

**D**o not be afraid I  
have redeemed you. I have  
called you by name and you are  
mine. When you pass through  
deep waters, I will be with you.  
For I am the Lord your God  
who saved you because you are  
precious in my eyes and  
because I love you.”

*Isaiah 43 1-4*

“For I know well the plans I  
have in mind for you” says the  
Lord, “plans for your welfare,  
not for woe, plans to give you a  
future full of hope.”

*Jeremiah 29:11*

Sponsored by:  
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For information visit  
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# Rachel's Vineyard

A Retreat for  
Post-Abortion Healing





## Testimonials from Previous Retreats

“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.”

“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.”

“I was terrified to take that first step forward and participate in Rachel’s Vineyard. It seemed safer to remain 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.”

“For the first time in 20 years, I was able to share my grief, my guilt and my anger. I was able to mourn the loss of my baby. But most important, I was able to believe that she now lives with Jesus.”

For comments from people who have attended other Rachel’s Vineyard retreats, visit [www.rachelsvineyard.org/feedback.htm](http://www.rachelsvineyard.org/feedback.htm)



A Rachel’s Vineyard retreat is open to any woman or man who is struggling with the emotional or spiritual pain of abortion. Women who have experienced abortion, their partners, grandparents, and siblings of aborted children, as well as those who have been involved in the abortion industry come to Rachel’s Vineyard in search of peace and inner healing. Couples are encouraged to attend together.

## Our Mission

The mission of Rachel’s Vineyard is to provide a haven where men and women can come in order to heal from the traumatic wound of abortion. Because abortion is often kept secret, these men and women may have never explored its effect or resolved the grief, sorrow and anger than can follow abortion. Rachel’s Vineyard is provided in a weekend retreat format. The retreat process is first and foremost a journey of faith. Rachel’s Vineyard is rooted in the Lord Jesus Christ.

## Features of a Retreat Weekend

### Opportunity for Healing

The retreat is a very specific process designed to help you find healing from the emotional and spiritual pain of abortion. Through guided exercises, reflection and dialogue, you will have the opportunity to resolve feelings of anger, shame, guilt and grief; experience the mercy, compassion and forgiveness of God; and ultimately, begin to forgive yourself.

### Safe and Nurturing Environment

The weekend is run by counselors and former retreat participants who provide a supportive and non-judgmental environment for a journey toward healing.

### Mass and Memorial Service

The retreat concludes with a Memorial Service and Mass of Resurrection. You will have an opportunity to invite close family and friends to this service held on Sunday afternoon.

### Accommodations

Retreats are usually held at full service retreat facilities.

