Open Wide the Vineyard Doors
An Introduction to Rachel’s Vineyard Ministries

Rachel’s Vineyard
a Ministry of Priests for Life
Theresa Burke, MA PhD LPC NCP MEV
Kevin Burke, MSS/LSW/MEV
808 N. Henderson Rd.
King of Prussia, PA 19406
Phone: 610-354-0555
Fax: 610-354-0311
www.RachelsVineyard.org

Revised 2013
An Introduction to

Rachel’s Vineyard
A Ministry of Priests for Life

Rachel’s Vineyard Ministries
Theresa Burke, MA PhD LPC NCP MEV
Kevin Burke, MSS/LSW/MEV
808 N. Henderson Rd.
King of Prussia, PA 19406
Phone: 610-354-0555
Fax: 610-354-0311
www.RachelsVineyard.org

This introduction contains confidential and proprietary information, and may not be copied or distributed without the written permission of Rachel’s Vineyard Ministries.
# Table of Contents

## An Introduction to the Ministry
   - History & Motivation 4
   - Our Mission 5
   - The Impact of Rachel’s Vineyard 6
   - Timeline 7
   - Current Staff Composition 7
   - How Have We Grown? 8
   - A Closer Look at the Growth 9
   - The Role of Volunteers 10

## About the Program
   - Endorsements of Rachel’s Vineyard 11
   - Comments from Project Rachel Directors 14
   - Describing Our Ministry 16
   - Mending the Parent-Child Bond 17
   - Comments from Retreat Participants 18
   - Training, Education & Support 21
   - How Is Rachel’s Vineyard Unique? 22
   - Why Choose Rachel’s Vineyard? 23
   - Online Communities & Web-based Resources 25

## Leadership in the Vineyard
   - Our Governing Structure 27
   - Board Composition 27
   - The Directors of Rachel’s Vineyard 28
   - The Board of Rachel’s Vineyard 30

## Other Healing Organizations
   - Rachel’s Vineyard & Project Rachel:
     - An Important Distinction 32
   - Our Relationship with Other Organizations 32

## News Articles
   - Ministry Reaches Out 33
   - ‘Jesus What Have I Done’ 34
   - Ripe for the Healing Harvest 37

## Appendix
   - Frequently Asked Questions 40
   - Rachel’s Vineyard Outcome Study 42
   - 5-year Projection 46

## Retreat Sites
   - National Sites 47
   - International Sites 60
History & Motivation

Abortion can be experienced as a deep wound, tangled up with powerful feelings of abandonment, anger, powerlessness, shame, and loss. Since an abortion is often a carefully guarded secret, these painful feelings are usually buried away, where they can eventually cause other problems.

Repercussions from what may be experienced as a life-changing traumatic event can include eating disorders, relationship difficulties, reenactments in the form of repeat abortions or other damaging and painful behaviors, substance abuse, chronic or acute depression, suicidal thoughts and behaviors, and parenting difficulties. Post-abortive individuals may regard themselves as shameful and worthy of contempt. They may feel cut off from spiritual intimacy with God, or condemned to a life of intense regret and unending self-recrimination.

Most people who experience these feelings and symptoms never reveal them to anyone. They often fear harsh judgment from friends or clergy who are pro-life. They worry their feelings will be trivialized and dismissed by friends or therapists who are pro-choice. They fear that no-one can listen without turning their story and their feelings into a political football. If their feelings surface and are expressed, post-abortive individuals may anticipate that they will be mocked or shamed for their intensity. They feel, in short, that there is no safe place where they can open up, be vulnerable, and have their experiences and emotions validated with dignity, honor and respect. Sadly, these fears are often realistic.

Rachel’s Vineyard is a ministry that provides weekend retreat and support group models for spiritual and emotional healing after abortion. The curriculums were created and composed by Theresa Burke, Ph.D. and first published in 1993. Initially used as the basis of a 15-week support group, the program first began offering a weekend retreat in 1995 in the Philadelphia area. A post-abortion support group in Kansas heard of it in 1997, and invited Dr. Burke to come in, conduct a retreat there, and train their team. Through word of mouth only, the retreats began to spread because of their dramatic effectiveness.

Seventeen years later, in 2013, Rachel’s Vineyard ministry teams offered over 1,000 retreats in 49 states. Rachel’s Vineyard continues to expand internationally with retreats being conducted in over 70 countries and the retreat manual translated into French, Spanish, Portuguese, Russian, Italian, German, Polish, Chinese, Flemish, Korean, Japanese, Lithuanian, Slovakian, Czech, Albanian, English, Lebanese, Mandarin, Vietnamese, Ukrainian, Romanian, and Hungarian, translations are forthcoming.

In January 2004, Rachel’s Vineyard became its own independent non-profit organization. We are partnered with Priests for Life, who are assisting us to grow our organization to our next planned levels of development, as described in “Tending the Vine: Growing Rachel’s Vineyard in 2010 and Beyond”.

Open Wide the Vineyard Doors
Our Mission

Rachel’s Vineyard Ministries offers through its weekend retreat program a confidential, non-judgmental and supportive environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal and healing. It creates a place where they can share, often for the first time, their deepest feelings about their abortion experiences. They are able to dismantle toxic secrets in an environment of emotional and spiritual safety.

Participants who have been trapped in anger toward themselves or others experience forgiveness. Peace is found, lives are restored. A sense of hope and meaning for the future is finally rediscovered.

Our Goals

1. Providing the Rachel’s Vineyard treatment model to groups and organizations that minister to women and men after abortion. (A list of resources created by Rachel’s Vineyard is attached, see Appendix)
2. Training and supporting Rachel’s Vineyard teams and affiliates, educating others about post-abortion trauma and group facilitation using the Rachel’s Vineyard treatment model. (Clinical courses offered by Rachel’s Vineyard are attached, see Appendix)
3. Offering public clinical seminars to educate mental health professionals, clergy, hospitals, Diocesan workers and the general public about post-abortion trauma and healing, and also doing interviews, publishing articles, and creating public awareness through a variety of efforts.
4. Informing and updating information regarding upcoming Rachel’s Vineyard weekend retreats to the public through the internet, media contacts, newspaper and television.

A Unique Process

There are no other ministries which offer such a widely available post-abortion recovery program like ours—the successful weekend retreat program developed by Rachel’s Vineyard Ministries offers hope and healing to thousands of post-abortive men and women each year.

An Effective Ministry

An outcome study (see Appendix 3) with almost 250 participants rated the retreat program on a scale from –5 (harmful) to +5 (helpful). The average rating was 4.75, with no negative ratings.

Phenomenal Growth

Over the past ten years, Rachel’s Vineyard has grown from a single retreat in Pennsylvania to an international ministry with a presence in 48 states and 57 countries. This year, we will be holding over 1,000 retreats worldwide.
The Impact of Rachel’s Vineyard

Since 1995, over 5,500 retreats have been held. Conservative estimates show that more than 150,000 people have experienced healing through our ministry.

It is important to note that our estimate does not include all the people who have gone through the Rachel’s Vineyard support groups. Five thousand of these books have been distributed and each book is designed to allow others to lead weekly support groups.

Another conservative estimate would suggest that over the past 12 years, approximately 55,000 people have experienced the weekly support group model of Rachel’s Vineyard. Between our weekend retreats and the support group model, this would mean that at least 150,000 men and women have experienced healing through the ministries of Rachel’s Vineyard.
Timeline

1986  - Eating Disorder Group: identified need
1987  - Began therapy groups for abortion healing
   Established Center for Post-Abortion Healing and began developing
treatment models
1993  - Rachel’s Vineyard support group model published
1995  - First retreat held
1997  - Rachel’s Vineyard treatment program begins spreading outside of
   Philadelphia
   National & international trainings begin
1998  - 23 retreats held
1999  - First annual Rachel’s Vineyard Leadership Conference
   38 retreats held
   Rachel’s Vineyard Retreat Manual published
   Rachel’s Vineyard becomes a division of American Life League (ALL)
2000  - 69 retreats held
2001  - 88 retreats held
2002  - 133 retreats held
   Forbidden Grief is published
2003  - Rachel’s Vineyard becomes a ministry of Priests for Life
   Rachel’s Vineyard achieves 501c(3) status
   180 retreats held
2004  - 300+ retreats held
2006  - 450+ retreats held
   New program for healing after abuse, Grief to Grace, is launched
2007  - 525+ retreats held
2008  - 550+ retreats held
2009  - 650+ retreats held
2010  - 700+ retreats held
2011  - 750+ retreats held
2012  - 850+ retreats held
2013  - 1,000+ retreats estimated

Current Staff Composition

**Full Time Staff**
Theresa Burke  
*Founder & Executive Director*

Kevin Burke  
*Associate Director*

Katie D’Annunzio  
*Director of Operations*

Lairen Vogan  
*Administrative Asst.*

Estimated Volunteer Base:  
100,000 worldwide
How Have We Grown?

