

What you are Feeling is Normal

Every year women and men suffer the after-effects of abortion.

Abortion is a life-changing event and whatever you are feeling is valid.

Be gentle with yourself and recognize what you are feeling in order to heal the wound and feel whole again.

Common feelings and symptoms:

Bouts of crying

Eating disorders

Depression

Intense grief/ sadness

Emotional numbness

Lowered self esteem

Drug and alcohol abuse

Flashbacks/ nightmares

Suicidal urges

Fear of pregnancy/ pregnant women

Anxiety/ panic attacks

Repeat abortions

Difficulty with relationships

Inability to forgive self or others

Fears of punishment from God

WWW.SBRLPC.ORG/POST-ABORTION-HEALING

You are NOT Alone.

“Even in our brokenness, God’s love for us defines an unwavering beauty.”

If you or someone you love is hurting from an abortion, please contact us:
(909) 475-5353
(909) 520-3867 Spanish

These are private lines. You may leave a confidential message and know that return phone calls are made with discretion.

**RACHEL:
HOPE &
HEALING**

*Office of Respect Life &
Pastoral Care*



Pope John Paul II, The Gospel of Life, 99

*“I would now like to say a special word to women who have had an abortion. The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. 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.”*



From the belief that I have to earn Your love,
Deliver me, Jesus

From the fear that I am unlovable,
Deliver me, Jesus

That Your love goes deeper than my sins,
and failings to lean on You,
Jesus, I trust in You

That my life is a gift,
Jesus, I trust in You

Litany of Trust by The Sisters of Life

Therapy For the Soul

RACHEL'S VINEYARD WEEKEND RETREATS

Rachel's Vineyard weekend retreats are a beautiful opportunity for any woman or man who has struggled with the emotional or spiritual pain of an abortion. It is *therapy of the soul* and an opportunity to release and reconcile painful emotions to begin the process of restoration, renewal and healing.

Peace is found, Lives are restored.

Let this be your time to experience God's merciful love and join your brothers and sister on the pilgrimage to healing.

The retreat and registration are strictly private. All Inquiries will be answered confidentially.

The weekend is a chance to get away from daily pressures to focus on the buried emotions of the past in light of present symptoms and begin healing through a supportive trauma sensitive process.

Rachel's Vineyard provides a non-judgmental, safe environment. The weekend will help your soul find a voice, and transform the pain of the past into hope and love.

