

I had an abortion 25 years ago, at a time in my life when I felt the only person or thing I could rely on was myself. I was afraid, could not see how I could possibly cope with a child, felt I had no place to turn. Because I was so angry so I saw only one way out...abortion. For 25 years I have suffered the pain of regret, shame and guilt. I could not read the word in the newspaper without crying so I avoided any mention of it as much as possible. Eventually, I believed I had put it behind me. One month ago I attended a Project Rachel retreat and for the first time, realized I was not alone in my pain. That weekend we experienced the healing power of God's forgiveness and love. The shame and guilt were lifted, and as a result, I have come to appreciate what a freedom it is to be free of that pain. I thank God, the Church and Project Rachel for reaching out to the women like me.