The actual program model for the Rachel’s Vineyard retreat has gone through very little change. The process outlined in the Rachel’s Vineyard retreat manual is very effective, and it continues to serve those suffering post-abortion trauma extremely well year after year. What has changed is that what was begun as a ministry for women has expanded into a treatment model which effectively treats post-abortion trauma in entire families, grandparents, men, couples, siblings, and abortion providers. Our client base continues to grow as our program proves effective for many underserved, suffering groups of people.

As our ministry has matured over the years, there has been a large focus on the development of our clinical training seminars and resources for the education of professionals serving in the field of mental health. Our site coordinator prepares and instructs prospective leaders about our application & licensing processes as they begin their own retreat sites. We have also developed an effective system for Rachel’s Vineyard Leadership Training, and continue to provide support and guidance for our sites. Our conferences offer networking and renewal opportunities for those who work in Rachel’s Vineyard as well as other post-abortion ministries.

We have also experienced the incredible growth and expansion of groups and organizations now offering the Rachel’s Vineyard program. This has resulted in the creation of a licensing agreement and registration process that ensures all our sites will offer the same highly effective program that has already helped so many people. In addition, it provides a direct line of contact between the national office and administration of Rachel’s Vineyard with all the retreat teams across the world. This continued communication not only ensures that sites get the support and guidance they need, but also that retreat team members will continue to be informed about updates and breakthroughs in the field of post-abortion trauma and healing.
A Closer Look at the Growth of Rachel’s Vineyard

Rachel's Vineyard National Growth

Rachel's Vineyard International Growth
The Role of Volunteers

**Worldwide Rachel’s Vineyard Team Makeup**

97.8% Volunteers  
2.2% Paid

There are 195 sites presently offering the Rachel’s Vineyard Retreat program. Each site has approximately 8 team members running the actual retreat, with approximately 15 more volunteers behind the scenes providing meals, sewing bereavement dolls, making welcome baskets, offering prayer support, helping with publicity, donating retreat materials, etc. That translates into approximately 1,560 individuals actively running weekend retreats, with an additional 2,925 working in the background. All of those team members and background helpers are volunteers.

84 of the 195 Rachel’s Vineyard retreat sites are run by a Diocese. 78 of the 195 sites are run by other sponsored and non-sponsored groups. Most of the Diocesan sites have one paid staff member of Catholic Charities, the Respect Life Office, or a Project Rachel director who holds a paid position to help coordinate Rachel’s Vineyard. The salary comes from the Catholic Diocese of the local hosting organization. This means that there are only approximately 84 paid individuals out of 4,485 total team members.

Many of our retreat site facilitators also function as training mentors for new sites. They contribute this valuable service on top of the work they already do to facilitate the Rachel’s Vineyard program in their area.

(These figures are based on statistics from the year 2010)
Endorsements for Rachel’s Vineyard

“The heart of Jesus is so tender, so full of love and compassion, so thirsting to love us and be loved by us. He has made our hearts for Himself and, as St. Augustine says, our hearts are restless until they rest in Him. I pray that all who use this book with the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace, and love. May Rachel’s Vineyard be an instrument of the thirst of Jesus to heal and restore life, the fullness of life which Jesus promises even now, to those seeking His peace.”

God bless you,
Mother Teresa of Calcutta

“The experience of healing leads one to an openness in faith and life that often draws those who are broken, back to the Church and the Christ who loves them. Rachel’s Vineyard is more of an experience than a book, as it leads its followers to a wholeness and completeness that can only be God’s gift.”

Father Michael Mannion
Author, Lecturer, Catholic University of America

“Rachel’s Vineyard is a unique weaving of spirituality and psychology. Participants are invited to experience God’s invitation to conversion by reverencing the mystery of their own lives, experiencing the gentle embrace of Jesus and the power and transforming grace of the sacraments. Rachel’s Vineyard calls each participant into the heart of God who passionately desires their wholeness and holiness, loving each as if they were the only one.”

Trish Schickert
Former Associate Director NOPARH

“I cannot think of another work of this kind so well done. A most difficult and painful human problem is engaged with faith, psychological insight and trust. Rachel’s Vineyard could be a model for those working with similar deeply wounding traumatic situations.”

Fr. Benedict J. Groeschel, CFR
Psychologist and Spiritual Writer

“I enthusiastically endorse the Rachel’s Vineyard Retreat process as a very effective outreach to those suffering after abortion.”

Archbishop John J. Myers of Newark
Endorsements for Rachel’s Vineyard

“Thank you for your outstanding work of healing the terrible effects of abortion. You’re presentation was very informative. I am amazed at the number of people who are receiving the benefits of your initiatives.”

Most Reverend Felipe J. Estevez of Miami

“I had the pleasure of attending a Rachel’s Vineyard Retreat several years ago. The power of the experience continues to have an impact on me. May God bless and reward your good work.”

Bishop Robert F. Vasa of Baker, OR

“Rachel’s Vineyard offers the power of faith and the reconciliation that only Jesus can bring. I am grateful for this ministry in the Diocese of Nelson and consider this ministry a vital part of our public commitment to the dignity and sacredness of human life.”

Bishop John Corriveau of Nelson, BC, Canada

“I am very pleased to express my gratitude to you for your continuing outstanding service to the Church and to God’s people. Your Rachel’s Vineyard Ministries has touched, healed and helped many people here in the Archdiocese or Oklahoma City.”

Most Reverend Eusebius J. Beltran of Oklahoma City

“Theresa and Kevin Burke understand that the abortion healing that they champion is necessary for our societal transformation and survival. The emotional wounds of fathers, mothers, siblings, grandparents, cousins and friends are too deep... The Burkes integrate therapeutic, clinical and pastoral information and answers in a truly sensitive, compassionate model.”

Michael Petrides
Catholic Charities, CT

Open Wide the Vineyard Doors 12
Endorsements for Rachel’s Vineyard

“Priests for Life, Rachel’s Vineyard and Silent No More Awareness are therefore such a blessing to the Church because they are able to bring to bring together in a remarkable way the three key elements needed to promote a culture of life: bringing out into the open the facts of abortion and its consequences, showing the mercy of Christ through healing and reconciliation and giving public witness to both the tragedy of abortion and the power of healing.”

Cardinal Schönborn, Archdiocese of Vienna Austria

“I encourage you in your efforts to assist women who have had an abortion and I look forward to your continued collaboration with the USCCB Office for Pro-Life Activities. May the Lord Jesus give you grace and strength in your service of life.”

Cardinal Justin Rigali of Philadelphia

“It is never easy for persons to return to a past traumatic experience and relive the events and all the hurtful memories associated with them. The program of Rachel’s Vineyard was such a healing experience for all who made themselves vulnerable to share their life stories. Parish priests and bishops look for ways to respond to the needs that people have for healing and reconciliation. Certainly, Rachel’s Vineyard is a wonderful response to those needs.”

Most Reverend David R. Choby of Nashville

We have heard wonderful testimonies about the healing power and grace our Lord has given many women and men suffering from the pain of an abortion. In Paraguay, we know that there is a tremendous need to provide this healing opportunity to our citizens.

Dra. Nestar de Stark
Exec. Secretary of the Pastoral of Life Archdiocese of Asuncion Paraguay
Comments from Project Rachel Directors

Please read through these comments from directors of the Project Rachel program about how Rachel’s Vineyard has helped them achieve their service goals in ministering to post-abortive women and men.

“Rachel’s Vineyard has completely revitalized our outreach! The floodgates are beginning to burst for the Project Rachel program. The number of clients served has increased dramatically since we started offering the Rachel’s Vineyard retreats. Comments from the Clinical Training we hosted included: ‘This was one of the best conferences I have attended since being ordained a priest 10 years ago’. And, ‘it was a great privilege to be here with this committed group of people. I learned so much’, Another wrote, ‘This conference was superior to any I can remember attending...profoundly moving and helpful; inspiringly real’.”

Paula Lang, LCSW
Catholic Charities, Portland Oregon

“At the end of Dr. Burke’s day with us in Portland, Maine, I could see a clear path for creating a wide and equipped network for post-abortion healing, whereas before I had no idea how to realistically accomplish that. I also learned that there is a tremendous need for this work and that people will respond—both those who seek healing and those who want to minister but have not known how.”

Jeanne Bull
Catholic Charities, Maine—Birthline & Project Rachel

“If I could say only one thing about the benefit of Rachel’s Vineyard clinical training for our post-abortion ministry, it is that it blended the clinical and spiritual elements of this problem, and of our resources, to focus on the healing of wounds, reconciliation and the power of God’s unconditional love. The seminar was grounded, realistic, and illuminating.”

Denise Rowenski, MSSW, LCSW
Clinical Supervisor of the Adult and Family Services Office
Catholic Social Services, Wilkes-Barre Pennsylvania

“I am so thankful for your hearing the Holy Spirit’s call to design this retreat. I am thrilled that such a program is available for the Project Rachel office to use in the Diocese of St. Petersburg. It is definitely a way to share God’s unconditional love and mercy for the post-abortive individual. I would encourage other dioceses to include this retreat as part of their Project Rachel Ministry.”

Emma Boe
Project Rachel Director
Catholic Charities, St. Petersburg Florida
“I have been very impressed by the work you have done with explaining Rachel’s Vineyard and even more impressed by the weekend experience I have taken part in. I know many priests who want to be part of this ministry because of the desperate need and its great effectiveness.”

