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Project Rachel was something I didn't truly think I needed.

I had confessed my sin and received forgiveness. I had spent years of personal work and therapy to deal with the pain and depression I felt. In my heart I felt truly forgiven, but I still carried the shame and isolation of my burden—my secret. *I was still condemning myself in that still quiet part of my spirit.*

A retreat announcement was in our bulletin—and on a leap of faith I signed up—not knowing at all what to expect or even to pray for.

That retreat was a turning point in my life in so many ways... As a lifelong Catholic I never dreamed there were people just like me who had suffered the pain of abortion and were willing to share their journey to healing—to use their experience (with God's Grace) to transform the pain of others. The very secret that threatened to turn me from God and the church became transformed—reminding me that I am beloved by God—and that I belong to a church that is not only pro-life, but also pro-love and forgiveness.

Project Rachel cares for us post-abortive women the way Christ Himself would. It is a true expression of the unconditional and undeserved love of God; empowered by the gifts of the Holy Spirit.”

If you desire healing from a past abortion, you are invited to experience the love of Jesus Christ at Project Rachael weekend retreat:

January 10-12, 2025

The weekend retreat is strictly *confidential* for both women and men and includes discussions, spiritual exercises, the Sacrament of Reconciliation, a Memorial Service and a Mass of Resurrection. Participation offers a beautiful opportunity to experience God's love, forgiveness and compassion.

**For more information or to register for the retreat, contact Project Rachael:
project.rachel@raldioc.org or
call (919) 852-1021**

The cost is **\$200** for lodging, meals, and all retreat materials.
If you have a financial burden, assistance is available.