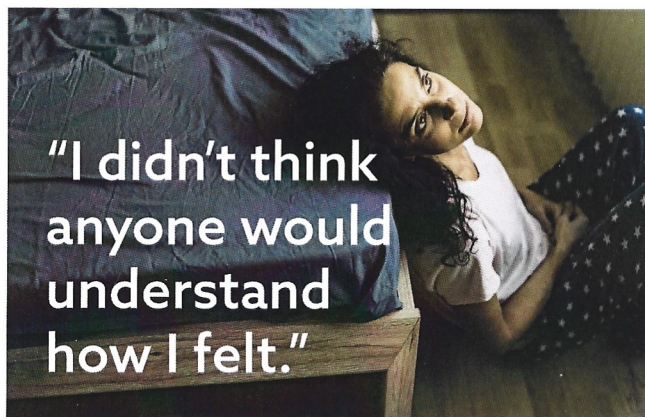




"I didn't think
anyone would
understand
how I felt."

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.

Services are FREE and
CONFIDENTIAL.

Rhonda Miller
Director, Project Rachel Ministry
Catholic Diocese of Colorado Springs
(719) 866-6544
rmiller@diocs.org

Local Helpline: (719) 203-8112

Models used for illustrative purposes only. iStock.com/Vladimir Vladimirov



Hope and Healing After Abortion

Jesus comes to find us where we are, and He wants to walk with us on our journey of life. He looks for an opportunity to enter our lives and is always ready to call us to something more.

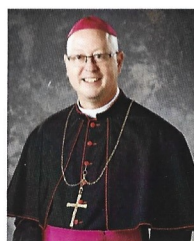
Participating in an abortion can leave women and men with profound sadness and shame. It can make them feel like they are stuck in a deep, dark pit with no way out. But there is a way out. Jesus came to jump into the pit of our humanity to find us, to save us, to animate us, and to redeem us. Jesus didn't come just for our sins—He came for the worst of our sins. Our job is to find Jesus and then we hold onto Him. He knows the way out of any darkness.

The Catholic Church not only offers the powerful Sacrament of Reconciliation for men and women who have participated in abortion, but also encourages them to complete their healing of self-forgiveness through the Project Rachel Abortion Healing ministry. I invite you to make the call today to begin your healing journey.

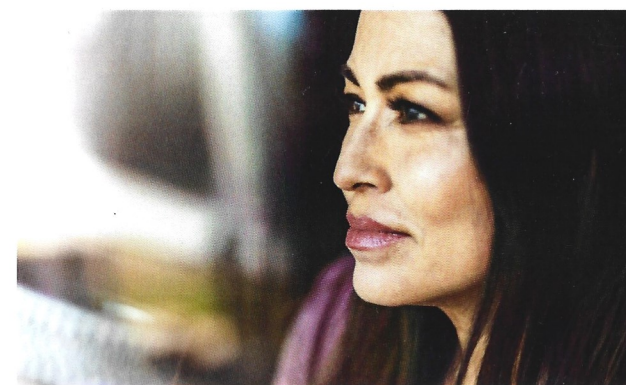
Bring your sins and brokenness to Jesus. He is willing to walk with you into the deep places where you will find restoration, meaning, and peace.

Let Jesus jump into your life so that you may live completely in His joy.

May God bless you on your healing journey.



Sincerely Yours in Christ,
+ Bishop James R. Golka
Bishop of Colorado Springs



HOPE AFTER ABORTION

*If you have had an abortion
and are still grieving,
Project Rachel can help.*

PROJECT RACHEL

For Healing After Abortion

Confidential Local Helpline:
(719) 203-8112
(Call or Text)

www.HopeAfterAbortion.org

Models used for illustrative purposes only. iStock.com/eyecrave productions

PROJECT RACHEL CAN HELP YOU



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

Models used for illustrative purposes only. iStock.com/alexey_ds

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
- Referral to a priest or 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.

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 and begin the journey towards healing.



What Women are Saying About Project Rachel

“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.”