Msgr. Richard McGinness, Ph.D.
Director Respect Life, Archdiocese of Newark

“Our Archdiocesan Project Rachel program has completely transformed since the clinical training and Rachel’s Vineyard retreats began. Our program previously consisted of a one-on-one session with a counselor, and referral to a priest. But the retreat model shed new light on how to help these men and women accept the healing that Jesus Christ, through the Sacraments, has for each of us. The format of Living Scripture exercises and rituals for grief work brings to fruition the healing that these women and men have been seeking. The support of the team is clearly what Jesus had in mind when he told the others to untie Lazarus after he called him forth from the tomb. Rachel’s Vineyard Ministry is truly a gift from the Holy Spirit to the Church.”

Susan Lepak
Family Life Office, Archdiocese of Oklahoma City

“On just the first night of the Rachel’s Vineyard retreat, we had accomplished more healing than I had been able to do seeing a client in individual therapy for six months! Rachel’s Vineyard is the most comprehensive and effective model for post-abortion evangelization and healing I have ever witnessed.”

Fr. Blair Raum, Ph.D.
Former National Director for Project Rachel, Archdiocese of Baltimore
Describing Our Ministry

What is the treatment model?
1. The Rachel’s Vineyard treatment model has been established as an empirically validated treatment with long term benefits. Other organizations providing post-abortion care have also achieved positive results by following the Rachel’s Vineyard Manual.
2. The program is a sensory-based experience. Recent research has shown that trauma victims respond best to a sensory-based treatment model rather than talk therapy.
3. Rachel’s Vineyard retreat weekends are specifically designed to facilitate grief work. We recognize that grief must be emptied before there is room for the grace of reconciliation, and the peace of healing.

Who do we serve?
The Rachel’s Vineyard treatment model is designed to minister to women, men, and couples who are the mothers, fathers, grandparents, and siblings of aborted children. The program is also appropriate for abortion providers.

Our current outreach...
1. The Rachel’s Vineyard toll-free national hotline (1-877-HOPE-4-ME) receives up to 400 calls per month, and functions 18 hours a day, 7 days a week.
2. Our website, www.RachelsVineyard.org, averages well over a million hits a year. The website is a resource for those seeking healing. There is also a “Leader” section which trained members have access to after they have received appropriate training in the ministry.
3. Our monthly newsletter is called “Vine and Branches”. Past issues are available on our website. You can subscribe by contacting newsletter@rachelsvineyard.org. The newsletter lists all upcoming retreats and training opportunities.
Our client outreach, pre & post retreat...
1. We supervise a large group of e-mail buddies through our website. The men, women, professionals, and clergy who serve as ‘E-Buddies’ provide supportive services before and after retreats via e-mail.
2. Rachel’s Vineyard Ministries publishes a monthly aftercare newsletter called “Oaktrees”, written for alumni of Rachel’s Vineyard retreats. They are invited to attend national alumni retreats, pilgrimages, and other events as well as providing resources for ongoing spiritual development and healing.
3. We provide support group models and recommendations for various aftercare programs, topics, and exercises.

Education and training offered by RVM
1. Rachel’s Vineyard has a very active and growing mentorship program that helps new sites get started, offering them training, support, and planning assistance.
2. Clinical and regional trainings are offered throughout the United States and abroad that allow retreat team members to hone their skills, and increase their ability to facilitate retreats.

Mending the Parent-Child Bond

Our ministry’s first focus is on healing *women* and *men* affected by abortion. First priority is given to healing the parent-child bond that has been broken.

The journey toward healing occurs through a weekend retreat that is conducted from a Friday evening until a Sunday afternoon during which time participants can:

- Receive dedicated mental, spiritual, and emotional healing services provided by the priests, psychologists, psychotherapists, social servants and laypeople who are all well trained and versed in supporting women and men traumatized by abortion.
- Participate in spiritually guided meditations and scripture readings, interactive role plays, and group sharing.
Comments from Retreat Participants

“Rachel’s Vineyard went far beyond anything I could imagine. It was an incredible journey from grief to joy. The Living Scripture exercises brought depth and meaning to our experiences. I felt like God was very much in our midst. Rachel’s Vineyard was a long awaited answer to years of prayer and immense need.”

“No words can explain the healing that I experienced on this weekend retreat. The retreat filled an area of my life with love and gentleness that was war-torn, raw and bleeding. God’s mercy and love was behind this retreat. He can make all things possible—hope, love, faith, life—where there was searing grief, pain, and desolation. Although this retreat was full of love, the conductors did not back away from reaching into the painful areas of our lives and beings. It was so important for us to dig deep and release the pain and the skeletons of the past. I believe this made room for God to fill that room with genuine love for lost children, family, friends, and especially ourselves.”

“It is the best thing that ever happened to me. It is totally inspired by God and I am grateful to have been brought so intensely from the pain into the light. This is not a human endeavor. Only God can do this!”

“The retreat was the most powerful healing experience I have ever had. The spiritual and psychological healing was immeasurable. It was a wonderful feeling of release and sharing. I felt so safe in sharing my experience and emotions. The Living Scriptures helped me to feel God’s presence in a way I had never known. This was exactly what I needed. Each person that was there was brought for a reason and touched me in some way. It was very meaningful for me to share my experiences in a warm, safe, loving environment where I did not feel like I was being judged.”

“At the end of the retreat, I felt RELIEF AND HOPE! Release from the feeling of terrible unworthiness and hopelessness. It was incredible to see that so many others felt the same way and gathered their courage to come on the retreat.”

“This has been one of the most memorable and wonderful personal events in my life. Had I not been here and participated, I would still be a wandering soul without purpose. Now I am on my new journey to peace and being filled with the Holy Spirit. I found most meaningful that God is truly forgiving, therefore, I can forgive myself. Also, all of our babies are God’s creations and are happy in their eternal life in Heaven waiting to be re-united with their mothers.”
“It is a wonderfully draining but also rejuvenating experience! I feel a renewed sense of faith. Knowing and seeing these babies that are happy with the Lord was very meaningful to me. The retreat renewed my Catholic beliefs which I had been moving away from.”

“This retreat has been a life-changing and spiritual awakening for me. It allowed me to come in touch with past losses and grief. I feel that any woman who has had an abortion should come to Rachel’s Vineyard safe haven to experience healing and forgiveness. It was very meaningful to be able to meet people who understand my pain and losses. Everyone was so warm, loving, accepting.”

“This retreat has been a very important rebirth in the spirit for me. It was so wonderful to be able to finally share my deep dark secrets with others who were open and accepting. The Holy Spirit was truly at work here this weekend. I found the most meaningful experience on Sunday night at the time of pouring our hearts to the Lord, naming my children and the prayer of Baptismal intent. The handing of my children to the Lord felt like I gave the burden of the ‘rock’ to Jesus.”

“The program was excellent in achieving its objective of re-enacting the ‘PASSOVER’ and a celebration of life, death, and resurrection, thus giving participants a sense of wholeness again after a fragmented existence. I was truly amazed by the growth and transformation that I experienced in myself and others. The entire experience was enormously enriching.”

“The retreat was an experience of opening, relieving, comforting, and affirming of God’s loving forgiveness. A much-needed tool for lost souls to find the path back to a healthy life in Christ and in their everyday world. I found most meaningful on the retreat the sensitivity of the retreat team, total and unconditional acceptance, the numerous prayer exercises and life experiences shared through them—all to the same ultimate end: that of cleansing of guilt and freeing of spirit to be able to appreciate God’s life-giving gifts.”

“It was a very enlightening and draining experience at the same time. Facing and dealing with the past is hard, especially when there is guilt and shame involved. The Holy Spirit re-enlightening my life is a wonderful gift I hope to carry with me always. My Father’s love was brought back to me.”

“Very well done. All exercises, scripture readings, and rituals give the opportunity to listen, to see, and to feel the depth of our experience with abortion. Having past retreatants attend is a great thing for them and for us. For me, being in a supportive atmosphere, professionally couched and speaking out loud, made the steps of grief real, something to identify in contrast to a feeling of being in limbo.”

“The retreat is life-saving, sustaining, renewing, and reinforcing. It is an occasion to meet a particular need for possibly desperate situations, or those in lingering, growing pain who cannot find any other answer or source of consolation. These needs are met here in most effective ways, and because of the bonding to each other and the bonding with the Holy Spirit, the group will remain part of one’s identity.”
“I have been through 14 years of therapy and anti-depressants. I’ve confessed my abortion a hundred times. Just when I thought I could take the pain no longer, I found Rachel’s Vineyard. This weekend literally saved my life.”

“My impression was wonderful and I am truly grateful for the opportunity to experience this journey with other women in the same situation. I don’t feel alone or unworthy anymore. I found sharing our stories and also meditating on our feelings was a beautiful way of releasing my guilt and sadness. I feel that I have let go of so much anger.”

