

Trust in God's Mercy

Gracious Father,
I thank you for the mercy you have shown in forgiving my sins and for the peace that comes from being reconciled with you and with your Church.

O God, you are faithful, and you never abandon those who hope in you. I know that my redemption from sin and death has been purchased at the cost of your Son's blood. In return for this priceless gift, I resolve today to renew my trust in your unfailing mercy.

In times of doubt, when painful memories of past sins threaten to destroy the peace you have given, let the power of your Holy Spirit cast out all self-condemnation and give me greater confidence in your word of pardon.

Teach me to encourage others so they, too, may seek your tender compassion and come to know your peace, which nothing can take away.

I pray this in the name of Jesus, your Son, in whom you have restored me to life. Amen.



H O P E

AFTER  ABORTION

"Today, thanks to Project Rachel, I am a different person. To experience the power of forgiveness is something that I cannot put into words. I actually feel lighter. My shoulders are not hanging so low. The power of forgiveness is life altering. I will always regret my decision, and I will continue to carry my quiet secret with me. It has become a part of who I am, but it no longer defines who I am."

New Confidential Hotline #
(716) 847-2211

*Receive free, nonjudgmental,
confidential information.*



Pro-Life Office

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project rachel
Diocese of Buffalo



*A Post-Abortion Reconciliation
Offering Forgiveness, Healing and Hope to
women and men or anyone suffering emotionally,
psychologically and spiritually from the effects
of an abortion.*

We care. Let us help you.

*"...the Lord has anointed me to bring good
news to the suffering and afflicted. He has
sent me to comfort the broken hearted."*

Isaiah 61:1

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Diocese of Buffalo
The Office of Pro-Life Activities



PROJECT RACHEL

Offering Hope & Healing

A LOVING, FORGIVING CHURCH

If you or someone you know has been wounded by abortion, you are well aware that abortion is one of the most traumatic experiences a person can have.

Fear, anxiety, guilt, panic and pressure both before and after the abortion, are common and often overwhelming feelings not only for the woman who undergoes an abortion, but also for the father of the unborn child, the grandparents, close friends, even medical personnel.

For members of the Catholic faith, the pain of abortion is intensified by a sense of alienation from both God and Church. What you need to know and believe is that your Church understands and cares.

Healing and reconciliation are rooted in the overpowering love of Jesus Christ and reflected in the heart of the Church's ministry. As Church, we reach out to you with compassion, concern and sacramental forgiveness.

Project Rachel – a post-abortion reconciliation program offers a Renewed sense of **HOPE** ...that healing is possible for you.

As you encounter the **FORGIVENESS** of Jesus, through the Sacrament of Reconciliation, you will grow in the awareness that forgiveness is another gift of God – a gift to be accepted, not earned.

Throughout the **Project Rachel** journey, you will be helped by clergy, counselor or lay minister prepared to respond to the needs of people who have been involved in abortion.

WHAT YOU CAN EXPECT

This experience, like the Sacrament it includes, is sensitive, private and confidential. If you wish, you can be put in touch with clergy, counselor, or lay minister, who will confidentially discuss your needs and desires to come up with an individual plan for your journey.

The **Project Rachel** journey to wholeness

...helps you cope with the past through the eyes of faith.

...opens you to receive forgiveness and the healing grace of God.

...allows you to be at peace with yourself, your unborn child, your family, your Church and God.



"Rachel mourns her children; she refuses to be consoled because her children are no more. Thus says the Lord: Cease your cries of mourning. Wipe the tears from your eyes. The sorrow you have shown shall have its reward. There is hope for your future."

--Jeremiah 31:15-17

HOW TO BEGIN

To begin your journey to forgiveness and reconciliation, we encourage you to call or write the following for private and confidential counseling.

- * Prayers with a priest are available following a miscarriage or stillbirth.
- * Healing Services are available during the year for women and their families suffering the loss of a child through abortion, miscarriage, stillbirth or the death of a very young child.
- * A Day of Hope and Healing will be offered in the Diocese.

Trustworthy caring persons will answer your call. We make every effort to ensure that you will be comfortable with those serving you.

For healing and hope call the Project Rachel Ministry/Diocese of Buffalo.



WHAT ABOUT MEN?

Men, too suffer greatly in the aftermath of abortion. They are fathers who lost a child.

They, too, can find understanding, forgiveness, healing, and wholeness through the Church's ministry of Project Rachel.