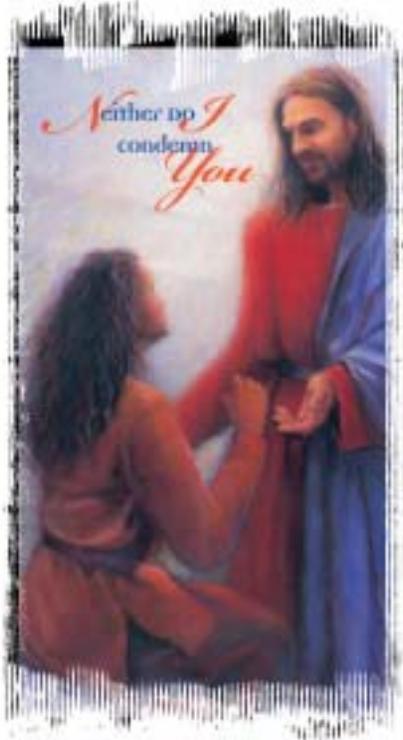


There is Hope for Your Future...

*"I have come that they might have life
and have it to the full."*

John 10:10



If you are in this position, we want you to know that your Church understands and cares. Our God is loving and forgiving, and in His name the Church reaches out to you in compassion. It is Jesus, the Healer, who offers you new life. Jesus proclaims that your abortion has already been redeemed by His death and resurrection. It is Jesus, the Forgiver, who says that those broken by sin can be made whole again. It is Jesus, in the Easter Mystery, who proclaims that He was present when the child died so that this innocent boy or girl might live with Him forever.

YOU ARE NOT ALONE.

The Lord bless you and keep you.
The Lord let His Face shine upon you,
and be gracious to you.
The Lord look upon you
kindly and give you peace.

Numbers 6:24-26

Project Rachel

P.O. Box 1979, Chicago, IL 60690

Phone

1.312.337.1962

1.888.456.HOPE



Project Rachel

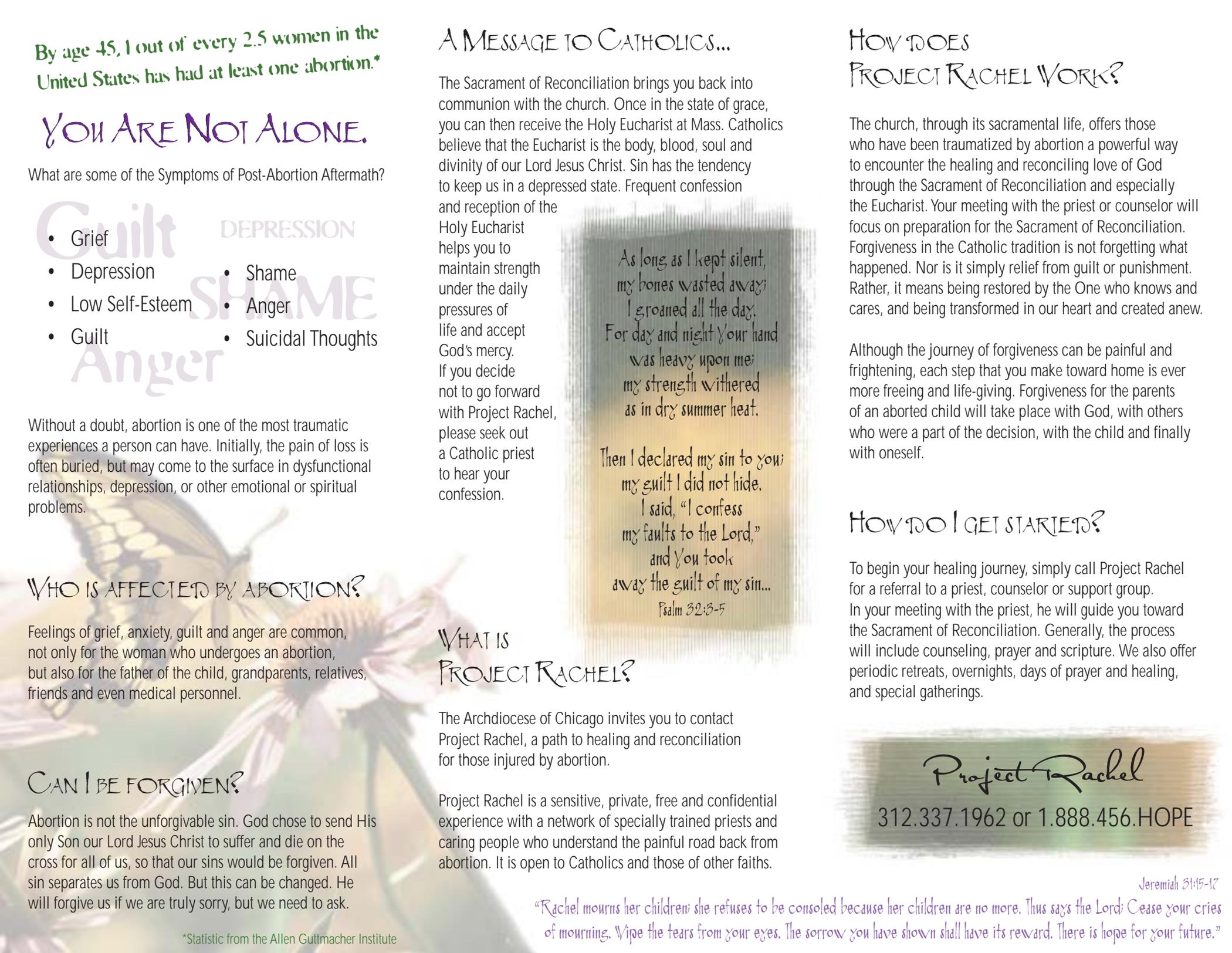
*A Journey of
Hope and Healing
for Those Suffering
the Effects
of Abortion*



