

“I hesitated to come because I knew it was going to be intense, and I wasn’t 100% committed to the religious concepts (or I was leery of them). The retreat far surpassed all my expectations. I have never witnessed so much healing and relief from anything else I have observed or experienced.”

“The retreat helped me understand the syndrome, that it’s not unique to just my wife and me. It explained a lot of things that happened in our relationship. It cleared up things to be able to move on.”

“To anyone considering the need to reconcile their abortion, the retreat is a wonderful gift you could give yourself. You are able to experience the sadness, grief and shame in the company of other women and men feeling very much the same. You are able to turn this pain into hope with the help of nurturing and supportive volunteers who care deeply about your needs. Many of the facilitators have suffered the same loss.”

Rachel's Vineyard

Healing the pain of abortion
one weekend at a time

“Therapy for the Soul”

Rachel's Vineyard is the world's largest ministry for healing after abortion, offered in hundreds of locations across North America and in many countries throughout the world.

For a complete listing visit the international website
www.rachelsvineyard.org.

Or call

1-877-HOPE-4-ME
1-877-467-3463

Rachel's Vineyard

Retreats for Healing
After Abortion for
Women and Men



Rachel's Vineyard Retreats

A Journey of Healing For Women and Men Touched by Abortion

Rachel's Vineyard weekend retreats are a beautiful opportunity for any person who has struggled with the emotional or spiritual pain of abortion.

The retreat is a very specific process designed to help you experience the **mercy** and **compassion** of God. It is also an opportunity to surface and release repressed feelings of anger, shame, guilt and grief.

There are many exercises to help you grieve the loss of your unborn child(ren) and to receive and accept God's forgiveness. The retreat concludes with a memorial service.

Rachel's Vineyard Retreats, developed by Theresa Burke, PhD focus on **God's love and forgiveness** in a non-judgmental environment.

Ottawa Site

Confidentiality: Rachel's Vineyard strictly respects confidentiality and privacy.

Cost: The \$230 single, \$400 couple registration fee includes accommodation for two nights, all meals, and materials. Financial assistance is available.

Schedule: The weekend begins Friday 4 pm and concludes Sunday 4 pm.

Location: A retreat centre in the Ottawa area.

Format: The retreat is designed for a small group of participants.

For more information about the dates, location and other details about the next retreat in the Ottawa area please contact the site leaders

Lynda or Terry Munroe
613-806-5522
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www.rachelsvineyardottawa.ca

*I will turn their mourning into joy;
I will comfort them, and give them
gladness for sorrow.*

Jeremiah.31:13b

*Sing for joy, you heavens!
Shout, you earth, and rejoice with
dancing, shouting, and glee!
Burst into joyous songs,
you mountains,
for the Lord has comforted
his beloved people.
He will show tenderness and
compassion
to his suffering ones.*

Isaiah: 49:13

*The weekend will help your soul find
a voice, and transform the pain of the
past into love and hope.*