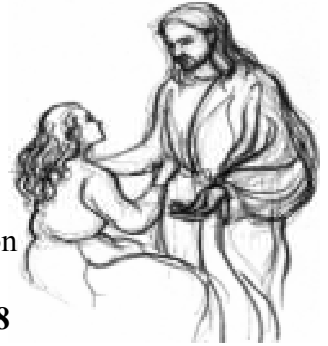


# Project Rachel

Project Rachel is the confidential and compassionate outreach to women (and men) who have had an abortion or been involved in an abortion decision. Its purpose is to foster reconciliation and healing between the parent and Christ, His Church, the child and all other significant relationships.

**Project Rachel** includes:

- Information and advice
- Return to the sacraments, particularly Reconciliation and Eucharist
- Healing Masses, retreats, and spiritual guidance
- Individual counseling by telephone or in person
- Assessment and referral for medical or other professional intervention
- Support groups
- For more information and confidential counseling, call **713-741-8728**



**Women experiencing abortion aftermath** are likely to report: grief, depression, sense of loss, guilt, low self-esteem, suicidal ideation, alcohol or chemical abuse, sexual dysfunction or promiscuity, phobias, nightmares, “baby” dreams, flashbacks, intrusive thoughts concerning the abortion, compulsion to become pregnant again, involvement in abusive relationships, anger, eating disorders, increased anxiety in subsequent pregnancies, episodes of uncontrollable weeping, inability to form intimate relationships, inability to adequately bond with subsequent children; some experience Post-Traumatic Stress Disorder.

**Men experiencing abortion loss** exhibit rage, a sense of impotence, grief, and will often describe risk taking behavior, alcohol or drug abuse and sometimes become very involved in father’s rights issues.

**Siblings** will often develop the symptoms of survivors syndrome, particularly guilt or feelings of abandonment by their parents.

**In addition, grandparents** sometimes suffer confusion and grief over the occurrence of an abortion. In some cases, they feel responsible for the abortion decision. Other times, they were unaware of the pregnancy and the subsequent abortion, and this may lead to a sense of inadequacy and anger at being overlooked in the decision process. Grandparents often express deep concern for their children who have procured an abortion. Some experience a sense of outrage at having been denied the opportunity to support their child and denied the much desired experience of grandparenting.

**The death** of a preborn or born child is a great sorrow for all involved, particularly for the mother. The mother feels separated from God, the Church, herself and her child. Offering a memorial Mass for such a death can help bring comfort and God's healing presence for those involved. **A liturgy guide** is available. To arrange a memorial Mass in your parish, call Marcella Colbert at **713-741-8728**.