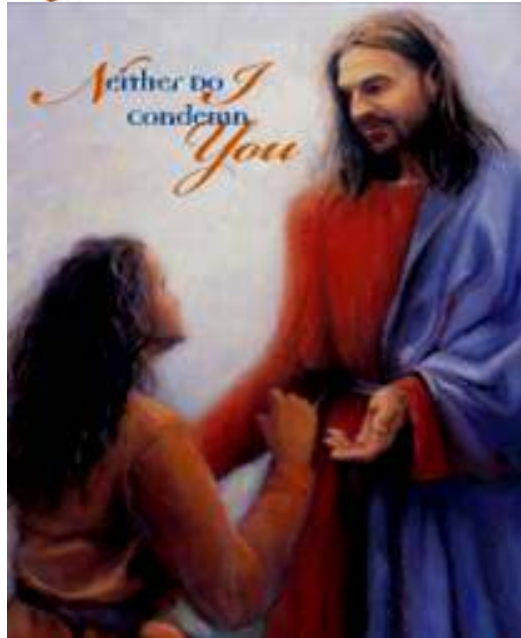




Archdiocese of Galveston-Houston
Respect Life Office



Project Rachel

Post-Abortion Reconciliation
and Healing within the
Catholic Church

For Confidential Help call

713-741-8728



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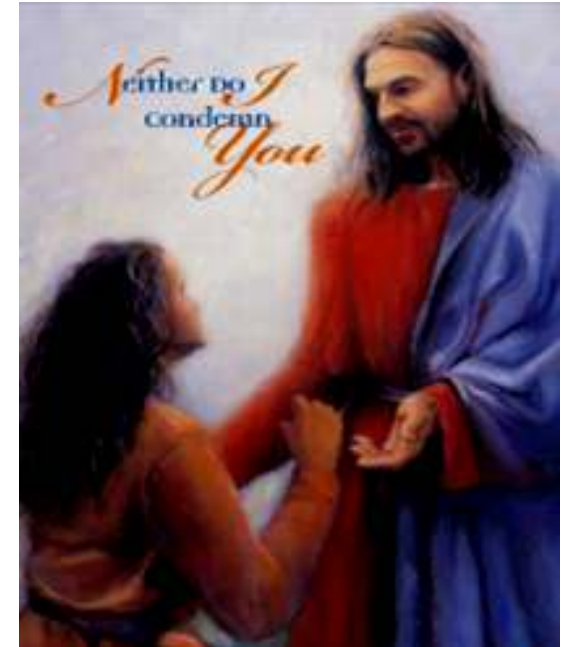
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Project Rachel is the confidential and compassionate outreach to women (and men) who have had an abortion or been involved in an abortion decision. To acknowledge one's own sin is to rediscover the profound joy of God's forgiveness. The basic requirement for a good confession is to have the intention of returning to God like the "prodigal son" and to acknowledge our sins with true sorrow before the priest.

Project Rachel includes:

- ◇ information and advice
- ◇ return to the sacraments, particularly Reconciliation and Eucharist
- ◇ Masses, and spiritual guidance
- ◇ individual counseling by telephone or in person
- ◇ assessment and referral for medical or other professional intervention

Pope John Paul II a special word to women who have had an abortion.

The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed.

Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance.

The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitively lost and you will also be able to ask forgiveness from your child, who is now living in the Lord. With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. EV1995, 99

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