Rachel’s Vineyard Retreats
For Healing After Abortion

Rachel’s Vineyard weekend retreats are a beautiful opportunity for any person who has experienced the emotional or spiritual pain of an abortion. The retreat is a very specific process designed to help you experience the mercy and compassion of God. It is also an opportunity to surface and release repressed feelings of anger, shame, guilt and grief. There are many exercises to help you grieve the loss of your unborn child and to receive and accept God’s forgiveness. The retreat concludes with a Memorial Service. The weekend will help you find a voice, and transform the pain of the past into love and hope.

I experienced a great inner healing as a result of attending the post abortion retreat. I highly recommend this retreat to anyone who has felt the void and shame of the abortion experience. It is a wonderful way to forgive yourself, find the unconditional love of Christ and grieve the loss of your little child.”

“I was terrified to take that first step forward and participate in Rachel’s Vineyard. It seemed safer to remain in hiding in the darkness, keeping the pain locked up deep inside rather than to risk exposing my shame to another soul. Now I am grateful to have experienced God’s healing and forgiveness with other women in an atmosphere of complete acceptance and trust. Rachel’s Vineyard has been a blessing to me.”

“I never knew my wife had suffered so much pain over an abortion she had before I met her. It was a real eye opener to attend the Rachel’s Vineyard retreat with her and be a support in an area of her life where there was so much secret grief. Our marriage has truly been blessed. We are closer now than we have ever been and I had the privilege of being able to spiritually adopt her child during the Memorial Service.”

“The Rachel’s Vineyard Retreat restored my life. I feel whole again, alive and capable of love.”

“For the first time in 20 years, I was able to share my grief, my guilt, my anger. I was able to mourn the loss of my baby. For this, I will always be grateful.”

“Before this retreat I was spiritually dead. I was empty inside. I felt separated from the church and from God. After this retreat, I now feel alive, and happy to be alive. I feel the love of God inside me.”

“To any person considering the need to reconcile their abortion, the retreat is a wonderful gift you can give to yourself. You are able to experience the sadness, grief, and shame in the company of other women and men feeling very much the same. You are able to turn this pain into hope with the help of nurturing counselors and supportive caretakers. You are not rushed or hurried, but given time to reflect and become open to the healing process gradually. In the spirit of penance and reconciliation, this retreat addresses the pain and suffering of those who feel their sin of abortion has (made them) outcasts from the church and their faith.”

“For 18 years I have been haunted with heavy guilt that no one could take away, tormented by thoughts of what my child would have been like. Through participating in Rachel’s Vineyard, I was finally able to forgive myself. I know that God has given me a peaceful mind, cleansed my heart, and has washed away my guilt.”

“Rachel’s Vineyard is a gift to the church.”

“Rachel’s Vineyard is a powerful therapy for the soul.”

About Rachel’s Vineyard

“Jesus Himself said that He came to call sinners and not the self-righteous. I pray that all who participate in Rachel’s Vineyard will experience the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace and love, and allow God to restore them to wholeness and happiness. I am praying much for you.”

-God Bless you.

Mother Teresa of Calcutta

“I cannot think of another work of this kind so well done. A most difficult and painful human problem is engaged with faith, psychological insight and trust.”

Benedict J. Groeschel, CFR
Psychologist and Spiritual Writer

“I heartily endorse Rachel’s Vineyard to men and women of all Christian Denominations. I have seen life-changing miracles of healing during the retreats.”

Candace Banks
Executive Director, WEBA, VA.

“I would not hesitate to recommend the retreat to anyone I know that has a past abortion experience if they are searching for God and his forgiveness. Our experience with the Rachel’s Vineyard weekend has been remarkable. WE have never witnessed the intensity, depth of healing and restoration.”

Pastor Phil Hosinger
Family Care Network

“I have seen so many lives changed through Rachel’s Vineyard Retreats. There is truly nothing like it. The retreat uses effective exercises combined with the power of prayer and scripture to deal with grief, guilt, and shame in a way that brings deep healing, emotionally and spiritually.”

Martha Shaping, MD
Psychiatrist

FEAR THAT GOD WILL PUNISH YOU

• Feelings of emptiness and loss
• Intense grief or sadness
• Depression
• Guilt or remorse
• Inability to forgive yourself or others
• Anxiety
• Intense anger
• Emotional numbness
• Shame about your abortion
• Isolation
• Insomnia or nightmares
• Flashbacks
• Preoccupation with your aborted baby
• Discomfort around or keen interest in babies
• Preoccupation with becoming pregnant again
• Suicidal thoughts
• Difficulty in relationships
• Fear that God will punish you
• Problems with drugs and alcohol
Rachel’s Vineyard Retreat
Registration Form

Name: ____________________
_________________________

Street Address
________________________________

City State Zip
________________________________

(Area code) Phone number
________________________________

E-mail address
________________________________

Make checks payable to:
Diocese of Joliet

Mail registration and payment to:
Rachel’s Vineyard
P.O. Box 911
Minooka, IL 60447

General Information

Registration: The retreat weekend is
designed for about twelve participants.
To register, contact Kay for upcoming
retreat dates at 1-866-99-4-GIVE.

Retreatants will receive a call before the
weekend to address or answer any
questions about the retreat. Feel free to
call if you have any questions.

Retreatants will receive a letter of
confirmation with directions and a map
to Our Lady of the Angels House of
Prayer, Lemont, IL.

Schedule: The weekend begins on
Friday evening and concludes mid-
Sunday afternoon.

Cost: The $150 fee includes the lodging
for two nights, all meals and materials.

Accommodations: Our Lady of the
Angels House of Prayer, 13280 Main
Street, Lemont, IL 60439. Linens and
towels are provided.

Confidentiality: Rachel’s Vineyard
strictly respects confidentiality and
privacy. If you or someone you know is
hurting, please call today.

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Rachel’s Vineyard weekend retreats
offer a beautiful opportunity for healing
to any woman or man who has
struggled with the emotional or spiritual
pain of an abortion.

The retreat is a chance to get away from
the daily pressure of work and family,
to focus on a painful time in life, and to
begin healing through a supportive and
non-judgmental process.

Spiritual exercises focusing on God’s
giveness, compassion, and mercy are
shared through psychological exercises
that help participants work through
repressed grief and anger that may exist.

Many preconceived fears of
condemnation are transformed into
blessings; memories of abandonment,
pain, and confusion are replaced by
peace and reconciliation.

Rachel’s Vineyard retreat, written by
Theresa Karminski Burke, PhD with
Barbara Cullen, focuses on God’s love
and forgiveness in a nonjudgmental
environment. Based in Catholicism, the
retreat is open to and welcomes
individuals of all denominations.

Rachel’s Vineyard is an international
ministry of Priests for Life, under the
Pastoral Direction of Father Frank A.
Pavone.

Currently 700 retreats are held
annually in 47 states and 25 countries.

Hope after Abortion

“Neither do I
condemn
You”

1-866-99-4-GIVE

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