

*Not every pregnancy is easy
to talk about....*

There is hope after abortion.
It is 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.

For over twenty years,
women and men have been
coming to Project Rachel,
the post-abortion ministry of the
Catholic Church,
for help in healing their emotional
and spiritual wounds.

The priests and counselors in the
Project Rachel network understand
the pain and loss that follow
abortion. They have led thousands
of grieving women and men
from despair to hope and peace.

*Project Rachel is the Church's way
of saying to people in great pain:*

WELCOME HOME.

Our services are free and confidential.

To find out more:

*Call Project Rachel at
(508) 791-HOPE(4673)*

*We are here to listen,
to answer your questions,
to pray for and with you,
to help in any way we can.*

*Contact **Project Rachel** today
to experience the forgiveness,
freedom, and peace waiting
for you in the tender embrace
of God's mercy.*



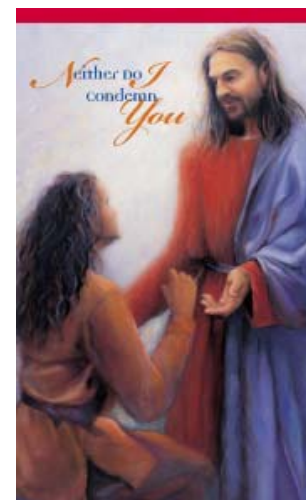
*Sponsored by
the Diocese of Worcester, MA*

*Call or write:
Project Rachel
49 Elm Street
Worcester, MA 01609
(508) 791-HOPE(4673)*

Project Rachel

(508) 791-HOPE

*A safe and confidential
outreach ministry of the
Catholic Church to women
and men who are hurting
from a past abortion.*



*Trust in the
tender embrace
of God's mercy...*

Is Project Rachel for me?

Yes, if you are hurting because of an abortion experience – whether you have had an abortion, have helped someone else to obtain one, or share the hurt of a friend or loved one who has had an abortion.

Yes, if you yearn to be reconciled with yourself, with your unborn children, with the Church and with God.

And yes, if you desire to be made whole again by the power of God's forgiving love.

You are not alone! You do not have to carry the burden of guilt, grief, and alienation any longer!



Listen to the testimony of those whose lives have been changed through the ministry of Project Rachel:

"I experienced a refreshment of soul I had never thought possible. I only wish I had not allowed so many years to pass before reaching out for help." - Mary, age 35

"As I have allowed Jesus to heal me the most interesting thing has happened – I no longer suffer from anxiety, fear and panic. What I was seeking all that time was the forgiveness and love of Jesus. He can and will forgive all." - Joan, age 45

"Rachel mourns for her children; she refuses to be consoled because her children are no more. Thus says the Lord: Cease from your cries of mourning. Wipe the tears from your eyes. The sorrow you have shown will have its reward. There is hope for your future."

- Jeremiah 31:15-17

What services are offered by Project Rachel?

Project Rachel is the outreach ministry of the Catholic Church to those who have been wounded by abortion. Active in nearly every diocese in the country for over twenty years, Project Rachel provides a safe and confidential atmosphere to those who seek God's healing. This diocesan based ministry is composed of a network of specially trained clergy, spiritual directors, pastoral care workers, and therapists who can provide compassionate one-on-one care to those who are struggling with the aftermath of abortion.

Project Rachel is an outreach of the Catholic Church, but is open to anyone who is struggling after the pain of an abortion. It is able to help women and men; grandparents, siblings, friends, and others whose lives have been impacted by an abortion loss.

The central focus of Project Rachel is the Sacrament of Reconciliation (Confession), a privileged place of encounter with God's Mercy, the source of all healing. Through your contact with Project Rachel, you will be able to meet with a priest who will welcome and counsel you in a prayerful atmosphere of respect and sensitivity.

Referral for further counseling is also available to help you find continuing support in the healing process.

A message of hope to women who have had an abortion from Pope John Paul II :

"I would 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.

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. With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life."

- *The Gospel of Life (Evangelium Vitae)*, no. 99