



a psychological and spiritual journey for healing after abortion

Therefore I will allure her. I will lead her into the desert and **speak tenderly** to her heart. There I will give her back her vineyards and transform her Valley of Troubles into a **Door of Hope.**"

Hosea 2:16-17

Begin the Healing Process

Our 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 pressures of work and family, to focus on a painful time in life, and to begin healing through a supportive and non-judgmental process.

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

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

Rachel's Vineyard retreat, written by Theresa Kaminski Burke, PhD focuses on God's love and forgiveness in a non-judgmental environment. The retreat is open and welcomes individuals of all denominations.

Symptoms of Post-Abortion Distress

These are some of the most common symptoms experienced after an abortion.

- Depression/crying
- Intense grief/sadness
- Flashbacks
- Eating and sleeping disorders
- Loss of self-esteem
- Prolonged grief
- Nightmares
- Spiritual divorce from God
- Self-blame
- Drug or alcohol abuse
- Anger/rage
- Avoiding relationships
- Denial
- Anorexia or other eating disorders
- Guilt
- Desire to become pregnant again
- Suicidal urges
- Repeat crisis pregnancies/abortions
- Inability to bond
- Promiscuity

General Information

Registration: Please call and register for the retreat. A registration package will be sent to you. We will contact you before the retreat to answer any questions you may have about the weekend. Participants will receive a letter of confirmation with driving directions and a map to the retreat centre.

Schedule: The weekend begins on Friday evening and concludes late Sunday afternoon.

Costs and Accommodations:

Registration includes lodging for two nights, meals and materials. For those needing financial assistance, sponsorship may be available.



Confidentiality: Rachel's Vineyard strictly respects confidentiality and privacy. If you or someone you know is hurting, call today.

"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



Take the First Step

Testimonies

“ I hesitated to come (to the retreat) because I knew it was going to be intense. The retreat far surpassed all my expectations. I never witnessed so much healing and relief from anything else I have observed or experienced.”



“ The most profound impact of my second abortion was what it did to my relationship with my husband and children. I withdrew, participated way less in family activities, and found it hard to be emotionally connected to them. My husband seemed to have something gnawing at him, and I was afraid it was hatred for me. We went to the retreat three years ago. It's amazing to look back at where we were then and where we are now. We are a healthy, thriving family with much love freely shared all around.”



“ No words can explain the healing that I experienced on this weekend retreat. It was conducted with love and gentleness in an area of my life that was war-torn, raw, and bleeding. God's mercy and love was behind this retreat. It was so important for me to dig deep and release the pain of the past. I believe this made room and God, then, filled that room for genuine love for lost children, family, friends, and especially ourselves.”

“ It was the best weekend of my life. I was able to share my grief, my guilt, my anger. I was able to mourn the loss of my baby. But most important, I was able to believe that she now lives with Jesus. For a short time I could almost touch her and hold her and see her. For this, I will always be grateful.”

“ For 18 years, I have been haunted with heavy guilt that no one could take away, tormented by thoughts of what my child would have been 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 me away my guilt.”

healing the pain of abortion



Weekend Retreats

by Rachel's Vineyard