



***Do you know
someone who has
had an abortion?***

*Tell them "Do not despair.
God in His mercy and love*

Reaches out to you, offering you His forgiveness."

Help if you are struggling after abortion:

Rachel's Vineyard: Offers support for those affected by the trauma of abortion, this includes weekend retreats for those suffering after abortion.

Contact Rachel on 07734 059 080

www.rachelsvineyard.org.uk

or

ARCH (Abortion Recovery Care Helpline)

Tel: 0345 603 8501

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To women who have had an abortion...

I would now like to say a special word to women who have had an abortion. The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourself over with humility and trust to repentance. The Father of mercies is ready to give you His forgiveness and His peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitely lost and you will also be able to ask forgiveness from your child, who is now living in the Lord. With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life.

Pope John Paul II

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