

*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

There is Hope for Your Future...

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.

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

*Statistic from the Allen Guttmacher Institute

ARCHDIOCESE OF CHICAGO



Parish Vitality and Mission
3525 South Lake Park Avenue
Chicago, IL 60653

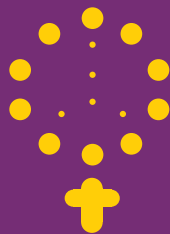
You are not alone!

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

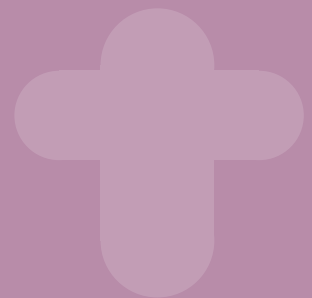
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PROJECT RACHEL

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



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

- Grief
- Depression
- Low Self-Esteem
- Guilt
- 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.

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

John 10:10

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.

"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

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.

**Call us at 1.312.337.1962
or 1.888.456.HOPE**