

## RESOURCES

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***To attend a Rachel's Vineyard Retreat in Maine:***

Please leave a confidential message:

Call 207-321-7897

or

Email [projectrachel@portlanddiocese.org](mailto:projectrachel@portlanddiocese.org)

***For more information about Project Rachel  
visit these websites:***

[www.rachelsvineyard.org](http://www.rachelsvineyard.org)

[www.portlanddiocese.org/projectrachel](http://www.portlanddiocese.org/projectrachel)

[www.hopeafterhealing.org](http://www.hopeafterhealing.org)



***No Judgement Only Mercy***

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## Project Rachel Ministry

### Post-Abortion Resource Guide



**Rachel's Vineyard**  
*healing the pain of abortion one weekend at a time*



Roman Catholic  
Diocese of Portland  
2019

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### ***Post Abortion Trauma Is Real***

- Traumatic loss may be felt by both women and men
- Prolonged and unresolved grief
- Experienced emotionally, psychologically, spiritually
- Decision often based on stress and fear
- Self-preservation can be strong

### ***Grief Symptoms***

- Fear of God for committing the “Unforgivable Sin”
- Guilt and Shame
- Silent Grief (hidden)
- Depression and Low Self-Esteem
- Self-harm and Self-medication
- Withdrawal from others
- Problems bonding with other children
- Deep Anger
- Sleep Problems
- Workaholism
- Anniversary Reactions

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### ***Statistics to Know***

- Since 1973 more than 60 million children have been destroyed by abortion. The CDC reported 638,169 in 2015 alone, 188 abortions per 1,000 live births.
- Post-abortive women experience a:
  - 61% increased risk of suicidal ideation
  - 31% increased risk of major depression

### ***How You Can Help When Approached***

- Meet the post-abortive person where he or she is
- Acknowledge the person’s pain, anger and fear
- Commend person for having the courage to seek help
- Offer your compassion
- Express God’s great love, mercy and forgiveness
- Allow person to take time telling his/her story—you may be the first person to hear it
- Educate person on available resources and encourage attending a **Rachel’s Vineyard Retreat**

**More than anything, the person needs  
FORGIVENESS + RECONCILIATION + MERCY**

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