

PROJECT RACHEL STEPS FOR HEALING THE POST-ABORTIVE PERSON
(703) 276-0373

When the post-abortive woman (or man) first talks to a priest, she generally has two concerns on her mind:

Have I committed the unforgivable sin?
Why would the Church want me back?

She may view the Church as a “militant Church” - one which judges and condemns those who have aborted. She must be led to see that we are a “hospital for sinners” and not a “hotel for saints.” We are an ECCLESIASTICAL MASH UNIT - a hospital that sits behind the battle and heals casualties.

PLEASE STEP THROUGH THE FOLLOWING PROCESS WITH EACH CLIENT

1. Ignore the questions above. Have the woman reflect on the circumstances leading up to the abortion. Give her time to see more clearly why abortion was chosen. Then let her tell you her story - she is toxic and will feel better after her story.
2. Was the lost child a boy or a girl?
3. What is child's name? (Refer to the child by name from now on.)
(STEPS 2 & 3 GIVE THE CHILD BACK HIS PERSONHOOD.)

Inner healing: Where is the baby now? With whom? Is he/she all right?

4. The child returns to the mother/father. Where was God when all of this was unfolding? Ask her to picture and tell what God thinks about all of this. What was the most painful moment of the story for the parent at the time of the entire abortion situation?
5. Memorial: Establish a concrete way to remember the child. You may suggest that the mother or father purchase a card for an expectant mother, a Baptism card and a sympathy card for the death of a child. These will assist in breaking denial and serve as a memorial. Other memorials might include a jewelry box with baby items; a tree planted outside kitchen/bedroom window; a necklace worn close to heart.
6. Write a letter, song or poem to the child. This opens the lines of communication between parent and child. This usually includes an attempt to explain why the abortion and an apology to the child. This should be read to Father.
7. Reconciliation: The woman/man needs to forgive everyone involved with the abortion. It may be helpful to make a “pie chart” listing those with whom there are still unresolved issues. Have the parent write letters to those individuals and share them with you.

Confession: If possible, make this a big deal. Treat it as if it were the first confession.

8. Closure: Unresolved issues are finished here. Have songs and readings prepared - possibly before the Tabernacle. The abortion was a big deal and so should this be. If necessary, the client should be referred for further counseling.