will never have to live with the guilt and the grief of having taken what belongs to God into your own hands and having to live with that for the rest of your life. Yes, I understand the fear in your heart. But perfect love drives out fear. If you love this child, you can do the loving thing and have a decision that you can live with for the rest of your life.”

Tune in to *Cradle My Heart Radio with Kim Ketola* Every Sunday evening at 8 CT/9 ET
Live Line: 1-800-811-3003 Radio stations carrying program [here](#). Listen Live [here](#).

<https://www.lifesitenews.com/news/she-chose-her-broadcasting-career-over-babys-life-now-runs-radio-show-for-p>

Healing Abortion's Guilt and Grief

Kim Ketola Author *Publication date:* January 4, 2013

Editor's note: *This article is Part 1 of a 3-Part series on healing from pregnancy loss. Today's author, Kim Ketola, writes on the guilt and grief after abortion.*

There is no grief like the grief that does not speak.
~ Henry Wadsworth Longfellow

It was just another box of old belongings to be sorted for our cross-country move. But the brightly colored cloth journal caught my eye and caused my heart to skip a beat. With equal anticipation and dread I sat down and thumbed through pages written over thirty years earlier.

Had I saved the receipt?

Yes, there it was.

Dated June 16, 1978, the yellowed 3 x 5 carbon noted my name and address, the name and location of the abortion facility, and a fee of \$165.00 marked paid in full, in cash.

I cried softly as I read these facts I'd buried but not laid to rest so many years ago.

This January marks the 40th Anniversary of the Roe v Wade decision making abortion legal for any reason. But the date may go largely unmarked by those abortion has impacted the most—the millions of women who chose it. **One in three** women of childbearing age has had at least one abortion. Yet we all feel alone as we wonder what might have been. We miss the children we thought we did not want but now wish we could have known and loved. Our hearts long to be forgiven but seldom sense it is so.

This is the ache of parental grief after abortion.



Counselor Teri Reisser told me, “Awareness of the need to grieve the loss of an aborted child is almost nonexistent in our culture.” I found this to be true as I’ve researched the need for healing the spiritual wounds of abortion. Perhaps, because women choose abortion, [Reisser says](#), “They do not feel they have any right to a normal grieving process . . . [yet] they do grieve for the lost child.”

It would be much easier if everyone around us helped us grieve. Unfortunately, quite the opposite happens. Few people know words of comfort for any type of pregnancy loss. We stumble when we should be the stabilizing support for women who have gone through miscarriage, stillbirth or infant death. We fail to realize how responsible and guilty women may feel as the primary protectors of the life of a child who dies before birth. And in the case of abortion, we are told the new life within us is not even a child. How to grieve and relieve the guilt when we realize we believed a lie?

Jesus knew the life-giving value of grieving after death. He wept with Mary and Martha after Lazarus died, asking, “Where have you laid him?” ([John 11:34](#)) He went with them to the tomb—not just to remember, but to demonstrate God’s glory. After abortion, he will go with us too. He’ll help us find God in the midst of our loss and grief if we’ll risk facing the truth.

If instead we continue to believe the lie that there is no child to mourn, we may clutch the sorrow as the only reminder our child had ever existed. At the same time, as any normal parent wanting love from their child, we have this ache. The ache, somewhere deep in our hearts, is for our unborn child. Only there is no outlet, no child present, and none even acknowledged as lost. In our isolation and shame we think: *I can’t seem to get over this, so there must be something wrong with me.* Guilt and grief compete for our emotions as guilt demands we reject our sin, and grief requires us to accept our loss.

I wrestled the pain of these conflicting emotions for twenty-three years until I received God’s mercy and accepted that there is truly no condemnation for those who are in Christ Jesus and who live according to the Spirit and not according to the flesh ([Romans 8:1](#)). Embracing the reality of redemption starts our healing journey.

Soon afterward a woman I barely knew confessed an abortion in very plain terms. Her simple honesty made it safe for me to speak the truth. And something amazing happened. When I confessed, my heartbreak began to be healed. I felt the love of Jesus Christ enter into the space in my heart I had always kept closed just for the memory of that day. I knew without doubt that my child is safe with the Savior in heaven.

Such mercy! Such blessed relief and joy—as if I’d been handed a new life. And that’s just what God did for me. He assured me that my child was not destroyed forever. And he helped me receive the forgiveness he secured for me on the cross. He has made everything new.

As we confess to God our guilt is removed ([Psalms 32:5](#)) and as we confess and pray with others our grief is healed ([James 5:16](#)). Being forgiven allows us to forgive others. This wasn’t always easy for me—especially forgiving those who lied and said it wasn’t a baby, “just tissue.” But when we obey God and forgive those who don’t deserve it, our memories, even painful ones, minister to us in our grief.

Remembering my deep disappointment at hearing my fiancé choose abortion; my fear of being incompetent to parent this little one all alone; how God touched my heart to try to move me to choose life, and how I had been too far gone to listen. Surely these memories, though painful, spoke of me having had a mother’s heart even though I had failed to find a way to act out of that love. This gives me hope—I know God can build on the smallest seeds of love.

Healing continued in a post-abortion Bible study where I gave honor and dignity to my child in heaven. I gave him the name Immanuel, and he is part of my forever family. As I look back now, I am so grateful for that receipt which witnesses my child’s all-too-brief life and devastating death. Tucked away unread for all those years, that small slip of paper helped me begin to be able to tell the story. Facing the truth of all I lost has moved the grief from my heart into healing conversations with friends and [family](#) who care. They have helped me see that I’m not who I was when I made that fatal mistake.

And today I can say God’s grace has replaced my guilt and grief.

I’m guessing you’re different now too. So, what’s your story? Where have you laid the past aside, but not put it to rest?

I would count it a privilege to listen in confidence and help you remember the child you never met. I join my heart with yours to pray God will provide others in your church, your family, your circle of friends who will patiently help you to process your loss. As Jesus goes with us to grieve, he gives us peace. His love binds up the wounds of our hearts.

I’m praying the time for your healing has come.



Minnesota Broadcasting Hall of Fame

Kim Jeffries Ketola

Inducted September 29, 2013

A 1977 graduate of Brown Institute, Kim Jeffries ruled the airwaves for nearly two decades as KS95's first full-time female disc jockey. In 1997 she moved over to WCCO-TV as a feature reporter before becoming a host of mornings and middays on WCCO Radio from 1998 to 2003. But it was her work at KTIS and the Faith Radio Network that changed her life. In 2004 she became the host and Executive Producer of the KTIS-FM and online feature *Life Redeemed™*, presenting first-person narratives of spiritual healing. She went on to host a daily show on KTIS-AM from 2005 to 2008. A pioneer in the field, Kim was the chairperson of Governor Tim Pawlenty's Council on Faith and Community Service Initiatives from 2006 to 2008.

From 2007 to 2010 she also traveled across America and Canada as a speaker for Ruth Graham's conference ministry.

In 2012 Kim began using her married name, Ketola, published her first book, and became the Executive Producer and host of the national broadcast *Cradle My Heart Radio*, a live, interactive outreach ministry, which airs locally on Faith 900 KTIS-AM.

FOLLOW KIM: web: kimketola.com | radio live stream: cradlemyleart.org | facebook.com/cradlemyleart | twitter [@kimketola](https://twitter.com/kimketola) | podcast: itunes.apple.com/us/podcast/cradle-my-heart-kim-ketola

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