



Rachel's Vineyard

A loving and confidential ministry helping to bring healing and God's love after the pain of abortion.

If you or someone dear to you has been wounded by an act



of abortion, you are invited to begin the bittersweet journey that will lead you and your loved ones towards restoration and rest in the hands of our Lord.



Rachel's Vineyard Spokane
www.rvspokane.org
healing@rvspokane.org
509-994-4355

Grief Has Many Disguises

Every year, both women and men suffer the mental and spiritual after-effects of an abortion. The pain and grief can last for years and impact all generations. Common symptoms include:

- Bouts of crying
- Eating disorders
- Depression
- Guilt
- Intense grief/sadness
- Anger/rage
- Emotional numbness
- Lowered self-esteem
- Drug/alcohol abuse



- Flashbacks/nightmares
- Suicidal urges
- Fear of pregnancy/pregnant women
- Repeat abortions/crisis pregnancies
- Unrelieved self-shame
- Anxiety/panic attacks
- Difficulty with relationships
- Inability to forgive self or others
- Fears of punishment from God

You Are Not Alone

Healing the pain of abortion, one weekend at a time.

A Rachel's Vineyard weekend retreat provides a beautiful opportunity for any person who has struggled with the emotional and spiritual pains of abortion. The weekend follows a very specific process created to help you and your loved ones experience the mercy and compassion of God.

A Rachel's Vineyard weekend retreat is for mothers, fathers, grandparents, and siblings who have experienced loss through abortion. It is a chance to get away from the pressures of daily life and experience freedom from guilt of the past and open the door to healing, through a *supportive, non-judgmental* process. The time away on retreat provides an opportunity to enter deeply into the grieving process, to identify how abortion may have affected you, and to transform the pain of the past into hope and love.



Rachel's Vineyard Weekend Retreats

Each retreat is run by specially trained volunteers who care deeply about your needs. Many of the facilitators have suffered the same loss. Each retreat is also supported by clergy.

Rachel's Vineyard invites each participant to identify, express, and release crippling emotions of anger, shame, guilt, and grief. The spiritual exercises help to connect retreatants to their inner thoughts, to each other, and to the love and compassion of God. They help them accept forgiveness for themselves and for others. Along with a Memorial Service, they provide opportunities to honor children lost through abortion.

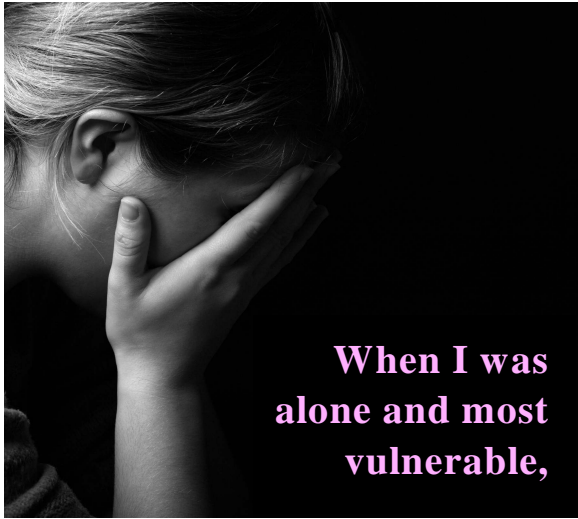
Rachel's Vineyard retreats are held every weekend throughout the year in the United States and internationally. For a complete listing of dates and locations, go to Rachel's Vineyard's national website:

www.RachelsVineyard.org

For specific information about retreats in the Greater Spokane Area and the Inland Northwest, go to:

www.rvspokane.org

or call **509-994-4355** anytime, 24/7.



When I was alone and most vulnerable,

THEY SAID,
“You’re doing the right thing.”

THEY SAID,
“It’s not a baby yet.”

THEY SAID,
“You’re too young to be a Mom.”

THEY SAID,
“I’d get my life back.”

“How would I feel afterwards?”

THEY DIDN’T SAY



Rachel mourns for 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

Other Retreat Attendees Have Said:

“I experienced a great inner healing as a result of attending a Rachel’s Vineyard Weekend. I highly recommend this program to anyone who has felt the void and shame of the abortion experience. It is wonderful to forgive yourself, find the unconditional love of Christ, and grieve the loss of your little child.”

“To any woman considering the need to reconcile her abortion, the retreat is a wonderful gift she could give to herself. You are able to experience the sadness, grief, and shame in the company of other women and men feeling very much the same way. You are able to turn this pain into hope with the help of nurturing and supportive team members.”

“The most profound impact of my second abortion was what it did to my relationship with my husband and children. I withdrew, participated 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 around.”

“There is peace within my heart that I always yearned for, sometimes not even realizing why, but now I know. The prayerful environment really helped me to open up to everyone and also to God. This is an incredible place to be and pray. This peace comes from God.”

“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. But the most important thing: I was able to believe that she now lives with Jesus. For a short time I could almost touch her, hold her and see her. For this, I will always be grateful. I felt Jesus calling, pulling me back... a feeling I can’t forget or deny”



“I have seen God bring my husband and me closer together. I feel that his abortion experience is now part of my story and that his child is my child. It’s comforting to be able to share our first experience as parents together through Rachel’s Vineyard.”



Only you can take the first step:
Contact Rachel’s Vineyard today.
www.rvspokane.org

or call **509-994-4355** anytime, 24/7.