

Abortion Healing

For Post-Abortive Women and Men

You are welcome, wanted, and loved. There are people who understand and there is a way to put down the burden you've been carrying. The Church stands with open arms to welcome you for healing, whether you had the abortion, encouraged it, or if you tried your best to stop the abortion.

For Grieving Grandparents, Relatives, Friends

Your loss is real, your pain is deep, and often you grieve in secret. Read more at www.noparh.org. Know that Project Rachel is meant for you as well.

Project Rachel:

Spiritual healing through confidential, compassionate assistance.

* To read more about post-abortion healing: www.noparh.org

* In Altoona-Johnstown Diocese: (814) 884-8000 or ProjectRachel@dioceseaj.org

* For contacts throughout the U.S.: www.noparh.org

* Posters, brochures, presentations: contact the phone number above.

Rachel's Vineyard weekends:

A healing weekend with a trained team and other women and men wounded by abortion:
www.rachelsvineyard.org

Weekend schedule in Diocese of Pittsburgh on June 10-12, 2011. [Click here for brochure.](#)

Books:

Aborted Women: Silent No More by David Reardon

Men and Abortion - A Path to Healing by Catherine Coyle, Ph.D.

Redeeming a Father's Heart by Kevin Burke; order from k.burke@rachelsvineyard.org

Websites:

www.noparh.org

www.abortionchangesyou.com

www.hopeafterabortion.org

www.rachelsvineyard.org

www.memorialfortheunborn.org

A word from Pope John Paul II to women who've had abortions:

"The Church is aware of 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."

--Pope John Paul II, *The Gospel of Life*, 99

Ideas for parishes:

If your parish reaches out with compassionate help to those who have aborted or encouraged another to abort a child, will that take away from the message that abortion is sinful? Will it dilute your attempts to prevent future abortions? NO! Our Church is mother and teacher. As mother, she unconditionally loves her children and offers healing and peace even to those who have committed the sin of abortion, as Jesus does! No sin is beyond God's mercy to forgive. As teacher, Holy Mother Church warns her children of those actions which wound them. So your parish can do both!

Put yourself in the situation of a post-abortive woman or man walking past the pro-life display in your church. Do you see any mention of possible healing? Is there anything which offers hope that God could ever forgive you? Or do you turn away from the display feeling more isolated from your Church and your God? (For posters and brochures, contact the Family Life Office.)

Now imagining yourself (or your partner or spouse) in a crisis pregnancy situation. You walk past your parish's pro-life display. Do you see any information about who can help you physically, spiritually, financially? Do you see any evidence that adoption is an honorable and loving choice? Do you see any mention of Catholic Charities as ready and able to help?