

## A LOVING AND FORGIVING COMMUNITY, A LOVING AND FORGIVING GOD

**A**n abortion can be one of the most traumatic experiences in a person's life. Both, before and after abortion, feelings of fear, anxiety, guilt, and helplessness are common. Not only the woman who undergoes the abortion, but also the father of the unborn child, relatives, close friends and even medical personnel may suffer from some or all of these symptoms. For some, the pain can be intensified by a sense of alienation from God and the Church.

If you are in this position, we want you to know that we are here for you. As believers in a loving and forgiving God, we reach out to you in compassion and concern. We want to help you through the healing process.

The Life and Family Resource Center invites you to participate in *Project Rachel*, a post-abortion ministry offered by certified counselors. If you are Catholic and wish to receive the sacrament of reconciliation we will offer to connect you with a priest.



## WHAT WE DO

**P***roject Rachel* is a sensitive, discreet and confidential ministry, available to help anyone (subsidies are available). It begins with a call to the *Project Rachel* confidential phone line. A staff member will help you to assess your need for psychological and/or spiritual counseling. Counselors and clergy are available in different locations throughout Southern Alberta. If there is no counselor available locally, we offer a Post-Abortion Healing weekend retreat—an opportunity to journey with others who are also seeking healing from a past abortion experience under the guidance of a professional counselor.

*“You have turned my mourning into dancing;  
You have taken off my sackcloth and clothed  
me with joy, so that my soul may praise You  
and not be silent.  
O Lord my God, I will give thanks to You  
forever.”*

*Psalm 30:11-1*



## ABOUT PROJECT RACHEL

**P***roject Rachel* is a program of healing for women and men whose lives have been touched by the loss of a child through an abortion.

For many, abortion is a source of grief and regret. For some, the choice of having an abortion has left them feeling that they are no longer welcome in their worshipping community, and are perhaps even beyond God's love and mercy. For others, having to live with the choice made by a loved one can be a source of great pain, profound loss or even anger.



*Project Rachel* seeks to invite you to a journey of healing and reconciliation, and provides 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 your unborn child, your church, your God, and eventually yourself.



**AFTER EFFECTS  
OF POST-ABORTION DISTRESS  
INCLUDE**

**Depression**

**Loss of self-esteem**

**Spiritual divorce from God**

**Eating and sleeping disorders**

**Nightmares**

**Self-blame**

**Guilt**

**Prolonged grief**

**Relationship and Intimacy Issues**



“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

**CONTACT US!**

For further information please call:

**403-218-5506 in Calgary**  
**or**  
**(Toll Free) 1-877-597-3223**

and leave a message on our  
**confidential** voice mail.

Or contact us at:

***Project Rachel***  
**120-17th Avenue S.W.**  
**Calgary, AB. T2S 2T2**

**or**  
**info@projectrachelsa.ca**

You may also want to visit our website:  
**projectrachelsa.ca**



PROJECT RACHEL“sm” is the service mark of  
the Archdiocese of Milwaukee, Wisconsin, 1287



A Ministry for  
Post-Abortion Healing  
serving women and men