



Hope and Healing

For those affected by abortion

Please call 1-866-670-5163 to ask about **Project Rachel**.
Offices in Hutchinson, Marshall, New Ulm, and Willmar

You may be surprised by feelings of grief, anxiety, guilt, or anger. Buried pain may surface in relationship difficulties or depression. These experiences are common.

If you are hurting after an abortion there is hope.

Our compassionate staff offers hope and healing through the following services:

- The opportunity for confidential phone conversation.
- Counseling with our specially trained staff.
- Pastoral counseling sensitive to your faith journey.
- Services are free and completely confidential.

Abortion can be one of the most traumatic experiences in a person's life.

Often abortion seemed the only solution at the time.

Feelings of grief, anxiety, guilt and anger are common.

The pain of loss may initially be buried, but may surface in relationship difficulties, depression, or other psychological or spiritual problems.

Abortion not only affects women but may impact fathers, grandparents, siblings, and friends.

Loss from abortion may be intensified by a sense of alienation from God and the Church.

The Catholic Church's consistent teaching about the gravity of abortion is well known.

However, the Church has another equally important message.

That message is that God is a God of forgiveness.

Abortion is not an unforgivable sin.

Knowledge of God's limitless mercy and love often is a significant part of the healing process.

The Church's message is one of Healing and Hope:

I would like to say a special word to women who have had an abortion. 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. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance.

The Father of mercies is ready to give you his forgiveness and his peace in the sacrament of reconciliation. You will come to understand that nothing is definitively lost. And you will also be able to ask forgiveness from your child, who is now living in the Lord. With the friendly and expert help and advice of other people and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life.

Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life."