

## Rachel's Vineyard Retreat Registration Form

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Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
E-mail address

Make checks payable to:

**Diocese of Joliet**

Mail registration and payment to:

**Rachel's Vineyard**

**P.O. Box 911**

**Minooka, IL 60447**

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For more information & retreat dates

call **(815) 341-5029**

or go to

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

*Do not continue to live in the shame, fear  
or numbness – call the Rachel's Vineyard  
toll-free national hotline at*

**877 HOPE 4 ME (877-467-3463)**

## Endorsements...

“Jesus Himself said that He came to call sinners and not the self-righteous. I pray that all who participate in Rachel's Vineyard with the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace and love, and allow God to restore them to wholeness and happiness. I am praying much for you.”

-God Bless you.

**Mother Teresa of Calcutta**

“Rachel's Vineyard is an experience that leads its followers to a wholeness and completeness that can only be God's gift.”

**Msgr. Michael Mannion, S.T.L., M.A.**

*Author of several books on post-abortion healing, is a pioneer in this field, and a Pastoral Consultant for Priests for Life.*

“I cannot think of another work of this kind so well done. A most difficult and painful human problem is engaged with faith, psychological insight, and trust.”

**Fr. Benedict J. Groeschel, CFR**

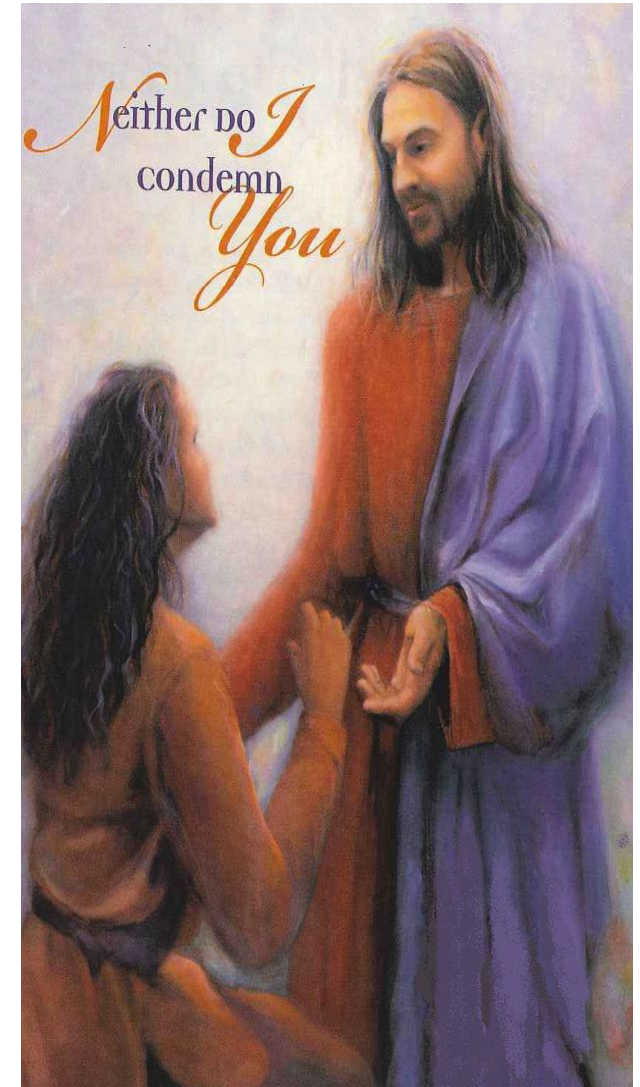
*Psychologist & Spiritual Writer*

“I have seen so many lives changed through Rachel's Vineyard Retreats. There is truly nothing like it. The retreat uses effective exercises combined with the power of prayer and scripture to deal with grief, guilt, and shame in a way that brings deep healing, emotionally and spiritually.”

**Martha Shuping, MD**

*Psychiatrist*

## Hope after Abortion



**1-815-341-5029**

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

## MERCY, COMPASSION, FORGIVENESS...

If you are suffering from grief after having had an abortion, remember that God always offers forgiveness. Nothing is unforgivable and the Church is the hospital of healing. Just as the father ran to the prodigal son when he came home, so too is God waiting with open arms to receive you back home!

## YOU ARE NOT ALONE...

Every year, numerous women and men suffer the after-effects of abortion that can include one or more of the following:

- Feelings of emptiness and loss
- Intense grief or sadness
- Depression
- Guilt or remorse
- Inability to forgive yourself or others
- Anxiety
- Intense anger
- Emotional numbness
- Shame about your abortion
- Isolation
- Insomnia or nightmares
- Flashbacks
- Preoccupation with your aborted baby
- Discomfort around or keen interest in babies
- Preoccupation with becoming pregnant again
- Suicidal thoughts
- Difficulty in relationships
- Fear that God will punish you
- Problems with drugs and alcohol

## Rachel's Vineyard Retreats for Healing After Abortion

**Rachel's Vineyard** weekend retreats offer a beautiful opportunity for healing to any woman or man who has struggled with the emotional or spiritual pain of an abortion.

The retreat is a chance to get away from the daily pressure of work and family, to focus on a painful time in life, and to begin healing through a supportive and non-judgmental process.

Many preconceived fears of condemnation are transformed into blessings; memories of abandonment, pain, and confusion are replaced by reconciliation, grace and peace.

Spiritual exercises focusing on God's forgiveness, compassion, and mercy are shared through psychological exercises that help participants work through repressed grief and anger that may exist.

The retreat concludes with a Memorial Service. The weekend will help your soul find a voice and transform the pain of the past into love and hope.

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**Rachel's Vineyard** retreat, written by Theresa Karminski Burke, PhD focuses on God's love and forgiveness in a non-judgmental environment. Based in Catholicism, the retreat is open to and welcomes individuals of all denominations.

*Currently 700 retreats are held annually  
in 47 states and 25 countries.*

## Testimonials to the power of healing & forgiveness:

"For the first time in 20 years, I was able to share my grief, my guilt, my anger. I was able to mourn the loss of my baby. For this, I will always be grateful."

"Before this retreat I was spiritually dead. I was empty inside. I felt separated from the church and from God. After this retreat, I now feel alive, and happy to be alive. I feel the love of God inside me."

"To any person considering the need to reconcile their abortion, the retreat is a wonderful gift you can give to yourself. You are able to experience the sadness, grief, and shame in the company of other women and men feeling very much the same. You are able to turn this pain into hope with the help of nurturing counselors and supportive caretakers. You are not rushed or hurried, but given time to reflect and become open to the healing process gradually. In the spirit of penance and reconciliation this retreat addresses the pain and suffering of those who feel their sin of abortion has (made them) outcasts from their church and their faith."

"For 18 years I have been haunted with heavy guilt that no one could take away, tormented by thoughts of what my child would be like. Through participating in Rachel's Vineyard, I was finally able to forgive myself. I know that God has given me a peaceful mind, cleansed my heart, and has washed away my guilt."

"Rachel's Vineyard is a powerful therapy for the soul."