

**"I DIDN'T THINK
ANYONE WOULD
UNDERSTAND
HOW I FELT."**



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**We believe in God's forgiveness
and unconditional love.
We reach out to you in compassion.
There is a way to deal with a past
abortion.**

**Come experience the healing grace
of God's love for you through the
support of a loving, caring Church.
There is no fee for these services.**

CONFIDENTIAL

**Fr. Greg Bierbaum
720-248-9700 x209
Sarah Bidon, Catholic Charities
719-866-6426**



**Hope and Healing
after Abortion**

The pain of abortion has far reaching effects. Not only is a human life destroyed in the womb, what should be the safest of all places to be, but also many women profoundly regret their decision to have an abortion. They suffer severely with feelings of anxiety, hopelessness and despair.

We must extend our compassion and healing for those who suffer in the aftermath of this disastrous choice. The Catholic Church does not abandon those women and men who repent of this action.

Indeed, the Sacrament of Reconciliation provides a unique and powerful opportunity to experience God's forgiveness for the penitent who contritely approaches God the Father for mercy and healing.

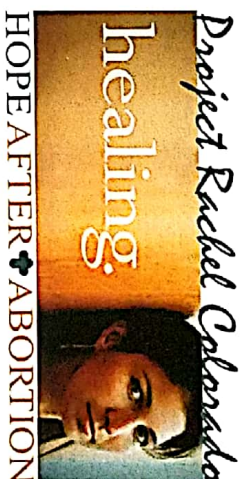
As committed Catholic Christians, we must not only protect human life from the moment of conception until the moment of natural death, but also show compassion for those who suffer the devastating consequences and painful aftermath of abortion.

For everyone who may be suffering, recovering, helping or healing those affected by abortion, Blessed Pope John Paul II reminds us of this important truth: "Do not abandon yourselves to despair. We are the Easter people and halclujah is our song."

Sincerely Yours in Christ,

+ Bishop Michael Sheehan

Bishop of Colorado Springs



**If you have had an abortion
and are still grieving,**

Project Rachel can help



Diocese of Colorado



Confidential

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Call us Today

Mon - Fri 8:30am - 4:30pm

**Or leave a message after hours and
we'll call you back**

www.HopeAfterAbortion.com

PROJECT RACHEL COLORADO CAN HELP YOU



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Abortion can be one of the most traumatic events a person can experience. The pain of abortion can be intensified by a sense of isolation and alienation from God, family and Church. The Church has always spoken out against abortion while maintaining a tradition of love, understanding and forgiveness for those hurt by abortion.

Post-abortive individuals may experience a variety of symptoms. Often the problems arise years after the abortion. Some experience these symptoms without realizing the abortion is the source. Symptoms can include guilt, shame, depression, anxiety, nightmares, relationship problems remorse, promiscuity, sense of loss, deterioration of self-image, self-punishment, anger, sense of hopelessness, fear, sadness, drug or alcohol abuse, and difficulty finding peace.

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

John 6:37

PROJECT RACHEL OFFERS:

- A chance to talk to someone about the healing process
- An atmosphere of acceptance, care and compassion
- Healing support groups to make your journey with others dealing with the pain of abortion
- Professional counseling to help you sort through feelings and conflicts
- Complete confidentiality
- We can refer you to a priest or a pastor who is sensitive to your particular needs. If you are Catholic, he can prepare you to receive the Sacrament of Reconciliation. (If you wish, we can put you in touch with a priest outside of your parish)

FOR MEN:

Before and after abortion, feelings of fear, anxiety, guilt and panic can arise—not only for the woman who undergoes the abortion, but also for the husband or boyfriend, the grandparents, siblings and friends.



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Men who choose to **acknowledge their feelings, rather than deny them**, often describe the abortion experience as bewildering and painful. Whatever your story, we care about you. We understand your pain and loss.

You don't have to struggle alone.

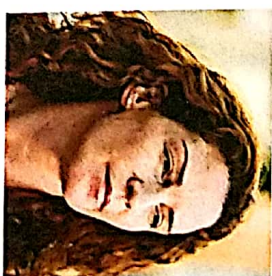
Please contact us & begin
the journey towards healing

WHAT WOMEN

ARE SAYING

ABOUT

PROJECT RACHEL



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"I would tell other women who have had an abortion to come, call, run to Project Rachel, because you need healing, physically, emotionally, spiritually."

"Twenty-five years may seem like a long time, but that is how long I carried the guilt, shame and pain I felt over my abortion. Then I heard of Project Rachel. It took me a year to finally get the nerve to call and ask to join the support group. I'm glad now that I went."

"Project Rachel helped me open up and heal the wound in my heart. For the first time I was able to tell my story to a group of women who had different circumstances but shared the same situation. Project Rachel let me grieve fully for my unborn child and to feel God's forgiveness, my child's forgiveness and my own forgiveness. There was no judgment or condemnation, only love and compassion."

"I can draw a line through the middle of my life. On one side, before Project Rachel. On the other side, after. I no longer carry that heavy burden of guilt. Not only has Project Rachel helped me but also my whole family. It's had a ripple effect."