

The Rachel Ministries are Catholic and interdenominational post-abortion healing ministries. These confidential ministries are for all women and men – parents, grandparents, and relatives – who are seeking healing after an abortion. The focus of this ministry is to help heal the multi-layer wounds inflicted by abortion.

It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness.

PROJECT RACHEL

Project Rachel is the Catholic Church's ministry to those who have been involved in abortion. In addition to facilitating Sacramental Reconciliation, the ministry provides an integrated network of services, including pastoral counseling, retreats and referrals to licensed mental health professionals.

For more information and resources, please contact Jayne Stefanic, Diocesan Director of Marriage, Family and Respect Life, at jstefanic@diosav.org or see hopeafterabortion.com

RACHEL'S VINEYARD

Rachel's Vineyard is a retreat program for anyone struggling with the emotional, spiritual or psychological pain that frequently follows an abortion.

The retreat is carried out in a confidential group setting over a weekend beginning Friday evening and concluding on Sunday afternoon. Married couples, mothers, fathers, grandparents and siblings of aborted children, as well as persons who have been involved in the abortion industry have come to Rachel's Vineyard in search of peace and inner healing.

You, too, can come and experience the mercy and compassion of God and be restored.

Confidential Contact: stephaniemay135@gmail.com or 912-306-0406



The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance. The Father of Mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitively lost and you will also be able to ask forgiveness from your child, who is now living in the Lord.

— Pope St. John Paul II, *The Gospel of Life*, no. 99