

Rachel's Vineyard Retreat

**Friday, April 8—
Sunday, April 10, 2016**

Rachel's Vineyard offers an opportunity for healing to anyone struggling with the emotional and spiritual pain of an abortion—mother, father, sibling or grandparent.



This weekend retreat is a chance to get away from the daily pressures of work and family and to **begin healing** through a supportive and non-judgmental process.

Spiritual exercises focusing on God's forgiveness, compassion, and mercy help participants work through grief, anger and other emotions that may be unresolved.

The retreat is grounded in the Catholic faith, and welcomes men and women of all denominations.

*"I pray that all who participate in the Rachel's Vineyard with the longing to be free and to be healed by Jesus may find Him, the source of true joy, peace and love, and allow God to restore them to **wholeness and happiness**. I am praying much for you."*

-Blessed Mother Teresa of Calcutta

Every year men and women suffer the effects of abortion which can include:

Bouts of crying
Difficulty with relationships
Eating Disorders
Depression
Fear of pregnancy/pregnant women
Guilt
Intense grief
Anger/rage
Emotional numbness
Anxiety/panic attacks
Low self-esteem
Drug and alcohol abuse
Flashbacks/nightmares
Suicidal thoughts
Repeat abortions/crisis pregnancies
Inability to forgive self or others
Fear of punishment from God

*Come back to God who
is Love and Mercy!*

**Confidentially call or email
(802) 658-4118
projectrachel@vermontcatholic.org**

Project Rachel

*A Spiritual and Psychological
Journey for Healing After
Abortion*



Day of Hope and Healing

*Saturday, October 3, 2015 (Rutland area)
Saturday, March 5, 2016 (Burlington area)*

Rachel's Vineyard Retreat Weekend

Friday, April 8 - Sunday, April 10, 2016

*Encounter the unconditional love,
forgiveness, compassion
and mercy of God.*

Day of Hope and Healing

Saturday, October 3, 2015

(Rutland area)

Saturday, March 5, 2016

(Burlington area)

(Both retreats—8:45am to 5pm)

The **Day of Hope and Healing** is a one-day retreat designed to help women and men hurting from past abortions experience the **personal love of Christ** and find **hope for healing**. The retreat offers a loving and confidential environment with a committed team of 5-6 members including a professional counselor, a priest and a woman or man who has experienced post-abortion healing. All team members must be committed to absolute confidentiality, fully embrace the Church's healing mission and adhere to all diocesan standards.



*"Project Rachel literally lit the path for me...**The power of forgiveness is life-altering...**I will always regret my decision, and I will continue to carry my quiet secret with me. **It has become who I am, but it no longer defines who I am.**"*

-Abby's story, hopeafterabortion.org

Project Rachel Retreats

Registration

The retreats are designed for a small group of participants. Please register early as space is limited. To register please contact the Vermont Project Rachel team at **(802) 658-4118** or email:

projectrachel@vermontcatholic.org

Cost

The \$25 registration fee for the *Day of Hope and Healing* covers lunch, light snacks, and materials. The \$100 registration fee for the *Rachel's Vineyard* retreat includes lodging for two nights, meals, and materials. Financial assistance is available.

Confidentiality

All team members and participants adhere to strict confidentiality and privacy. If someone you know is hurting, please call today.

Locations

All retreats are situated in a prayerful and peaceful setting. To ensure confidentiality, the locations will be disclosed only to registered participants.

Other Services

Project Rachel also provides individual counseling and referrals for short-term spiritual direction. Please call for more information about an individualized approach to your healing.



"I experienced a great inner healing as a result of attending a Rachel's Vineyard Weekend. I highly recommend this program to anyone who has felt the void and shame of the abortion experience. It is wonderful to forgive yourself, find the unconditional love of Christ and grieve the loss of your little child." -Rachel's Vineyard retreatant