

In their own words: thoughts that women who have been on retreat would like to share with you:

- Go - you will never regret it. Jesus is waiting for you.
- Let go of all the pain and the hurt and make the commitment to attend the retreat. Let Jesus take this heavy burden from you.
- Do not be afraid...Open your heart and let go of the weight you carry – let the light of Christ penetrate and heal your heart.
- It is a place you can come to “be still” and be with Jesus. You are pulled into his loving embrace when you enter the door to the Spiritual Life Center.
- Wonderful - even though it was hard – I was able to bring to the surface feelings and thoughts I hid, and kept deep inside.
- Giving identity to my children was always hard for me. In this retreat they found me and I recognize them.
- I didn't know what to expect – all I know is that I wanted to find some hope and peace. And I have. My overall impression is terrific – the people, activities, support and location were perfect.
- Having an elusive sense of comfort and peace now is the greatest blessing and gift – I will always be grateful to you.
- A necessary thing to do for yourself. To free yourself from the bondage of carrying around the burden of guilt and shame. The retreat was peaceful, safe, comforting and freeing. It is truly a transforming experience. It is educational. It shows you that you are not alone and not a monster for having an abortion.
- It was beautiful. Very painful at first but very healing at the end. The ceremonies held to honor our children finally gave me the closure I need. I don't feel alone anymore, after hearing so many different stories. Project Rachel is truly a blessing and I wish there were more place like this, to help women heal.
- I was apprehensive coming because I had no clue what to expect & a lot doubtful since had tried to seek help prior to this though with no success. I arrive though, feeling very welcomed, comfortable and cared about (sincerely). For the first time I began to feel a certain calmness & peace within myself. I think the retreat has covered all necessary aspects of the healing process and how to handle.
- Very Healing! I am so glad that God led me to this retreat. It was truly a gift.
- Although I obviously know there are others who've had an abortion, it makes it so much more real knowing, hearing and seeing others and their stories. It makes me feel not alone. And seeing others heal gave me hope for the first time ever that I can heal and be

forgiven too. Oh and also the gifts we found throughout the weekend in our rooms was very kind and made me feel cared about – more meaningful was that it was by those we have never known or met me.

- Do not be afraid, taking the first step is courage. This retreat was amazing and gave me so much strength and helped me heal and get through my grief.
- Excellent. God's presence in our process was so evident. So many wonderful surprises!
- Wonderful – Healing – Peaceful – Joyful
- I can only say to any woman who has lived through an abortion that she should go, however haltingly through this experience. There was no feeling of being judged, quite the contrary, the feeling was love the entire retreat.
- There were too many meaningful events/gifts. But I have to say that I am so touched by the shawl someone made for me who also prayed for me in a most loving way. The whole retreat I felt as though we were being treated with tender loving care.
- It was much better than I even dared to hope for. It felt like so much unconditional love just everywhere and in everything we did. I am so grateful I came, although I was very apprehensive about going. I ask God to bless all of you on the team.
- It was far more helpful and affective than I could have imagined.
- The retreat was wonderful...I enjoyed every minute of it😊
- The retreat was an incredible gift. I have never been anywhere else where I felt so safe, supported, loved and accepted. It's amazing to me how much I changed in one weekend. I feel transformed. Thank you for this life-changing experience.
- Fantastic. A Blessing. Unexpected. The retreat program is so well constructed. A very well organized weekend which allows women to embrace their motherhood, their children and their God. A perfect balance.
- Very spiritual and healing. A lot of understanding and compassion were shown to the retreatants from the staff of Rachel's Vineyard. Lots of TLC too!
- What a wonderful gift to begin healing. I am not sure I can express on this page how I feel now after this experience. Thank You!!!
- I loved it. I thought it was / is the most wonderful program ever. I'm very happy to have picked this to be the 1st retreat I attended.
- I think this is a very good place for healing. I feel that I was able to heal or begin to heal on more issues going on in my life than just abortion.