

HOPE

Rachel's Vineyard is a safe place to renew and rebuild your life after experiencing the trauma of abortion. The healing weekends offer a supportive, confidential, and non-judgemental space where women and men can deal with painful post-abortion emotions.

'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you.' (Isaiah 41: 10)

HEALING

Rachel's Vineyard can help you to experience God's love and compassion on a profound level.

The retreats are a place where women and men can share, often for the first time, their abortion experiences, and its impact on their lives.

FORGIVENESS

Rachel's Vineyard is a place of reconciliation. Those who have experienced deep anger towards themselves or others, experience forgiveness and reconciliation. Peace is found, lives are restored and a sense of hope and meaning for the future is discovered.



Rachel's Vineyard

Healing after Abortion

Who is Rachel's Vineyard for?

Everyone is welcome. Abortion impacts mothers, fathers, grandparents, siblings, aunts, uncles, and other family members. We also support those who have worked in the abortion industry. Whether you are Christian, spiritual, have a different faith or have no faith ... you are welcome at Rachel's Vineyard.

What do we do?

We host weekend retreats that offer emotional and spiritual healing for women and men who are trying to come to terms with the experience of an abortion or multiple abortions. Our weekends offer a non-judgemental and safe place to explore the grief surrounding abortion and to grieve the loss of the child(ren).

How long are the retreats?

Most Rachel's Vineyard retreats run from Friday afternoon to late Sunday afternoon. The same retreat is sometimes offered mid-week. Please see the website for upcoming retreat dates.

Why is this done in a group?

We see abortion as a trauma. A traumatic event is often aggravated by the need to keep it a carefully guarded secret whereby the shameful feelings experienced have no voice. Healing for victims of trauma can be accomplished by establishing safety, reconstructing the trauma story, and restoring the connection between survivors and the community.

A group context is very cathartic because others who "have been there" can provide validation of symptoms and a supportive, healing element to the process. This does not negate the value of individual counselling and support; however, an experience of group process often provides a deeper, more complete level of healing.

Testimonies

"I didn't know what to expect and didn't know the grief I had within. The weekend has given me peace and healing. I found it most meaningful to grieve and have a memorial."

(Mother)

"Rachel's Vineyard provided a place of compassion. It's where the hurting are seen, acknowledged, and healed."

(Mother)

"I was able to put down a burden that I've carried for too long."

(Mother)

"The Holy Spirit was so evident and the healing I've received and witnessed has been incredible."

(Father)

"Words cannot convey how wonderful this retreat is - all who are suffering will find peace, love and forgiveness."

(Sibling)

"It was miraculous! The team at Rachel's Vineyard made a promise at the beginning that this weekend would heal, and it has."

(Grandparent)

"It is the work of the Holy Spirit. It is very powerful and clearly of no human origin."

(Aunt)

Questions?

If you have any other questions about Rachel's Vineyard or our retreats, please contact a team member at: rachel@rachelsvineyard.org.uk

