



GABRIEL PROJECT & PROJECT RACHEL

Diocesan Outreach Ministries

Sarah LaPierre, Director

Family, Marriage & Respect Life Office



GABRIEL PROJECT

- Pregnancy helpline: (703) 841-3810
- Referrals to pregnancy help organizations
- Financial aid for prenatal, rent, utilities, etc.
- Gabriel “Angel” companion for support
- www.helpforpregnantwomen.org

PROJECT RACHEL

- Post-abortion helpline: (703)-841-2504
- Referrals to priests for Confession
- Financial aid for professional counseling
- Post-abortion healing retreats
- www.helpafterabortion.org



WHAT IS GABRIEL PROJECT?

1. Parish-based help; not a pregnancy resource center
2. A confidential pregnancy helpline; not an emergency hotline
3. Accompaniment; not case management
4. An “Angel” announcing the good news, not only with the mom, but about the ministry’s outreach to the whole parish, community and neighborhoods (without any identifying client info)
5. Prayers, spiritual support and sharing your faith; not just material support and baby items
6. Catholic outreach, not secular, that helps any pregnant woman in need
7. Assistance to any pregnant woman in need of a listening ear, encouragement, and connection; not just to abortion-minded unwed teens
8. *Gift for Life* financial assistance; an “Angel” does not give money
9. FREE support to you and the mom; the parish does not raise money
10. Encounters and relationship, with the mom, plus the resources in your area; vs. waiting for moms to come to you!



PREGNANCY HELP PARTNERS

Gabriel Project

- Confidential helpline
- Referrals & financial assistance
- “Angel” accompaniment
- Spiritual & Sacramental support
- Connection & community

Pregnancy Support Network members

- Pregnancy tests + ultrasounds*
- Materials & education
- Maternity housing

Catholic Charities, Arlington Diocese

- Case management
- Licensed adoption agency
- Counseling +



GABRIEL PROJECT, PREGNANCY ASSISTANCE

Our ministry offers help with:

- A Helpline, answered by staff, who make a confidential needs assessment
- Referrals for medical, housing, legal or other experts and providers
- **Gift for Life** charity care to fund prenatal, rent/utilities, counseling, etc.
- Connection to an “Angel” companion for follow-up support in their area
- Developing relationships for a comprehensive network of support



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GABRIEL “ANGEL” PRESENCE

Basic level

- Brief weekly calls or video chats
- Check-in with quick texts
- Follow-up on referrals
- Offer to pray for and with her
- Encourage—affirm—validate
- *“Listen with the ear of your heart”*

Bonus +

- Get together for coffee
- Meet up at Church for Sacraments &/or social
- *Blessing of the Womb* by priest
- Introduce her to contacts
- Collect baby items



BUILDING A RELATIONSHIP WITH GP MOM

Basic Attachment Needs:

1. safety and security
2. seen, heard, known, and understood
3. comforted, soothed, reassured
4. valued, treasured, delighted in, and cherished
5. support for my highest good

***“The LORD, your God, will rejoice over you with gladness,
and renew you in his love, Who will sing joyfully because of you.”***

~ Zephaniah 3:17



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GABRIEL “ANGEL” MATCH STEPS

- Review confidential “Angel” referral form from Gabriel Parish Leader via GP office.
- Schedule a phone call consult within a week with assigned GP staff member:
 - Ask any questions
 - Confirm referral follow-up
 - Check GP parish community resource list
- Make initial contact with the expectant mother within a couple of days:
 - To introduce yourself
 - Establish 1-2 times for weekly availability
 - Obtain or verify initial needs
- Use GP4U goal checklist as a basis for developing an individualized development plan.
- Share regular updates to GP parish leader and GP director:
 - Track GP4U items & other activities
 - Record highlights & capture experience
 - Photo of “Angel” and Mom

BABY ITEMS WISH LIST

Standards for financial or material donations:

- Please do not accept cash, or give out to the GP mom
- Please refer donors to arlingtondiocese.org/giftforlife
- Please do not accept gift cards, or give out
- Please ask donors to purchase item needed
- Please only ask for items needed, preferably new material, especially items with safety concerns for liability reasons

PREGNANCY RESOURCE WEBSITES

Gabriel Project parish-based pregnancy assistance

www.helpforpregnantwomen.org / www.h4pw.org

Her PLAN (Her Pregnancy and Life Assistance Network) facilitates collaboration between assistance providers and their communities in order to empower women and families through comprehensive medical, social, and material support

<https://herplan.org/> | <https://directory.herplan.org/quiz> | <https://herplan.org/community/#church-assessment>

Catholic Charities of the Diocese of Arlington

www.cdda.net



PARISH COMMUNITY RESOURCE SHEET

Identify & Inventory in your area *(for referrals to and from)*

- Pregnancy resource centers – make GP mom introductions & drop off donations
 - County Family Services – public government agencies, WIC, car seat program
 - Public Schools – parent liaisons, nurses & guidance counselors
 - Medical – health centers, free clinics, urgent care, hospitals, private practices
 - Other parish-based outreaches – food pantries, emergency assistance, StVdP
 - Housing – Homeless, transitional and domestic violence shelters
 - Other support – childcare, parenting and family education
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- **Do they serve pregnant women in need, in what ways, and how many?**
 - **What need is NOT being fulfilled, or are there service gaps?**
 - **Could any use support, encouragement or a listening ear with referral follow-up?**



QUESTIONS?

Gabriel Project & Project Rachel

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