

Suggested Retreat Bulletin Announcements

Fall 2011:

Abortion Recovery Retreats for Women: An “*Entering Canaan*” Day of Prayer and Healing will take place on **Saturday, September 17**, and a *Rachel’s Vineyard Weekend Retreat* is scheduled for **October 28 – 30, 2011**. These retreats are a safe place to renew and rebuild hearts broken from abortion. They offer a supportive, confidential and non-judgmental environment where you can express and release painful post-abortive emotions to begin the process of healing. For more info or to register, please call Project Rachel: (888) 456-HOPE / 888-456-4673 or email: projectrachel@arlingtondiocese.org .

Retreats for Healing after Abortion: An “*Entering Canaan*” Day of Prayer and Healing will take place on **Saturday, September 17**, and a “*Rachel’s Vineyard*” Weekend Retreat is scheduled for **October 28-30, 2011**. These retreats offer a beautiful opportunity for women who have struggled with the emotional or spiritual pain of an abortion to experience the mercy and compassion of God. They offer a supportive, confidential and non-judgmental environment where you can begin the process of healing. For more info or to register please call: (888) 456-HOPE / 888-456-4673 or email: projectrachel@arlingtondiocese.org .

Offering Spiritual Acts of Mercy for those Hurting from Abortion: Abortion always leaves living wounded in its wake. Would you consider offering a Spiritual Bouquet on behalf of the women attending next month’s **Entering Canaan Day of Prayer on September 17** and/or our **21st Rachel’s Vineyard weekend on October 28-30, 2011**? Spiritual Bouquets &/or Letters of Encouragement can now be submitted online up to 1 day prior to each retreat. Thank you for helping to make a difference building a Culture of Life and a Civilization of Love. For more information please visit: www.arlingtondiocese.org/rachel or call 1-888-456-HOPE/ 888-456-4673.

Spring 2012:

Abortion Recovery Retreats for Women: An “*Entering Canaan*” Day of Prayer and Healing will take place on Saturday, March 10 and a Rachel’s Vineyard Weekend Retreat is scheduled for April 13-15, 2012. These retreats are a safe place to renew and rebuild hearts broken from abortion. They offer a supportive, confidential and non-judgmental environment where you can express and release painful post-abortive emotions to begin the process of healing. For more info or to register, please call Project Rachel: (888) 456-HOPE / 888-456-4673 or email: projectrachel@arlingtondiocese.org .

Retreats for Healing After Abortion: An “*Entering Canaan*” Day of Prayer and Healing will take place on Saturday, March 10 and a “*Rachel’s Vineyard*” Weekend Retreat is scheduled for April 13-15, 2012. These retreats offer a beautiful opportunity for women who have struggled with the emotional or spiritual pain of an abortion to experience the mercy and compassion of God. They offer a supportive, confidential and non-judgmental environment where you can begin the process of healing. For more info or to register please call: (888) 456-HOPE / 888-456-4673 or email: projectrachel@arlingtondiocese.org .

Offering Spiritual Acts of Mercy for those Hurting from Abortion: Abortion always leaves living wounded in its wake. Would you consider offering a Spiritual Bouquet on behalf of the women attending next month’s **Entering Canaan Day of Prayer on March 10** or our **22nd Rachel’s Vineyard weekend on April 13-15, 2012**? Spiritual Bouquets &/or Letters of Encouragement can now be submitted online up to 1 day prior to each retreat. Thank you for helping to make a difference building a Culture of Life and a Civilization of Love. For more information please visit: www.arlingtondiocese.org/rachel or call 1-888-456-HOPE / 888-456-4673.

Suggested General Bulletin Announcements

The following bulletin announcements can be rotated in your bulletins each week that you are not advertising healing retreats. ***We know that it takes great courage to begin the healing journey and that a consistent message encourages those who are suffering to reach out for help.*** Be a messenger of mercy to those who are hurting.

A word from Pope John Paul II to women and men suffering because of abortion: “Do not give in to discouragement and do not lose hope. The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation” (The Gospel of Life, 99). Call Project Rachel for confidential referral to a priest and/or counselor at **1-888-456-HOPE (888-456-4673)** or visit www.arlingtondiocese.org/rachel .

Do you know someone who is carrying the grief and sorrow of past abortions? Share with them the “good news” of God’s merciful love. Call Project Rachel for a confidential referral to a priest and/or counselor: 888-456-HOPE / 888-456-4673 or email: projectrachel@arlingtondiocese.org .

Share the Good News of God’s Merciful Love: *"The community should be open to welcome back all who repent of having participated in the grave sin of abortion, and should guide them with pastoral charity to accept the grace of forgiveness, the need for penance, and the joy of entering once more into the new life of Christ."* (Pope Benedict XVI, 11/19/07). If you or someone you know is hurting after abortion, please contact Project Rachel post-abortion healing ministry for confidential care and assistance: (888) 456-HOPE / 888-456-4673 or visit: www.arlingtondiocese.org/rachel .

Help after Abortion: Are you experiencing feelings of shame, guilt, regret and sadness? Have you lost a child to abortion? Contact Project Rachel post-abortion healing ministry for confidential referrals to trained clergy, professional counselors, retreats and/or aftercare gatherings at 888-456-HOPE / 888-456-4673 or visit: www.arlingtondiocese.org/rachel .

You are not alone. The pain and sorrow of past abortions need not endure for a life-time. Call Project Rachel for a confidential referral to a priest and/or counselor who can help. Call: 888-456-HOPE/ 888-456-4673 or visit: projectrachel@arlingtondiocese.org . Trust in the mercy of God’s love.

Suffering in Silence? Feeling haunted by a past abortion? Are you experiencing spiritual alienation, depression, nightmares, loneliness, physical challenges, grief or suicidal thoughts? Experience God’s mercy through reconciliation and forgiveness. Contact Project Rachel for confidential assistance: 888-456-HOPE/ 888-456-4673 or projectrachel@arlingtondiocese.org .

Everyone most likely knows someone who has been touched by abortion. Too often, these women and men think hope and healing are out of their reach. But the mercy of Jesus and the compassion of others are waiting for each. Come back to God, who is love and mercy. For confidential assistance, please call Project Rachel: 888-456-HOPE / 888-456-4673 or visit www.arlingtondiocese.org/rachel .

If your child has died due to abortion, the Church has a special word for you too: “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.The Father of Mercies is ready to give you his forgiveness and his peace in the sacrament of reconciliation.” (JP II, EV 99). Choose hope! For confidential assistance please call Project Rachel: 1-888-456-HOPE/ 888-456-4673 or visit: www.arlingtondiocese.org/rachel .