

Rachel mourns her children. She refuses to be consoled because her children are no more. The Lord says: 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



Abortion can be a very traumatic experience in a person's life.

Both before and after abortion, feelings of fear, anxiety, guilt, panic and pressure are common – not only for the woman who undergoes the abortion but also for the father of the unborn child, relatives, close friends and even medical personnel.

Some comments from those who have experienced a Rachel's Vineyard Retreat:

At last I have arrived at a haven. Here is a place of safety and healing. Comfort, safety, nurturing, respect – such respect – beauty and sacredness. In a harsh world that denies my experience of loss and closes out my need to heal; this retreat offers a pathway to God.

Helen

Now I can look the world in the face – stand up for life and dare to care deeply without feeling a fake, a fraud, a hypocrite. I express my sincere gratitude for returning my babies to me. Their spirits are with me. I no longer deny their reality.

Susie

After a year of intense crisis and despair, and after 17 years of silence and depression, this retreat saved me. The most meaningful part for me was having a forum in which to express what was previously inexpressible, and have it met with love, understanding and acceptance.

Veronica

The quality of care, the nurturing and the genuine compassion and lack of judgement was so unexpected and so welcome. The most meaningful part of the retreat for me was having a caring and compassionate priest with us.

Margie

Rachel's Vineyard Retreat:

Providing you with an opportunity to receive the healing grace of God and to move forward in a caring and hope-filled atmosphere toward reconciliation with yourself, your unborn child and God.



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 do not lose hope 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 be able to ask forgiveness from your child, who is now living in the Lord.

*Pope John Paul
Evangelium Vitae, 1995, #99*

About Rachel's Vineyard Retreat

The weekend retreat is designed to bring psychological and spiritual healing to women and men suffering the effects of a past abortion experience.

The retreat group is small and the team has at least one member who has personally experienced post-abortion healing and a compassionate and understanding priest.



*Symptoms of post-abortion
distress include:*

- depression
- flashbacks
- loss of self esteem
- nightmares
- self-blame
- anger
- emotional numbness
- denial
- guilt
- shame
- eating and sleeping disorders
- difficulties in relationships
- spiritual divorce from God
- prolonged, unresolved grief

Rachel's Vineyard Retreat

Rachel's Vineyard Retreat offers a sanctuary in which to renew, rebuild and redeem hearts broken by abortion. This retreat offers a supportive, confidential and non-judgmental environment in which to begin the process of restoration and healing.

It is open to anyone who has been touched by an abortion experience.



Take the first step

For more information on the Retreat call (02)9440 7980 or email: info@rachelsvineyard.org.au

For professional counselling:

Call 1800 063 510 and leave a message on our confidential voice-mail. You will be contacted by a non-judgmental, compassionate counsellor.



Rachel's Vineyard Retreat

A journey towards
healing after abortion

www.rachelsvineyard.org.au