“I hesitated in coming because I knew it was going to be intense and I wasn’t 100% committed to all the religious concepts (or at least I was leery of them until I could see them with my own eyes.) The Rachel’s Vineyard retreat far surpassed all my expectations. I have never witnessed so much healing and relief from anything else I have experienced or observed.”

“Rachel’s Vineyard is a gift, directly, in every detail, personalized from Father God, Jesus my Lord and at last, indwelling of the Holy Spirit. I feel his presence within me now for the first time in my life, actually. Rachel’s Vineyard has diversified content and the very beautiful processing of emotions—especially for self-condemnation. There was an opportunity for self-paced unfolding and personal growth at my own speed. This retreat provides the ultimate opportunity for the Holy Spirit to at last be personally real. A great healing has come to me spiritually, physically, and emotionally.”

“Rachel’s Vineyard is a new concept and will revolutionize retreat work. It is very healing at a depth in our souls that can only be reached by the empowerment of the Holy Spirit. The entire retreat is a flowing movement of the Spirit. The depth of healing that took place was awesome!”

“The support on this retreat is tremendous! The gifts of love, peace, joy, and acceptance were awesome. The rituals were so perfect. I appreciated time alone with the Blessed Sacrament and the opportunity to respond as individuals and as a group to the Holy Spirit leading, guiding us through the Living Scripture exercises.”

“I loved it because I was able to get issues out that were unresolved. I feel so calm and at peace with myself. I found the sharing of our lives and the opportunity to release our anger as very important for me.”

“I feel relieved to know that I am not the only soul suffering in such deep sorrow after my abortion. Being with others in pain has helped me tremendously. Rachel’s Vineyard is a life-changing event. I am so happy I came. I have needed this for such a long time. I am so grateful that it is available. This weekend has also helped me in so many other areas of my life.”
Training, Education & Support

There are a wide array of services that Rachel’s Vineyard provides, not only to train and prepare our retreat teams to offer our treatment program, but also to share knowledge about post-abortion trauma to the general public. (Please refer to the Appendix for our current course catalog)

Many of our clinics and trainings are open to non-affiliated mental health professionals, clergy, and laypeople who simply have an interest in helping women and men who are suffering after the pain of abortion. Here is a listing of these provided programs:

- We provide one and two day Clinical Trainings for clergy, professionals, and lay volunteers. The training typically awards 6+ continuing education credits for professionals of various specialties (i.e. nursing, social workers, doctors, etc.). We also offer two-day Regional Trainings in different locations throughout the year.
- Every year, Rachel’s Vineyard Ministries holds a four-day multi-track Leadership Conference for team members, facilitators, and coordinators from all over the world. This event is designed to bring our ‘laborers in the vineyard’ together to learn, share and support each other as they continue to serve men and women suffering from post-abortion trauma. The annual training conference is followed by a two-day spiritual retreat, “Come Aside and Rest Awhile”, for renewal and refreshment.
- Classes offered at our Leadership Conference, Regional Trainings, and Clinical Trainings are also selectively available for purchase by anyone who is unable to attend a training or seminar in person.
- In the past we have provided Tele-Seminars on a variety of topics related to post-abortion ministry to all those who serve on retreat teams.

   Topics of tele-seminars:
   - General Topics
     - Men and Abortion
     - Non Post-Abortive Persons on Retreat
     - E-Buddy Support Network
     - Hotline & Intake
   - Building Leadership Teams
     - Spotting a New Leader
     - How to Attract Volunteers
     - Before You Remove a Leader
     - 3 Positions on a Winning Team
     - Turning Committees into Communities
     - Recruiting Team Players
     - Qualities of a Winning Leadership Team
     - Becoming a Mentoring Leader
     - Am I Ready to Lead?

- Rachel’s Vineyard Ministries provides Consultation and Clinical Supervision for anyone in the ministry who needs to discuss any problem or client situation. This is a very important and large part of our work at the national office, in addition to clinical training conferences to lend support to those in the ministry. We assist with problem solving and defining protocols, empowering and enabling our leaders to have effective and stable retreat teams.
- We also monitor an active international Leadership E-Mail Group for all those who lead retreat teams. The leadership group presently converses with leaders who engage in daily enlightening discussion covering a wide range of topics related to post-abortion ministry throughout the world.
- We continue to develop post-abortion resources, books, videos, television and radio programs, aftercare curriculums and review other published materials from related organizations for those interested and involved in our ministry.
How Is Rachel’s Vineyard Unique?

Rachel’s Vineyard is a unique and groundbreaking non-profit service organization and faith-based ministry that helps women, men, and the people they love, to experience real healing from the wounds and trauma suffered in the aftermath of abortion. We operate as a resource that equips those who wish to do effective post-abortion ministry with an empirically validated treatment model and numerous opportunities for education and training.

The book, *Forbidden Grief*, written by Theresa Burke, Ph.D. in collaboration with David C. Reardon, Ph.D., was published in 2002 and serves as a testament and reference document that both chronicles the experiences and after-effects of abortion for women and men, and details the innovative and wholeness-centered approach that Theresa has developed to serve and support real healing for post-abortive people.

**We are growing more rapidly than any other program for healing.**
Rachel’s Vineyard works. People are so profoundly transformed by their experience of healing in Rachel’s Vineyard that they become the leaven to get it going in other places. It is growing because it is so effective. It is growing because those who have been helped by it claim that it had the deepest positive and healing impact on their lives.

**The Rachel’s Vineyard process facilitates a deep release of grief.**
The format also considers the common client histories such as sexual abuse and other relational problems. We believe that abortion is a relational issue, and therefore the healing process should, when possible, include others who are part of the individual’s support system.

**Rachel’s Vineyard has been established as an empirically validated treatment.**
We know that this process benefits our clients. Different service providers who are offering the Rachel’s Vineyard program can replicate the positive results. We are not aware of another program that has done these outcome studies on large numbers of participants. A copy of one outcome study is in the appendix of this document.

**Our program is a sensory based experience.**
We are not aware of another program using this approach. Developed by Theresa Burke, it fully integrates psychology with spirituality. The program incorporates dynamics of gestalt, role play, re-enactment of Living Scripture exercises, rituals, discussion, meditation, music and stimulation of all the senses. Research has shown that trauma victims respond best to a sensory-based treatment model. Recent research suggests that “talk therapy” is not curative for victims of trauma and especially PTSD. This is because trauma impacts memory and the ability to narrate one’s story. Dissociation, amnesia and hyperamnesia are common. Individuals in Rachel’s Vineyard have an opportunity to express themselves through the power of numerous rituals, meditations on the loving images of God and the experience of His care through community. Rachel’s Vineyard is not a place where people are proselytized or preached at.
Since abortion deeply wounds women and men on many levels (physically, psychologically and spiritually), the effects mirror the symptoms of post-traumatic stress. Rachel’s Vineyard provides a first-in-kind multi-sensory treatment and recovery program that focuses on rebuilding a sense of “wholeness” lost to women and men who have made such a heart, soul, and life shattering decision.

Rachel’s Vineyard is a unique combination of psychological and spiritual techniques to facilitate grief and reconciliation with one’s self, one’s aborted child(ren), with God and others who were involved in the abortion experience.

Why Choose Rachel’s Vineyard?

**Individual counseling is not always cost effective**

Therapists must be paid and the process may last for many sessions and even years. Many people tell us that years of therapy did not help them the way that Rachel’s Vineyard was able to restore peace and forgiveness. We are not saying that there is not a value in supportive counseling—we see the retreat as complimentary to other services provided by post-abortion outreach groups. However, we very much believe that the group retreat process has many advantages to the one-on-one approach by itself. The ability to replicate the retreat process ensures quality control and effective treatment.

With Rachel’s Vineyard, we have accomplished an incredible amount on a very small budget. Thousands of lives have been renewed, their hope has been restored, and families are being healed. Anger and isolation have been transformed into love and connection. Marital covenants on the brink of destruction are reconciled, and children can feel the love of a mother who may have been emotionally distant, depressed, and engaging in self-destructive behaviors. The retreat experience has been described as an event that “frees a mother’s heart to love her children.” Like a stone causing a ripple in a pond, the impact Rachel’s Vineyard is having is far-reaching and profound. Hundreds of men and women have returned to the church and countless numbers have converted to the Catholic faith as a result of the healing they experienced in Rachel’s Vineyard.
Breaking down barriers
The group format encourages an end to the isolation and secrets that may be experienced with family members of the post-abortive person. This helps to avoid re-creating aspects of their original trauma by going away, once again, in secret to deal with their problem alone and without the love and support of family members.

The process accomplishes the fundamental keys for recovery:
- Establishing safety in a loving and accepting community
- Reconstructing the trauma story
- Restoring the connection between survivors and the community
- Finding meaning of present symptoms in light of past events
- Transforming a horrible trauma into something that can have meaning and purpose

Healing as a group—why the process works
To hold traumatic reality in consciousness requires a social context which affirms and protects the victim; joins victim and witness in common alliance. A social context is created by relationships with friends, partners, and families who are all invited to join them on their journey for healing. The Rachel’s Vineyard process thereby dismantles the toxic secret, ends the isolation and brings a coalition of support to the suffering victim.

