

**Please Help Us to Continue to Spread the Message of  
Hope and Healing in Your Parish Community**

The following **bulletin announcements** can be rotated in your bulletins each week. We know that it takes great courage to begin the healing journey and a consistent message encourages those who are suffering to reach out for help. Be a messenger of mercy to those who are hurting.

**Help After Abortion**

Are you experiencing feelings of shame, guilt, regret and sadness? Have you lost a child to abortion? Contact Project Rachel post-abortion healing ministry for confidential referrals to trained clergy, professional counselors, retreats and/or aftercare gatherings at (703) 841-2504 or [www.arlingtondiocese.org/rachel](http://www.arlingtondiocese.org/rachel).

**Do you know someone who is carrying the grief and sorrow of past abortions?**

Share with them the “good news” of God’s merciful love. Call Project Rachel for a confidential referral to a priest and/or counselor: (703) 841-2504 or visit: [www.arlingtondiocese.org/rachel](http://www.arlingtondiocese.org/rachel).

**Share the Good News of God’s Merciful Love**

*"The community should be open to welcome back all who repent of having participated in the grave sin of abortion, and should guide them with pastoral charity to accept the grace of forgiveness, the need for penance, and the joy of entering once more into the new life of Christ." (Pope Benedict XVI, Address to the Kenyan Bishops, 11/19/07).* If you or someone you know is hurting after abortion, please contact Project Rachel post-abortion healing ministry for confidential care and assistance: (703) 841-2504 or visit: [www.arlingtondiocese.org/rachel](http://www.arlingtondiocese.org/rachel).