

It can take weeks, months or even years to come to terms with the feelings you are experiencing. By acknowledging the connection between an abortion experience and your present emotions, you have taken the first step in healing.

Take the next step and call the Project Rachel confidential helpline:

**(513)784-0531 or
1-888-456-HOPE**

*Look into your heart,
listen to the voice of God.
He is asking you to help yourself by
accepting His love and forgiveness.*

***“No one condemned me.
They understood and helped
me forgive myself.”***

PROJECT RACHEL

Project Rachel is a Post-Abortive
Healing Ministry in the Catholic Church
In the Archdiocese of Cincinnati



It is one of the questions you never think to ask during pre-marital preparation. And the past may be buried so deep, and fear too large to consider sharing it with your future spouse. Go gently. Going gently means just what it sounds like: in word and deed communicate with gentleness and care. From one of our happily married past participants:

“Although my abortion had taken place years earlier and I knew I was not the same person I had been during that time in my life, I felt that I could not marry this man whom I loved so deeply without sharing my darkest secret. It would not be fair to him. How could we start this new life together without sharing my story with him?”

I was so afraid that he would think I was a terrible person and would stop loving me. It was one of the most difficult decisions of my life. But I decided to put my trust in God and share the truth. If by God’s grace, this man whom I loved could forgive me and love me, I knew that our marriage would be blessed. I know I made the right decision” Fran

“...Come to me all that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me: For I am gentle of heart, and you will find rest.” Matthew 11: 28-29



PROJECT RACHEL

***“I made a secret choice...
It’s become
a private burden.”***



Understanding and Identifying Post Abortion Connectors

(513) 784-0531
1-888-456-HOPE
(Confidential Helpline)

Project Rachel, the Catholic Church's ministry to those who have been involved in abortion, is an archdiocesan-based network of specially trained priests, religious, counselors, and laypersons who provide a team response of care for those suffering in the aftermath of abortion. The ministry provides an integrated network of services, including pastoral counseling, spiritual direction, peer to peer support, and referrals to mental health professionals.

Every year close to one million unborn children are aborted in the United States.

Where and Who are their parents?

They are everywhere. They are in our schools, churches, workplaces and families. They could be your friends, co-workers, mothers, fathers, siblings, aunts, uncles, grandparents, and maybe even your future spouse.

Society may not acknowledge their very real feelings of:

- *Depression*
- *Anxiety*
- *Shame*
- *Guilt*
- *Confusion*
- *Low self esteem*

Or Destructive Behaviors such as:

- *Drug/Alcohol abuse*
- *Promiscuity*
- *Eating disorders*



Did you know that these are just a few common post abortion reactions:

- *Nightmares*
- *Deep sadness on the anniversary of the abortion or due date*
- *Aversion to babies*
- *Aversion to pregnant women*
- *Fear of intimacy*
- *Sexual Dysfunction*
- *Suicidal tendencies*
- *Rage*
- *Fear of making decisions*
- *Responses to sounds, sights or smells associated with the abortion*
- *Numbness to life in general*
- *Repeat pregnancies to atone for the abortion*

If you recognize any of these reactions, please call for help to our confidential phone line, 513-784-0531.

We know that no matter what your feelings or beliefs, you can experience many conflicting emotions if you or someone close to you has undergone an abortion. Many people are aware of their feelings, but can't explain the cause.

You are not crazy...

You are not different...

You are not alone...

You are grieving a real loss that no one, including yourself, allows you to acknowledge.

In fact, there are many who have gone before you who now face life positively again because they've allowed themselves to grieve and work through their feelings.

We always protect the privacy of those who call. Your days of feeling alone will be over as you see others reaching beyond their guilt and regret, finally realizing that hope is within reach!