

Many women experience trauma after an abortion. Some of these manifestations may include:

- Guilt
- Anxiety
- Depression
- Despair
- Feelings of helplessness
- Suicidal thoughts
- Low self-esteem
- Self-destructive behavior
- Drug and alcohol abuse
- Nightmares/sleep anxieties
- Anniversary reactions
- Anger at others involved
- Anger at God and Church
- Sexual problems
- Flashbacks
- Broken relationships
- Intense interest in babies
- No joy in another's pregnancy



These are common reactions for those who have had abortions. But you may think that no one else who has had an abortion feels this way. You are not alone.

You may not feel that you can talk to anyone about the way you are hurting. There are many others like you, longing to rid themselves of the pain inflicted by their abortions. Simply acknowledging this pain is the first step toward healing.

My empty arms represent missing my babe; my roundness, femininity; my dark hair, sorrow and shame and my heart, my essential goodness and maternal love.



*"I was 16, pregnant, scared, confused, and felt very alone. I believed an abortion was the only way to make things normal again. Over the years, the guilt turned into depression. Almost 20 years later, Project Rachel saved me mentally and spiritually: The program helped me to do the one thing I thought was impossible. I forgave myself."*

# Project Rachel

## Project Rachel offers:

- Complete confidentiality
- A chance to hear other women's stories of healing
- Learning how other women have received forgiveness, healing and peace
- Atmosphere of complete acceptance and trust
- Referrals to professional counselors

**"No one who comes to me will I ever reject"**

**John 6:37**

Project Rachel, a program developed by the Catholic Church, welcomes people of all faiths. Project Rachel is not for women only.

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For more information, please visit:  
[www.hopeafterabortion.com](http://www.hopeafterabortion.com)  
[www.noparh.org](http://www.noparh.org)  
[www.afterabortion.org](http://www.afterabortion.org)

***Abortion Loss  
Reconciliation and Healing Support***

***Confidentiality Respected***

***(907) 297-7781***

***Toll Free: 1-866-434-3344***

***[www.projectrachelalaska.com](http://www.projectrachelalaska.com)***



## *Are you searching for forgiveness and peace?*

Project Rachel is a ministry based on Scripture, through which you can experience the love, mercy, and forgiveness of our Lord Jesus Christ. When you have had an abortion experience, you need a time to grieve your loss and reflect on your feelings of regret and sorrow. Project Rachel is here to help you do that in a supportive and confidential environment. We have facilitators trained in the support process who will help you to understand and work through the unrest you have been experiencing. We are here to listen to you and to help you through your pain. Priests, ordained ministers, and other professionals are available for counseling.

*"It really hurt to talk about my abortion in the beginning. But it's worth going through it. It is a gradual healing and by the end you're glad you went through it."*

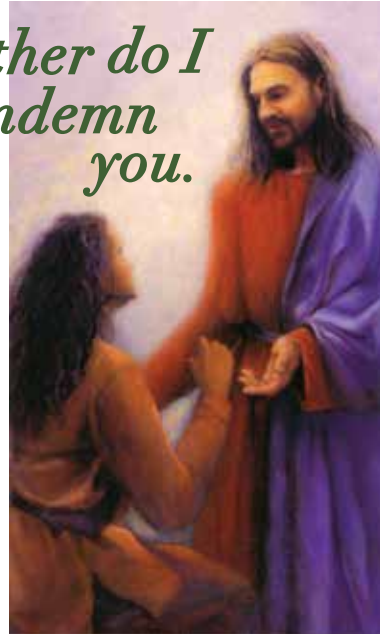
*"Because of the support Project Rachel offered to me, I am now living with a peaceful soul in a world of light and beauty rather than hiding with overwhelming shame in a dark cave of guilt."*

*Accepting the Lord's forgiveness is the beginning of your healing. Through the Holy Spirit's transforming grace, restored life and renewed hope will blossom in you.*

"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, says the Lord. There is hope for your future."

Jeremiah 31: 15-17

*Neither do I  
condemn  
you.*



**John 8:11**

*"Project Rachel is a compassionate, non-judgmental, strictly confidential instrument of our dear Lord in the healing journey for me and all women who have had an abortion."*

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...

You will come to understand that nothing is definitely 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.

-Gospel of Life  
Pope John Paul II

