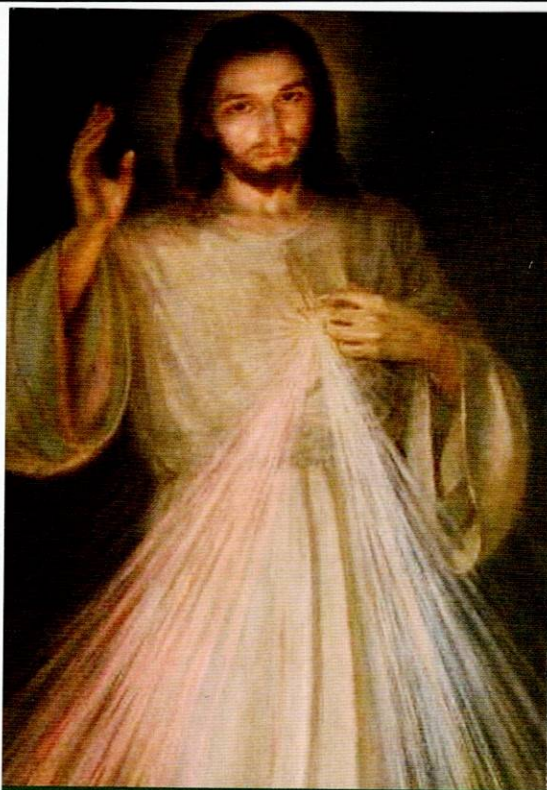


Healing after Abortion

Open yourself up to

HOPE

“For so long, I defined myself by my abortions. It affected how I thought and all the choices I made. The sadness tainted everything. After the Day of Prayer and Healing, I began to see things differently. I learned that I am defined by God’s unconditional love for me.” - Silvia



God's love and
mercy are for you.

A NEW BEGINNING

The love God has for you is greater than any and every sin. Abortion is a deep wound. However, with God, there is always hope - so much hope. This means you no longer need to be alone with the shame, fear, anger, guilt, or pain. Jesus awaits you with infinite mercy and desires to be invited into your darkest places so that He can be with you there, with His redeeming love. If you have suffered the experience of abortion, we invite you to open the door to the healing power of Jesus' love.

...and the ocean of His healing

MERCY

"I want anyone who is suffering to know the healing power of God's love and mercy." -Anna



The Sisters of Life accompany those suffering after abortion on the journey of healing. We believe that God has a unique and beautiful plan of healing for each woman who contacts us.

Where can I begin?

Individual Accompaniment:

The Sisters are available to accompany you individually - in person, over the phone, or by email. Many who are suffering alone begin to experience a new peace as they unburden themselves with another in a confidential setting. Ongoing accompaniment is suited to each woman's needs and personal healing journey in the Lord.

Retreats and Gatherings:

We host Days of Prayer and Healing, monthly Gatherings, Weekend Retreats, and other special events. These provide opportunities for an ongoing encounter with the loving mercy of God in a safe and sacred space and the solidarity and support of other women also on the healing journey. All retreats are led by the Sisters of Life and other women who have experienced both the suffering of abortion and the joy of healing in Christ. The retreats are directed



by faithful priests who have a sensitivity and a heart for those who suffer. They include testimonies, group sharing, personal prayer, an opportunity for the healing Sacrament of Confession, and the Holy Sacrifice of the Mass.



FINDING HEALING: A Testimony

For two months I had been carrying around a crumpled Hope & Healing pamphlet I found at the back of my church. After 29 years of silence and shame, I was finally ready to reach out. I emailed the Sisters and mentioned that I'd had more than one abortion. I was received with such compassion, such mercy, that I knew I had come to the right place.

My first retreat was on a freezing cold January morning. The whole way there, I was asking the Blessed Mother to help me. I felt so nervous that I almost turned around three times. When I arrived, I rang the bell thinking, "Here goes nothing." The door opened, and I was greeted by a Sister. She was so warm and welcoming, without an ounce of judgment or ridicule.

I walked into that chapel with the sun streaming in through the stained glass. I knelt down and breathed a sigh of relief. I felt a warm blanket of love wrap around me, as if I were home. I could have knelt there all day. For the first time in a very long time I knew I was safe, and I knew this was where I belonged to be healed. - Carey

Frequently asked questions about the Day of Prayer and Healing:

What if I have never told anyone about my abortion? Is it confidential?

The day is completely confidential, and we ask all who participate to honor this confidentiality. It is a very safe and healing environment.

What if I don't feel like sharing or talking with anyone? That is completely fine. There is no pressure to speak. There is much to gain from being part of a group where you can receive and listen to others.

What if I've had more than one abortion? God's mercy is infinite, and He never tires of forgiving us. We stake our lives on the truth that God is merciful, that His love is unconditional. He is a loving Father who never rejects anyone who comes to Him.

We are here for you.
Feel free to contact us.

If you would like to speak to a Sister, or learn more about our Days of Prayer and Healing, contact the Sisters of Life:

866.575.0075

hopeandhealing@sistersoflife.org

www.sistersoflife.org/healing-after-abortion

For Retreats for Men, contact Lumina:

877.586.4621 / lumina@postabortionhelp.org