

# Rachel's retreat weekend

## A time to

### Who should attend ?

This retreat is open to any woman or man who is struggling with the emotional and spiritual pain of abortion. Married couples, mothers, fathers, grandparents and siblings of aborted children, as well as persons who have been involved in the abortion industry, can find peace and inner healing through Rachel's Vineyard. Married couples are encouraged to attend the retreat together.

### Why would I need to attend?

Since abortion is usually a carefully guarded secret, many people fail to allow themselves to process their experience. Feelings are often buried and can eventually cause other problems.

### What can I expect?

The Rachel's Vineyard retreat weekend is a chance to get away from daily pressures and to look at the painful past through a supportive and nurturing process. The time away provides an opportunity to enter the grieving process and identify all the ways abortion may have affected you. Pain and suffering are then transformed through a spiritual process using rituals, meditations, a memorial service and Mass of Resurrection. Sorrow, remorse and anger ultimately give way to peace and acceptance.

The weekend is intense and emotional but yields a fruitful harvest. Retreat facilitators include a licensed therapist, former Rachel's Vineyard participants, and a priest who serves as the group's spiritual director.

To read comments from those who have attended Rachel's Vineyard retreats, visit:  
[www.rachelsvineyard.org/feedback.htm](http://www.rachelsvineyard.org/feedback.htm)

## Retreat weekend includes:

- ☞ **Single Occupancy Room**
- ☞ **All Meals Provided**  
If you have any dietary restrictions, please be sure to indicate this when you register.
- ☞ **Time for Reflection and Prayer**  
The retreat weekend is designed to give you an array of opportunities for reflection, prayer, reconciliation and dialogue.  
***Although the weekend takes a Catholic Christian perspective, persons of any faith background are welcome.***
- ☞ **Safe and Nurturing Environment**  
The goal of the weekend is to provide a supportive and non-judgmental environment for a journey toward healing.
- ☞ **Holy Mass and Memorial Service**  
You will have an opportunity to invite close

## Rachel's Vineyard Retreat

**WHEN:** May 17-19, 2019  
**WHERE:** The Ark and the Dove Center  
10745 Babcock Boulevard  
Gibsonia, PA 15044  
**COST:** \$175/person.  
**REGISTRATION DEADLINE:** May 10, 2019

For more information, contact Toni Jester,  
Retreat Facilitator: 412-352-5348  
[toniafj1@comcast.net](mailto:toniafj1@comcast.net)

Rachel's Vineyard Retreat

Full Name \_\_\_\_\_

Address \_\_\_\_\_

Street

City

State

Zip

Contact Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

\* All information is kept confidential. \*

Dietary restrictions (if any) \_\_\_\_\_

Cost: **\$175 per person.**

Amount enclosed \$ \_\_\_\_\_.

Make check payable to *Rachel's Vineyard of Pittsburgh* and mail with this completed form to:  
Toni Jester, P.O. Box 90273, Pittsburgh, PA 15224

Registration deadline: **May 10, 2019**

May 17-19, 2019

To register, complete and return  
the registration form with payment to:

**Toni Jester**  
**P.O.Box 90273**  
**Pittsburgh, PA 15224**

Not sure about attending?  
Still have questions?  
Feel free to contact Toni,  
retreat facilitator:  
412-352-5348  
toniafj1@comcast.net

*But now, this is what the Lord says,  
he who created you...*

*“Do not fear, for I have redeemed you;  
I have summoned you by name;  
you are mine. ...*

*For I am the Lord your God,  
the Holy One of Israel,  
your Savior; ...*

*Do not be afraid, for I am with you; ...  
Forget the former things;  
do not dwell on the past.*

*See, I am doing a new thing! ...  
I am making a way in the wilderness  
and streams in the wasteland...”*

*~Isaiah 43*

***“For I know well  
the plans I have in mind  
for you,  
says the Lord,  
'plans for your welfare,  
not for woe,  
plans to give you a future  
full of hope.’”***

*~Jeremiah 29:11*

# *Help* with *Healing*

## *Rachel's Vineyard*

a retreat for  
post-abortion healing  
and reconciliation

May 17– 19,  
2019