

# Stepping into Mercy

## A NEW BEGINNING

"I am no longer alone.

After 29 years of silence, shame, fear, regret, and pain I reached out. The Day of Prayer and Healing marked a new beginning in my life.

Being in the presence of other women who shared their experience of abortion,

I was lifted up and found the support I needed." - Eileen

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### Frequently asked questions about the Day of Prayer and Healing:

**What if I have never told anyone about my abortion, is it confidential?** The day is completely confidential. We do not discuss the day outside of the gathering. We ask all who participate to honor this confidentiality. It is a very safe and healing environment.

**What if I don't feel like sharing or talking with anyone?** That is completely fine. There is no pressure to speak. There is much to be gained by being part of a group and listening to others.

**What if I've had more than one abortion?** God's mercy is infinite and He never tires of forgiving us. Jesus said to St. Faustina, "The greater the sinner the greater right he has to my mercy." We stake our lives on the truth that God is merciful. He is a loving Father who never rejects anyone who comes to Him.

### Entering Canaan

#### Days of Prayer and Healing for Women

*(Developed by Theresa Bonopartis with the Sisters of Life)*

**If you would like to speak to a Sister, or find out more about our monthly Days of Prayer and Healing, contact the Sisters of Life at:**

866.575.0075 (toll free)  
hopeandhealing@sistersoflife.org

For men:  
877.586.4621 (toll free)  
Lumina@postabortionhelp.org

## Healing *after Abortion*

# Ocean of mercy

I want everyone to know that His mercy is much greater than our sins.

- Jeanine

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## FINDING HEALING

For two months I had been carrying around a crumpled Hope and Healing pamphlet I found at the back of the church and was finally ready to reach out. I emailed the Sisters, and mentioned that I had more than one abortion. I was received with such compassion, such mercy that, I knew I had come to the right place.

It was a freezing-cold January morning the day the retreat began. I kept asking the Blessed Mother to help me the whole way to the retreat center, and almost turned around three times. I walked up to the door and rang the bell, "Here goes nothing." The door opened and I was greeted by a Sister. She was so warm, welcoming, and without an ounce of judgment or ridicule.

As I walked into that chapel with the sun streaming in through the stained glass, I knelt down and let out a sigh of relief. I felt a warm blanket of love wrap around me as if I were home. I could have knelt there all day. For the first time in a very long time, I knew I was safe, and I knew this is where I belonged to be healed. - Carey

**The Sisters of Life walk in solidarity with those suffering after abortion on the journey of healing.**

### Where can I begin?

#### 1. Individual meetings:

We believe that God has a unique and beautiful plan of healing for each woman who contacts us. Many who are suffering alone experience great peace as they are able share their burdens with another. The Sisters are available to meet with women individually in person or over the phone as they walk through the journey of healing.

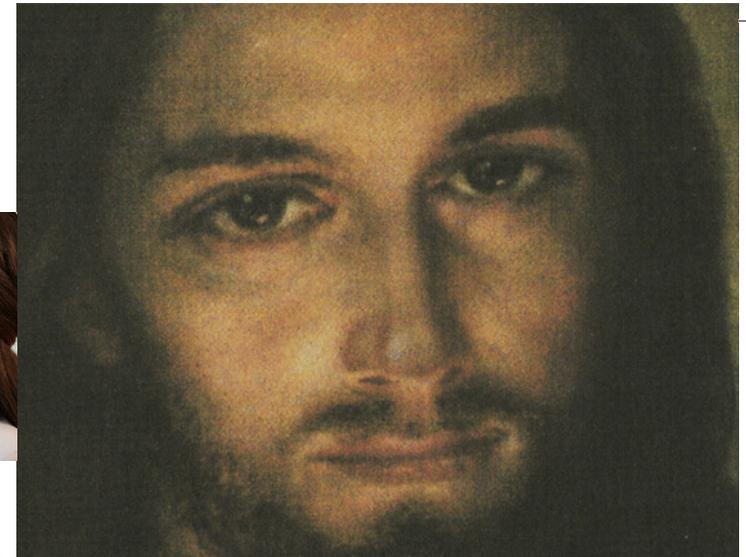


#### 2. Retreats:

The Sisters host monthly Days of Prayer and Healing, monthly Gatherings, and Hope and Healing Weekend Retreats. These events are opportunities to experience the loving mercy of God in a safe and sacred space.

All retreats are led by the Sisters of Life and women who have experienced both the suffering of abortion and the joy of healing in Christ. The retreats are directed by faithful priests who have a sensitivity and a heart for those who suffer. They include witnesses of mercy, Scripture sharing, personal prayer, opportunity for Sacramental Confession, and the Holy Sacrifice of the Mass.

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"For so long I defined myself by my abortions. It affected all my thinking. After the Day of Prayer and Healing everything changed. I learned that I am defined by God's infinite love for me."

- Eileen

**Sisters of Life at 866.575.0075 or  
hopeandhealing@sistersoflife.org**