By age 45, 1 out of every 2.5 women in the United States has had at least one abortion.*

YOU ARE NOT ALONE.

What are some of the Symptoms of Post-Abortion Aftermath?

- 
- Guilt** **DEPRESSION**
Depression • Shame
Low Self-Esteem • Anger
SHAME
Anger • Suicidal Thoughts

Without a doubt, abortion is one of the most traumatic experiences a person can have. Initially, the pain of loss is often buried, but may come to the surface in dysfunctional relationships, depression, or other emotional or spiritual problems.

WHO IS AFFECTED BY ABORTION?

Feelings of grief, anxiety, guilt and anger are common, not only for the woman who undergoes an abortion, but also for the father of the child, grandparents, relatives, friends and even medical personnel.

CAN I BE FORGIVEN?

Abortion is not the unforgivable sin. God chose to send His only Son our Lord Jesus Christ to suffer and die on the cross for all of us, so that our sins would be forgiven. All sin separates us from God. But this can be changed. He will forgive us if we are truly sorry, but we need to ask.

*Statistic from the Allen Guttmacher Institute

A MESSAGE TO CATHOLICS...

The Sacrament of Reconciliation brings you back into communion with the church. Once in the state of grace, you can then receive the Holy Eucharist at Mass. Catholics believe that the Eucharist is the body, blood, soul and divinity of our Lord Jesus Christ. Sin has the tendency to keep us in a depressed state. Frequent confession and reception of the Holy Eucharist helps you to maintain strength under the daily pressures of life and accept God's mercy. If you decide not to go forward with Project Rachel, please seek out a Catholic priest to hear your confession.

As long as I kept silent,
my bones wasted away;
I groaned all the day,
For day and night Your hand
was heavy upon me;
my strength withered
as in dry summer heat.

Then I declared my sin to you;
my guilt I did not hide.
I said, "I confess
my faults to the Lord,"
and You took
away the guilt of my sin...
Psalm 32:3-5

WHAT IS PROJECT RACHEL?

The Archdiocese of Chicago invites you to contact Project Rachel, a path to healing and reconciliation for those injured by abortion.

Project Rachel is a sensitive, private, free and confidential experience with a network of specially trained priests and caring people who understand the painful road back from abortion. It is open to Catholics and those of other faiths.

HOW DOES PROJECT RACHEL WORK?

The church, through its sacramental life, offers those who have been traumatized by abortion a powerful way to encounter the healing and reconciling love of God through the Sacrament of Reconciliation and especially the Eucharist. Your meeting with the priest or counselor will focus on preparation for the Sacrament of Reconciliation. Forgiveness in the Catholic tradition is not forgetting what happened. Nor is it simply relief from guilt or punishment. Rather, it means being restored by the One who knows and cares, and being transformed in our heart and created anew.

Although the journey of forgiveness can be painful and frightening, each step that you make toward home is ever more freeing and life-giving. Forgiveness for the parents of an aborted child will take place with God, with others who were a part of the decision, with the child and finally with oneself.

HOW DO I GET STARTED?

To begin your healing journey, simply call Project Rachel for a referral to a priest, counselor or support group. In your meeting with the priest, he will guide you toward the Sacrament of Reconciliation. Generally, the process will include counseling, prayer and scripture. We also offer periodic retreats, overnights, days of prayer and healing, and special gatherings.

Project Rachel

312.337.1962 or 1.888.456.HOPE

Jeremiah 31:15-17

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