

**From Retreat Participants:**

*“I experienced a great inner healing as a result of attending the 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.”*

*“It was a very intense and powerful weekend. A lot was accomplished. I was amazed at the sense of support felt. For the first time, it was okay to talk about what happened and know that everyone has experienced the same feeling.”*

*“Rachel’s Vineyard has far surpassed all my expectations. I have never witnessed so much healing and relief from anything else I have observed or experienced.”*

*“I never knew my wife had suffered so much pain over an abortion she had before I met her. It was a real eye opener to attend the Rachel’s Vineyard Weekend with her and offer my support in an area of her life where there was so much secret grief. Our marriage has truly been blessed. We are closer now than we have ever been.”*

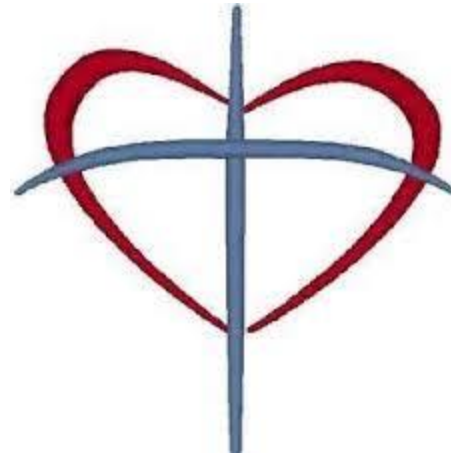
**Contact: Rachel’s Vineyard**

Retreats are held every weekend throughout the United States and internationally. For more information and a complete listing of Rachel’s Vineyard Retreats, please visit:

**[www.rachelsvineyard.org](http://www.rachelsvineyard.org)**

**Toll-free national hotline:** 1-877-HOPE-4-ME -- (1-877-467-3463)

Local retreat sponsored by *Rachel’s Vineyard of Albany* & the *Respect Life Ministries of the Roman Catholic Diocese of Albany*



# Rachel’s Vineyard

Healing the trauma of abortion, one weekend at a time

## ***Hope and Healing After Abortion***

***Rachel’s Vineyard*** is a ministry that focuses on healing and hope for those grieving the loss of a child from an abortion

*“Neither do I condemn you...” John 8:11*

## You Are NOT Alone

Every year men and women suffer the after-effects of abortion which can 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
- Anxiety / panic attacks
- Repeat abortions / crisis pregnancies
- Difficulty with relationships
- Inability to forgive self or others
- Fears of punishment from God

There is **help**; there is **hope**.

### **Testimonial from St. Teresa of Calcutta:**

*"...I pray that Rachel's Vineyard may bring God's tender love and compassion to those who need His peace so much. I pray for all those who use it, seeking His peace, may open their hearts and allow God to restore them to wholeness and happiness. I am praying much for you. God bless you."*

*St. (Mother) Teresa of Calcutta in a letter to Theresa Burke, founder of Rachel's Vineyard*



A **Rachel's Vineyard Retreat** is an opportunity to experience God's love and healing in a safe environment.

**DATE:** May 30-June 1, 2025

**PLACE:** Dominican Retreat & Conference Center  
1945 Union St., Niskayuna, NY 12309

**COST:** \$195.00 (includes room, meals and materials)  
*Financial assistance available, if needed*

**For information or to register, contact:**

**Pat Mousaw** 518-222-1160  
**Katie Bolibaugh** 518-495-3574  
[rachelsvineyardalbany@yahoo.com](mailto:rachelsvineyardalbany@yahoo.com)

**Participation is strictly confidential.**

It is not a coincidence that you are reading this pamphlet. If you or someone you love is hurting from abortion, **PLEASE CALL TODAY.**

*All calls are strictly confidential.*

**Rachel's Vineyard Retreats** are offered in hundreds of locations throughout the United States and internationally. Founded by Dr. Theresa Burke and Kevin Burke, LSW, **Rachel's Vineyard** has been a source of reconciliation and healing for thousands of women and men who have suffered from the pain of an abortion.