Many graduates of the Rachel’s Vineyard program go on to become active public speakers who share their stories in schools, churches, colleges and interest groups. Many of the alumni of Rachel’s Vineyard are involved with groups like the Silent No More Awareness Campaign and Operation Outcry. After they are freed from shame and guilt, they are capable of sharing their stories and breaking the taboo of abortion silence and secrecy. Healing helps to normalize the pain and empowers people to talk about it and seek recovery.

Rachel’s Vineyard is the only widely available program that services families, parents and daughters, husbands and wives and even abortion providers through a deeply rooted spiritual community process which is based in sound psychology and a solid understanding of trauma.

A uniform standard of care
Those post-abortion ministries that rely solely on individual counseling do not have an empirically validated model for treatment. Many have no model for treatment at all. Benefits to the client vary greatly depending on the priest or professional counselor’s individual competence and experience, as well as their degree of comfort with this subject. As we know, many post-abortive persons do not find the support they need from people who are neither equipped nor comfortable to deal with this problem. In Rachel’s Vineyard, there is a consistent standard of care at every site. There is follow-up after the retreat, and ongoing resources for healing provided for those who seek them.

A network of post-abortion resources for clients and volunteers
We are the only organization that provides daily dialogue and training opportunities through our leadership e-group, publications, conferences and tele-seminars. This is the only organization networked to share ideas, opinions, suggestions, feedback and support internationally.
Rachel’s Vineyard
Online Communities

Website
Our website offers several resources that can be very useful for women and men looking for help after an abortion. We have several ways that an individual can contact us: email, ask the experts, online forums, and phone numbers for our hotline and each of our sites. The Ask the Experts sections is the newest method of communication and has been a very useful tool. Individuals can browse questions or ask their own under categories such as: relationships, legal, mental health, men, spiritual, grief and loss, abuse, the Rachel’s Vineyard retreat experience and several others. We also have plenty of information to help people get a better understanding of post-abortion trauma and the mission of Rachel’s Vineyard.

You can view our website at: www.rachelsvineyard.org

Companions on the Journey - Rachel’s Vineyard Alumni Aftercare Group - This group is for those who are post-abortive and have completed a Rachel’s Vineyard retreat and would like to join a cyber-community for ongoing discussion, encouragement, support and sharing of resources as they continue in their healing journey.

The Rachel’s Vineyard Leadership Community - This online group is for those who are facilitating the Rachel’s Vineyard retreats throughout the world. It is composed of counselors, lay ministers, those who have had abortions, psychologists, psychiatrists and helpers who are involved in leadership roles for the Rachel’s Vineyard retreats. This group allows those in leadership to consult with another and to share experience and knowledge related to running retreats.

You can find both online communities here: http://pfl-rv.org/default.aspx
Rachel’s Vineyard
Web-based Resources

Rachel’s Vineyard Facebook Fan Page
Rachel’s Vineyard joined the world of Facebook during the summer of 2009 with the creation of our Fan Page. Since then we have accumulated over 1,600 fans with new people joining everyday! It is a great way for the ministry to promote upcoming retreats, reach people with our newsletter and other resources and promote our training events and conferences. It also gives people a chance to learn more about our ministry and meet others who are already involved or looking to get involved. We post our newsletter and list of upcoming retreats each month, report all trips and post a trip overview afterward and post links and articles we feel support and reaffirm the mission of Rachel’s Vineyard.

You can view our fan page at: www.facebook.com/rachelvineyard

Rachel’s Vineyard Facebook Cause
At the very end of 2009, our Facebook Cause was officially created. In 2010, we worked hard to recruit almost 900 members. Like with our fan page, we are able to provide people with information about our ministry and with the cause we are able to give them a way to support us. They can invite friends and family to join and help spread our message as well as give a monetary donation online. So far our cause has raised $2,250!

You can view our cause at: www.causes.com/rachelsvineyard

Newsletter: Vine and Branches
Our newsletter, Vine and Branches, goes out on the first of each month. It highlights news from our international office or around the vineyard, honors or awards received by our volunteers, articles written about post-abortion trauma and healing or Rachel’s Vineyard, book reviews, and any other information or resources that would be useful for people involved with post-abortion or pro-life ministry. We send it out via email and also post it to our website for anyone to access. Also, old issues are available in an archive on our website.

You can view our newsletter archive at: www.rachelsvineyard.org/resources/vine-branches.htm

Youtube Channel
This year, we began posting weekly videos to the Rachel’s Vineyard Channel on Youtube. We are able to reach the millions of people who cruise youtube each day with inspirational and educational messages about abortion trauma and healing. These videos are a wonderful way to equip people with a resource they can quickly share with friends and family in need of healing by emailing or posting the link. The videos feature Kevin and Theresa Burke, founders and Rachel’s Vineyard, Fr. Frank Pavone, Pastoral Director for Rachel’s Vineyard and other supporters of our ministry.

You can view our channel at: www.youtube.com/user/rachelsvineyard
Our board was created three years ago when Rachel’s Vineyard became an independent 501c(3). It consists of 3 people: Fr. Frank Pavone, Anthony DeStefano, and Guido Fetta.

The Executive Director is Theresa Burke, with the Associate Director Kevin Burke offering additional support.

Our advisory board consists of Susan Fetta, Michelle Krystofik and John Krystofik. There are dozens of other gifted people who are willing to serve as consultants for Rachel’s Vineyard, and do so on a purely volunteer basis.
Dr. Theresa Burke is the Founder of Rachel’s Vineyard – the largest post abortion ministry in the world. Her healing programs offer a unique sensory based treatment which integrates emotional, psychological and spiritual dimensions. The healing journey uses creative “Living Scripture Exercises,” and rituals which engage the mind, body, and soul. The Living Scriptures coupled with group activities, prayer, therapeutic facilitation, cognitive restructuring and discussions offer an effective process for grief work grounded in Jesus Christ and the Word of God. This distinct program provides an exceptional and effective recovery process for victims of trauma and those who have spent years in talk therapy, but still struggle to move beyond their traumatic experience. Since 1993, the Rachel’s Vineyard model has spread to 49 states and to over 70 countries. The Rachel’s Vineyard retreat is currently offered in 22 languages, with other translations in progress. Rachel’s Vineyard is a ministry of Priests for Life/Gospel of Life Ministries.

Theresa has facilitated the Rachel’s Vineyard weekend for women and men throughout the country, training retreat teams in the method and process. She has lectured and trained professionals internationally on the subject of post-abortion trauma and healing. Her books include Forbidden Grief - The Unspoken Pain of Abortion with David C. Reardon (Acorn Books), The Contraception of Grief – The Genesis of Anguish Conceived by Abortifacients and Sterilization and Sharing the Heart of Christ, with Kevin Burke. Forbidden Grief is also available in Spanish, Duelo Prohibido: El Dolor No Expresado del Aborto and Russian, Запрещенные слезы. О чем не рассказывают женщины после абORTA.

Theresa also developed a five day program for healing sexual abuse entitled – Grief to Grace – Reclaiming the Gift of Human Dignity. This program has been used to address all forms of abuse, including sexual abuse from clergy and religious. Professionally crafted and doctrinally sound, Grief to Grace provides professional therapeutic staff and all treatment is based on a firm Christian foundation as well as sound medical and psychological principles and a perceptive understanding of trauma. Her treatment programs are considered an intensive and uninterrupted “therapy for the soul.” Theresa’s latest treatment model addresses the spiritual and psychological trauma suffered by combat veterans. The program is entitled Duty To Heal – Finding Peace for a Soldiers Heart. Future plans are also on way for two additional healing programs: Genesis After Genocide, a program for psychological and spiritual reconciliation and healing due to the trauma of genocide, terrorism, and civil war; and Soul Care to Restore the Foundation of Your Spirit: An Integrated Psychological and Spiritual Sensory Based Treatment for Medical Trauma for those who have suffered with trauma from cancer treatments, surgical procedures, and other traumatic illnesses.

Theresa serves as a Pastoral Associate of Priests for Life and for the newly formed Apostolic Society, Missionaries of the Gospel of Life. She recently presented as an expert for the 2011 Pontifical Academy of Life’s General Assembly. Her topic was The Aftermath of Abortion: Data from Scientific Literature.

Theresa’s counseling work has focused on women’s issues, bereavement, pregnancy loss, sexual abuse, eating disorders and anxiety management. She is the co-administrator and founder of Covenant Family Resources, a licensed Children and Youth Agency which supports couples as they build families through adoption. Theresa and her husband ran Mother’s Home, a crisis pregnancy residence, which provided housing and computer job training for women in crisis pregnancy and their children.

Theresa holds an undergraduate degree in English Communications with a concentration in social work. Theresa went on to Immaculata University to earn an M.A. and Ph.D. in Counseling Psychology. She is a Nationally Certified Psychologist, a Certified Diplomat of the American Psychotherapy Association, a Licensed Professional Counselor, a Board Certified Clinical Psychotherapist, and a Diplomat of the American Board of Forensic Counselors. She holds membership in the Society for Catholic Social Scientists and the American Association of Christian Counselors. Theresa is the proud mother of five children.
Kevin Burke, MSS/LSW/MEV
Associate Director

Kevin Burke is a licensed social worker, Co-Founder of Rachel’s Vineyard Ministries and a Pastoral Associate of Priests For Life. He is a graduate of The Bryn Mawr Graduate School of Social Work. Kevin’s presentations address the effects of abortion on men, couples and families and effective post abortion ministry for Clergy and Counselors.

