

“Thanks to Project Rachel, I am a different person. To experience the power of forgiveness is something that I cannot put into words. It is life altering. I will always regret my decision. It has become a part of whom I am, but it no longer defines who I am.”

“Words cannot even begin to express how I honestly feel the mercy and forgiveness from God that I've been beating myself up for all of these years.”

“I'm at a lost to express how I've been changed by your retreat. The freedom that I feel is something I didn't realize I needed to recover.”

“Project Rachel helped me so much in dealing with the shame that I have felt for over 40 years...knowing that I was not alone. Knowing that I am not the horrible person I have always felt I was. Relief is not the proper word to use. More at peace knowing that I can go on with my life with a more positive attitude.”

“The Project Rachel Retreat gave me hope. I now know that I can once again be active in my faith.”

“Thank you, the retreat was the best experience on my life...When I go to mass this Sunday I will be sitting up front and going to communion, my head will not held high for the first time in 39 years. God has sent me to you and you have guided me, one life touches another in a profound way! I can never thank you enough.”

“Project Rachel led me to a place of forgiveness and mercy. I remember the very moment when I came to the realization that other women suffered like I suffered, yet they survived the heartache and deep sorrow. It was only then that I had hope; it was actually possible for me to feel whole again. During the retreat, I realized the lasting impact of forgiveness. I knew God had forgiven me, and now I needed to forgive myself. For the first time in 34 years of living, I sat in the chapel and felt connected to God. Through the depth of my pain, I began a lasting relationship with Him.”

“I don't think I can ever express how much that one-day retreat meant to me. I am certainly not the same person who was so afraid to walk through those doors, and I don't ever want to see her again. I was finally able to begin to feel whole. The sacrament of Reconciliation was such a freeing moment for me. Just as much as I remember almost every detail of that horrible day fourteen years ago, I remember those forgiving words that I was absolved of all my sins. I keep replaying that phrase in my mind, and it almost brings me to tears. But they're finally cleansing, healing tears instead of tears of extreme sorrow. I am able to see God in my life, and it makes me smile. I feel worthy to be among God's people, and to be the best mother to my three children. Hopefully, they'll never know or feel the pain that I suffered with for so long. And while I still have a long way to go, I feel like I finally have taken those first steps. Thank you so much, and God bless you all.”

“When I attended the one day retreat “Come to the Waters”, I was nervous but trusted that God was by my side. I want to say thank you to everyone involved. The setting was peaceful, the women and priests were loving, caring and non-judgmental – a real comfort for me. All the women who shared their stories, tears and pain were courageous. As I listened, I realized I was not alone. So many other women had carried the pain, guilt and shame around for many years (30 for myself).”

“Reconciliation was key! It was a freeing experience knowing that God truly has forgiven me, and it’s time for me to forgive myself. My experience that day has helped to clear away my past sins so I can be the person God wants me to be and continue of my spiritual journal. I’m so grateful that Project Rachel exists.”

“Since the retreat, I have wanted to talk about my experience. For me, the time was well spent. It was full of discovery. At the end of the day though, I was ready to leave and, in a sense, leave the past behind me as well. Your retreat team has put so much thought in to each phase and significant element of the day. To me, in each little treasure and nugget, there was such an embrace of love, that brought a moment of ease to continue through the process.”

“I am so grateful to come across information about Project Rachel in my parish bulletin. I am also grateful to finally acknowledge my sin, accept forgiveness and begin my healing journey. I am indebted to the retreat team, as well as all Project Rachel predecessors (staff), for running this program and providing non-judgmental support to participants.”

“I wanted to thank you and the team for a beautiful retreat. The love, care and respect that you all showed was very much appreciated. I can tell the planning and time that was invested in making the day to be one of healing and peace in what is a very complicated issue for women (and men). Life presents us with many struggles but with the prospect of hope we can work to overcome the trials and see the real joy in life. This is what you and your team have so gracefully provided for us on that day.”

“I had been wanting to seek forgiveness for my abortion for many years. I just never seem to feel comfortable with speaking with my parish priests. I learned about Project Rachel in our church bulletin and decided to find out more about the program. When I spoke with the program director, she immediately put me right at ease and explained the program and what I could expect during this day long retreat.”

“This program far exceeded my expectations! I found that all of those involved in this retreat program are fully committed to helping women heal as many of them have experienced their own pain as a result of an abortion. When the retreat team members shared their stories, I quickly realized is that we all had our own unique stories and yet we were all there for same reason, to feel supported and understood. “