



Project Rachel *A Post-Abortion Healing Ministry*



Thus says the LORD: In Ramah is heard the sound of moaning, of bitter weeping! 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. ~Jeremiah 31:15-17

Be at peace. Do not be afraid. Project Rachel is a post-abortion healing ministry of the Catholic Church. This ministry provides compassionate one-on-one companioning, support groups and retreats for those who are struggling with the aftermath of abortion. Through the guidance of trained facilitators, peers and clergy, Project Rachel provides confidential and skilled help to each individual who comes to this ministry.

Project Rachel within the Archdiocese of Santa Fe is not just a ministry of its own. It is part of a national effort and has a national network referral system through *NOPARH*--the National Office of Post-Abortion Reconciliation and Healing. The Archdiocesan Office of Social Justice and Respect Life has a list of locally trained clergy and others who are available for referral.

Project Rachel is able to help women and men; parents, grandparents, siblings, friends and others whose lives have been impacted by an abortion loss.

We are a forgiving church! This message is particularly important since many, who obtain abortions, wrongly believe they've committed the unforgivable sin and therefore do not seek our Lord's unlimited mercy and love through the Sacrament of Reconciliation.

From *The Gospel of Life* (eleventh encyclical of St. Pope John Paul II)

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. 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.

If you or someone you know is struggling with the aftermath of abortion, there is help for you and your loved ones through Project Rachel. Please contact Project Rachel using our confidential message line, 505-831-8238 or the Office of Social Justice and Respect Life, 505-831-8167 for more information concerning this healing ministry.

Other Contacts/Links:

NOPARH--The National Office of Post-Abortion Reconciliation and Healing <http://www.noparh.org/>
Toll Free Referral Line 1-800-5WE-CARE

Hope After Abortion, <http://www.hopeafterabortion.com/index.cfm>

Rachel's Vineyard (Retreat weekends held throughout the U.S.) <http://www.rachelsvineyard.org/>
Toll Free Hotline: 1-877-Hope 4 ME (877-467-3463)

Archdiocese of Santa Fe, Office of Social Justice, 505-831-8167
<http://archdiocesasantafe.org/Offices/SocialJustice/SocialJustice.html>