The Rachel’s Vineyard™ support group and retreat models are now offered in 48 states. The international outreach of Rachel’s Vineyard is now growing in 25 countries with translations in progress for Japan and Korea. Over 700 retreats are held annually worldwide.

Kevin is the co-author of Redeeming A Father’s Heart: Men Share Powerful Stories of Abortion Loss and Recovery and Sharing The Heart of Christ: Safe and Effective Post Abortion Ministry for Clergy and Counselors co-authored with his wife Theresa Burke and Fr Frank Pavone.

Kevin and Theresa are authors of Grief to Grace-A Retreat for Healing the Wounds of Sexual Abuse and Contemplating the Shroud: Meditations on the Passion and Resurrection of Jesus (Pauline Books and Media). He has contributed to and authored articles on post-abortion healing. Kevin participates regularly in radio interviews, has been a guest on EWTN and Fr. Frank Pavone’s program “Gospel of Life” on the Sky Angel Network.

Kevin formerly served as the administrator of Mother’s Home, a crisis pregnancy residence that provides housing, computer job training and programs for women and their children. Kevin also worked as a clinical social work supervisor for Catholic Social Services in Philadelphia.

Kevin and his wife Theresa have worked together in marriage and family counseling and established Covenant Family Resources, a licensed children and youth agency that supports couples as they build families through adoption. They also spent 15 years working in youth ministry. Their development of high school retreats and youth programs earned them the "Apostle to Youth Award," which recognized their contribution to the spiritual growth of the teenagers in Philadelphia.

Kevin greatest blessing is his wife Theresa and their 5 wonderful children.
Fr. Frank Pavone was born in Port Chester, New York and has been active in the pro-life movement since 1976. He was ordained a priest of the Archdiocese of New York by Cardinal John O’Connor in 1988. In 1993, with the permission of Cardinal O’Connor, he became National Director of Priests for Life. In this full time position, he has traveled to all of the fifty states and to five continents, preaching and teaching against abortion and helping to train the clergy to be effective ministers of forgiveness and healing after abortion. He has produced numerous television and radio programs, articles on post-abortion healing, and has collaborated with the top national and world experts in the field.

Fr. Frank is the founder of the Missionaries of the Gospel of Life, an association in which laity can profess special promises to live pro-life spirituality. He is a priest of the Amarillo diocese.

Fr. Pavone was asked by Mother Theresa to address the clergy of India on post-abortion healing. He has also addressed the pro-life caucus of the United States House of Representatives on this topic. As a special aspect of post-abortion healing, Fr. Pavone has ministered worldwide to the “Centurions”, an international association of former abortionists seeking forgiveness and healing. He has been a spiritual guide to Norma McCorvey, the “Jane Roe” of the Supreme Court’s abortion decision Roe Vs. Wade, who called Fr. Pavone ‘the catalyst that brought me into the Catholic Church’.

Fr. Pavone serves as national Pastoral Director and Chairman of the Board of Rachel’s Vineyard, the International retreat program for post-abortion healing, developed by Dr. Theresa Burke. He also serves as national Pastoral Director of the Silent No More Awareness Campaign, which promotes healing programs and provides women an opportunity to publicly say, “I Regret My Abortion”. He has likewise helped to develop and advise many national and local abortion recovery programs.

In 1997 he was asked by the Vatican to help coordinate and promote post-abortion healing throughout the world as an official of the Pontifical Council for the Family. Among his many writings on post-abortion healing is the booklet, Rachel, Weep No More: How Divine Mercy Heals the Effects of Abortion. In 1999, the Daily Catholic named Fr. Pavone among the Top 100 Catholics of the Century. He also serves Dr. James Dobson’s Focus on the Family Institute. He is the recipient, for the year 2001, of the Proudly Pro-Life Award of the National Right to Life Committee. In 2002, the National Memorial for the Unborn awarded Fr. Frank the Life Hero Award for “appreciation of his compassionate leadership in advanced post-abortion healing”.

Fr. Pavone was elected to be the President of the National Pro-Life Religious Council, a coalition of groups from many different denominations working to end abortion and bring healing.
The Board of Rachel’s Vineyard

Anthony DeStefano - Secretary Treasurer

Anthony DeStefano is the Vice-Chairman of Priests for Life, a non-profit religious organization based in New York, as well as the president of various for-profit companies. He is a member of the National Religious Broadcasters Organization (NRB), the Royal Institute of Philosophy, in London, and was recently elected a member of the prestigious International Institute for Strategic Studies (IISS), also based in the United Kingdom.

Anthony has a diverse background in business and media. After attending Stuyvesant High School in New York City he obtained a degree in Philosophy/Theology summa cum laude from St. John’s University. He then became President of Fulton Electronics Corp., managing a chain of electronics retail outlets in New York City. He also worked for two years as an op-ed columnist for the Staten Island Advance. Recently, Anthony signed a two-book deal with Doubleday Books, as well as Random House Audio, Transworld Publishers in the United Kingdom and a host of other major publishing houses in Europe, Asia and South America. His books include A Travel Guide to Heaven and Ten Prayers God Will Always Say Yes To.

Anthony has received many awards and honors from a variety of religious communities. In 2002, he was given an honorary Doctorate from the Joint Academic Commission of the National Clergy Council and the Methodist Episcopal Church for "the advancement of Christian beliefs in modern culture." The commission is made up of outstanding Evangelical, Orthodox and Protestant theologians and educators. In 2003, he was made a Knight of the Sovereign Military Order of Malta—the oldest existing Order in the Catholic Church. In the same year, he was awarded the "Defender of Israel" medal from the International Jewish Center for Hope, in Jerusalem, given in recognition of his "longtime, enthusiastic, and vigorous support of the State of Israel and for Jewish causes throughout the world."

An avid pilot, Anthony serves as a senior member of the US Air Force's auxiliary Civil Air Patrol. He is also a member of the Aircraft Owners and Pilots Association and the Flight Safety Foundation.

Anthony lives on Long Island with his wife Kimberly, a kindergarten teacher.
Rachel’s Vineyard & Project Rachel: An Important Distinction

How is Project Rachel associated with Rachel’s Vineyard?
Rachel’s Vineyard was written for post-abortion outreach ministries, like Project Rachel. It is a resource for any post-abortion ministry.

Project Rachel is a structure developed in order to refer an individual into “one-on-one” counseling with an individual therapist or to a member of the clergy for sacramental confession. We know there are thousands of women who go to confession repeatedly and still are unable to forgive themselves. We also know of many Christian women and men who accept Christ, yet still do not feel His forgiveness over a past abortion experience.

Rachel’s Vineyard is specifically designed to facilitate grief work. Once the grief has been emptied, there is room for the grace of reconciliation, with self, God and others. Rachel’s Vineyard teaches healthy ways to stay connected with and to honor the aborted child, rather than associating their child with self-punishment, grief, confession and guilt.

Our program differs from Project Rachel’s design in that it presents a specific group process for healing written in a manual. There is no standard manual or facilitator’s guide for therapists for Project Rachel. We also provide training skills and development for leadership in post-abortion ministry.

Our Relationship with Other Organizations

Silent No More Awareness Campaign
The Silent No More Awareness Campaign is a project of Priests for Life, and as such, has an integral relationship with Rachel’s Vineyard. This campaign is not a treatment or training program, but rather is the world’s largest mobilization of women and men who have found healing after abortion and share their personal testimonies, free from the shame and secrecy of their abortion. Their voices promote the message that abortion hurts women, fulfilling Pope John Paul’s prophetic claim that post-abortion women will be among the most eloquent defenders of everyone’s right to life (Evangelium Vitae, 99) Rachel’s Vineyard also has a strategic alliance with groups like Operation Outcry and Generation Life.

Comparison to Pregnancy Resource Clinics
We are not providing direct service to pregnant women. However, it is not unusual for women to call or write us before they have an abortion. We are able to inform them of the risks and encourage alternatives to abortion, especially if they are feeling pressure or coercion. Education of abortion as a trauma is also helpful when people are deciding whether or not to abort. Our hotline offers referrals to pregnancy resource clinics and receives hundreds of calls each year for such referrals. We use Heartbeat International’s Crisis Pregnancy Center Directory.
My name is Molly, and it was a little more than two years ago when our Lord placed in my ear a call to a vineyard. By coming back to the Church with a granddaughter who came to live with my husband and me, it all began. In a simple homily message, thirty plus years of denial about my abortion was awakened. I wondered, how did this priest know to reach into my heart and squeeze it? “God’s desire,” he said, “is to grant us mercy, forgiveness and love, softening our hardened hearts so that we can repent and have eternal life with Him.” He was telling us about Rachel's Vineyard, a confidential weekend retreat for people exposed to abortion. I found myself shrinking down in the pew, wondering if people could see that it was me to whom he was speaking. I told myself he had to be talking to someone else, that it couldn’t be me because I didn’t need to bring it all back up again. I had buried it so long ago. So I ignored what I heard and decided I would pray for these people that they could be healed.

But I guess God wasn’t happy with my response. A few months later, He came to me again, once more inviting me. It was irritating how my conscience kept at me. Answering every reason I gave not to go, I eventually gave in. I finally laid down the fear I blanketed myself with so long ago, fear that I used to deny my access to my Lord.

I went to the weekend retreat, and through the living scriptures, I came face to face with Jesus. As I shared with the group, I remembered all the sins that piled up over the years, and with my eyes closed, feeling vulnerable, afraid and full of shame, I cried once more in fear that He would see me as I saw myself, dirty and unlovable.

I continued to feel His presence in the leaders who guided us through the weekend. When I finally emptied myself of all the pain, I felt Jesus wrap his arms around me and weep with me. He took my hand and told me that He loved me and that I was forgiven. He asked me to forgive myself and told me that a very dear child in heaven was praying for me and was waiting to be reunited with me. When my tears and sobs slowed down, I found that all I hated in myself seemed to be dying, and thoughts of new life, filled with His love, rose up in me. He turned something ugly and sinful into a joyful and beautiful awakening of His love and mercy.

Rachel’s Vineyard Ministries believes that Jesus calls us to walk with Him and to spread the news of His forgiveness. I am grateful for the gift of support it offers to singles and couples, men and women alike, all ages and faiths. I am grateful it is in international organizations with 650 retreats held annually in 47 states and 22 countries so that many like me, and someone that you may know, can find healing too.
Very often, I have to remind myself once again, that no sin is greater than God’s mercy. My father does not ask me to lie in the trenches and mourn forever and a day or to be pitied or to lose hope. He asks me to carry my cross of sorrow and sadness with a joyful heart, for through the pain His love can come forth.

You may know someone like me but wonder how can I help? You can help by becoming informed on what Rachel's Vineyard is about. You can become a Counselor of life and become educated in life before birth. It is likely many of us are connected in some way to abortion, as it is a known fact that one in four men or women is suppressing this.

My husband asked me, “Why are you doing this?” I answered, “Because I have to.” I cannot say “NO” any longer. I believe God wants us to love each other, reach out to each other, and bring those in pain to the path of His mercy. When we step outside of ourselves and help others in need, even when we do not know who they are, His grace may begin to set them free. We’re looking to offer seeds of hope. God waits patiently for all of us to be merciful, generous with forgiveness, and filled with His love. I believe He is waiting to heal each and every one of His children spiritually, physically, and emotionally.

‘Jesus, what have I done?: Rock Star Steven Tyler’s Traumatic Encounter with Abortion

BY KEVIN BURKE

Published By: LifeSiteNews.com -

Long before he won accolades as an American Idol judge, Steven Tyler was a bona-fide rock star, with all that that implied. In 1975, when he was in his late 20s and the lead singer for the band Aerosmith, Tyler persuaded the parents of his 14-year-old girlfriend, Julia Holcomb, to make him her legal guardian so that they could live together in Boston.

When Miss Holcomb and Tyler conceived a child, his longtime friend Ray Tabano convinced Tyler that abortion was the only solution. In the Aerosmith “autobiography,” Walk This Way (in which recollections by all the band members, and their friends and lovers, were assembled by the author Stephen Davis), Tabano says: “So they had the abortion, and it really messed Steven up because it was a boy. He ... saw the whole thing and it [messed] him up big time.”

Tyler also reflects on his abortion experience in the autobiography. “It was a big crisis. It’s a major thing when you’re growing something with a woman, but they convinced us that it would never work out and would ruin our lives. ... You go to the doctor and they put the needle in her belly and they squeeze the stuff in and you watch. And it comes out dead. I was pretty devastated. In my mind, I’m going, Jesus, what have I done?”

The Diagnostic and Statistical Manual of Mental Disorders defines a traumatic event as follows: “

1. The person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others.
2. The person’s response involved intense fear, helplessness, or horror.”
Those who support abortion rights assure us that post-abortion complications are a myth. But Steven Tyler cuts through this fog of denial and lays it on the line: Jesus, what have I done?
This is the cry of a post-abortive father whose very intimate exposure to the reality of abortion fits the textbook definition of trauma — as set down by the very same American Psychiatric Association that assures us abortion is a safe procedure with no negative effects on a man’s or a woman’s mental health.

**GO NUMB AND RUN**
What happens to someone who is exposed to a traumatic event and fails to process the images and memories of that experience and heal the psychic wounds? The person is likely to go numb, run, and act out the unresolved themes of the trauma.
There is no easier occupation in which to react this way to post-abortion trauma than that of a rock star in the 1970s and ’80s.

After the abortion, Tyler began a torrid affair with Playboy model Bebe Buell while still seeing Julia, the mother of his aborted son. If you were wondering what happened to Julia (who is referred to as Diana Hall in the book) after this purportedly psychologically safe procedure, Bebe tells us: “There were many suicidal calls from poor Diana as they were breaking up. It was actually a pretty sad time.”
And how was Steven coping?
He went on a European concert tour, accompanied by Bebe, who tells us: “He was crazy ... totally drunk, really out of it. ... Steven destroyed his dressing room at Hammersmith ... when we got back from Europe. ... One night I found him on the floor of his bathroom having a drug seizure. He was writhing in pain.”
This was followed by Steven’s “Tuinal days” — a period he spent stoned on massive doses of the barbiturate. He says: “I would eat four or five a day ... and be good for a couple of months ... which is why that period is blackout stuff.”

This is the dysfunctional recipe for dealing with post-traumatic stress: Take heavy doses of drugs to numb the memories and feelings — and throw in a portion of toxic rage at bandmates and hotel rooms. Anger, especially in men, is often an undiagnosed sign of depression and repressed grief that needs a healthy expression and healing. Many post-abortive fathers tell us that anger management was a major problem for them after their abortions.

Then Bebe Buell became pregnant with Tyler’s child. She realized it would be impossible to raise a child with him given his out-of-control substance abuse and rock-and-roll lifestyle. She returned to her former lover, the composer, producer, and recording artist Todd Rundgren, who agreed to act as father of the child and keep Tyler’s fatherhood a secret. Their daughter, who grew up to be the actress Liv Tyler, was born on July 1, 1977.

**TRAUMA AND HEALING**
For many post-abortive men and women, the anxiety associated with an abortion can surface at unexpected times, triggered by events such as a subsequent pregnancy, the death of a pet or a loved one, or some other person, place, or thing that in some way connects with the traumatic memory.
still haunted by the abortion: “It affected me later. ... I was afraid. I thought we’d give birth to a six-headed cow because of what I’d done with other women. The real-life guilt was very traumatic for me. Still hurts.”

At Rachel’s Vineyard Ministries, we often see men and women many years after their abortion, when they are ready to take a look at this secret and shadowy corner of their souls. Most people cannot make sense of the fragmented, disjointed pieces of their post-abortive lives until they attend a healing program. Tragically, the spin doctors of our pro-abortion culture work overtime to make sure that these connections are never made.

Despite the opposition, post-abortive parents, grandparents, and siblings are finding their way to healing programs around the world. As they travel together through the healing process, they learn from and support one another. They discover that the fragmented pieces of their lives start fitting together and making sense. This may be one of the reasons that it is so difficult to counter the propaganda of the pro-abortion movement. It is often only after the healing journey that post-abortive men and women can see the intimate connection between their abortions and their emotional problems, addictions, and other post-abortion symptoms.

STILL A FAN
I grew up with the music of Aerosmith as a teenager in the 1970s and continue to have a great respect for the songwriting ability and performing talent of Steven Tyler. His actions in the abortion of his son were very wrong, and he suffered the consequences, as his life descended into a quagmire of addiction and self-destruction. Fortunately, Tyler was successfully treated for his drug addiction in 1986.

At the heart of post-abortion healing is the cleansing of a wounded heart. The post-abortive parent must be free of shame, guilt, and grief before he or she can embrace the unborn child with love. Let us hope and pray that this rock star and Idol judge can make peace with his abortion loss and find forgiveness and reconciliation with God and his aborted son — and that he will then use his considerable talent and influence to call other post-abortive fathers to healing.

— Kevin Burke, LSW, is the co-founder of Rachel’s Vineyard Ministries and a Pastoral Associate of Priests for Life. This article first appeared on National Review Online.
“I’m like a little kid before Christmastime the week before our Rachel’s Vineyard retreat begins,” says Michelle Krystofik, associate director of the Respect Life Office in the Archdiocese of Newark, N.J. “With Rachel’s Vineyard, I have seen the miracles happen.”

Since 1997 in this archdiocese, more than 415 women and men have attended these retreats to ease the pain of post-abortion trauma. “The men and women say the least they get is a sense of peace,” recounts Krystofik. “On the other end, I’ve seen lives completely transformed.” When asked for examples, she mentions renewed marriages of previously uncommitted couples and conversions to the Catholic faith.

Catholic psychologist Theresa Burke has seen these miracles by the thousands since she co-founded Rachel’s Vineyard Ministries with her husband, Kevin, in 1996.

“Rachel’s Vineyard is a step-by-step program to help women and men journey into their grief,” she says, “and experience the mercy and compassion of God.”

So effective is it that, in one southern diocese, Burke saw 95% of attendees go on to accept leadership positions in women’s Bible studies, Vacation Bible School and chastity education.

Which is exactly as it should be, Krystofik points out. For, in his 1995 encyclical Evangelium Vitae (The Value and Inviolability of Human Life), Pope John Paul II spoke directly to post-abortive women. He told them that, once they came for healing after their own painful experience, they “can be among the most eloquent defenders of everyone’s right to life.”

“This is where you see a real new life coming that is actually a part of the New Evangelization,” says Burke. “God brings life out of death, so there’s a great reason for hope.”

The hope has continued to abound since the movement’s modest start 12 years ago. Today more than 600 Rachel’s Vineyard retreats are held annually in 48 states and 27 countries around the world, including South Africa, Australia, Taiwan and Russia.
Rachel’s Vineyard Ministries — not to be confused with the similarly named Project Rachel (see “Fighting ‘Abortion Fallout,’” June 29) — is endorsed by numerous archbishops and bishops, not to mention Blessed Teresa of Calcutta and Father Benedict Groeschel of the Franciscan Friars of the Renewal.

Five years ago Rachel’s Vineyard became a ministry of Priests for Life. Father Frank Pavone, that organization’s national director, serves as pastoral director while the Burkes serve as pastoral associates.

Archbishop John Myers of Newark, N.J., believes the retreats are vital because “people don’t realize the long-lasting effects and trauma on both women and men,” he says. “I think it’s just important people know they can be reconciled to God, and they can forgive themselves. This program helps that happen.”

**Getting Unstuck**

Author of *Forbidden Grief: The Unspoken Pain of Abortion* (Acorn, 2002), Theresa Burke founded the ministry after working with a women’s group on an entirely different problem: eating disorders. When she discovered the root of the disorder for some — abortion — her supervising psychiatrist told her she had no business prying into others’ abortions. But the good psychologist couldn’t ignore the deep hurt, much less the unmistakable pattern.

“… I could not touch the depth of it without a spiritual process.”

After Burke wrote manuals for a weekend retreat, Rachel’s Vineyard was born. The first retreats were held at Mother’s Home in Philadelphia, a maternity home of which Kevin Burke was then director.

From those humble beginnings came an inspiring string of success stories.

“… God delivered me from an enormous burden of shame,” wrote one woman recently. “I know that there are many further steps for me to take, but I know now that I am no longer ‘stuck’ in the denial and sense of uselessness where I was before. … As for our marriage, I think sharing this experience with my husband … has opened a whole new entrance for God’s grace in our relationship, as well.”
Archbishop Myers, who makes an annual stop at a weekend retreat, says the most moving part of each weekend comes when the mothers and fathers give their deceased babies names, acknowledging the little ones’ humanity. “They carry that name with them for the rest of their lives,” he says. “That helps in the forgiveness process.”

Burke adds that, before the naming, many haven’t wanted to forgive themselves; their coping strategy had been trying to forget their baby.

“When they are given the opportunity to grieve the baby, name the child, and view the child as an intercessor before the throne of God, which is a turning point for a lot of people, they find new life in Christ and the promise of being reunited with their child after this life,” she says. “God restores the spiritual relationship and the hope of seeing their child in heaven. Then the child is someone they reflect on with love and tenderness, instead of shame and pain.”

The sacraments are always incorporated in the retreats, and scriptural exercises help participants see God’s hand in the experience.

Krystofik finds much healing in the power of the Eucharist — especially as women quietly pray in the middle of the night before the exposed Blessed Sacrament.

**Men at Work**

Men benefit, too, from the ministry, says Kevin Burke, a licensed social worker. He co-authored *Redeeming a Father’s Heart: Men Share Powerful Stories of Abortion Loss and Recovery (AuthorHouse, 2007)*. Most affected, he says, are those who didn’t want their baby aborted and those who remained silent in deference to the mother’s decision.

He points to the research of the Illinois-based Elliot Institute: The man plays a key role in 95% of abortion decisions. “Sometimes not saying anything is a death sentence for the child,” he says, when men physically or emotionally abandon women. Later, the men realize they also abandoned their unique role to defend the child.

“Rachel’s Vineyard is having a huge impact relieving pain so that women and men can utilize their God-given gifts to build the Kingdom of heaven on earth,” says Theresa. “God really does want to heal his people. He is the divine physician.”

“Rachel’s Vineyard is having a huge impact relieving pain so that women and men can utilize their God-given gifts to build the Kingdom of heaven on earth,” says Theresa. “God really does want to heal his people. He is the divine physician.”

Staff writer Joseph Pronechen is based in Trumbull, Connecticut.

**MORE INFO**

Rachel’sVineyard.org

(877) HOPE 4 ME

Copyright © 2007 Circle Media, Inc. All rights reserved.
Frequently Asked Questions

Is Rachel’s Vineyard religious?
Yes. Rachel’s Vineyard is a psychological and spiritual journey for post-abortion healing. We draw upon scriptural passages in both Old and New Testament for some of the exercises because abortion touches on emotional, moral, and spiritual aspects of the human heart, which need to be reconciled. Forgiveness and mercy are spiritual qualities that are demonstrated throughout the Bible. The activities in Rachel’s Vineyard help individuals accept the forgiveness of God, and to forgive themselves. The other activities help them to reconcile to their aborted babies, as well as any other people they may be feeling anger or resentment towards. Individuals of many different faiths, as well as those with no faith at all, have journeyed through Rachel’s Vineyard and found it to be very comforting and healing. Our retreats are held in both Catholic and interdenominational settings.

Does the Catholic Church approve of Rachel’s Vineyard?

Abortion is a traumatic and complicated wound to the heart and soul. What can be accomplished in a single weekend?
Traditionally, post-abortion counseling within Project Rachel was encouraged as a one-on-one healing journey with a priest or professional counselor. Many persons find that having a weekend away from the normal distractions, stress and business of daily life enables them to enter into the grief process in a very direct, uninterrupted and focused way. The standardized format of the retreat also gives a specific process, which addresses the necessary steps of post-abortion healing in a very creative and effective way. All in all the weekend provides thirty hours of healing work as well as after care support groups. It would take eight months of weekly appointments to meet the same goal.

I have heard that the retreat is very intense. Is this true?
Yes. The Rachel’s Vineyard Retreat is an intensive process for emotional and spiritual healing. The abortion wound is a complicated and traumatic experience of grief and loss, and the healing journey must enable the individual to safely journey to the heart of this pain and reconcile with God, self, the aborted child and others. The retreat process uses Living Scripture exercises, unique to Rachel’s Vineyard, grief rituals and the Sacraments.

Are retreatants forced to participate in all activities?
Retreat participants are invited to participate in each exercise but are never forced to do anything on the retreat—all exercises are a gentle invitation, always respecting the unique situation, desires and needs of each person with complete freedom.
Appendix

How does it work having men, married couples and grandparents all in the same weekend—doesn’t that lead to conflict and other problems?
Actually the opposite is true—the presence of men, couples and grandparents enhances the group healing experience and provides opportunities to address and heal wounds and relationships in an even more effective way. Married couples who journey through the retreat together report to us that they bond together emotionally and spiritually. In the case of couples who did not endure an abortion together, we find that sometimes there are very serious and painful wounds in the marriage that were often misunderstood or personalized unnecessarily. We invite the spouses who were not involved in a previous abortion to spiritually adopt the aborted child at the Sunday Memorial Service—this profound act of love is very healing to the individual who lost the baby, and to their marriage. All couples who attend the Rachel’s Vineyard program report a significant increase in emotional, spiritual and physical intimacy, as well as an increase in healthy communication.

Do you see the retreat as a stand-alone healing experience and that no other support is needed?
Each individual is different. For many people, the retreat is a long-awaited answer to prayer, and gives them the closure they have been seeking. Other persons need individual counseling or the support of others before and after a retreat. Others will find a deep healing of their abortion pain, but have other issues that need to be addressed, such as a need to work on the marital relationship or addictions. The Rachel’s Vineyard Weekend Retreat and 15-week support group model can be seen as complementary to other services, as well as being a very effective stand-alone program.
In the field of post-abortion healing, there has been little, if any, research done on what programs actually work to help people find healing. This outcome study was designed to determine how effective the particular treatment modality from Rachel’s Vineyard Ministries is in responding to the symptoms and suffering of this population.

The Rachel’s Vineyard Weekend Retreat for healing after abortion has been spreading rapidly, and currently features many trained retreat teams at sites throughout the US as well as worldwide. Given our history and the number of participants who have been through our program, as well as that about 1/3 of our 180 retreat sites are Diocesan based, it seemed timely to do an outcome study to determine what the general effects of the Rachel’s Vineyard retreat have been.

The method chosen was that of a survey participated in by a large group of retreat alumni from different locations throughout the USA. These are women and men who have attended the retreat, but who have also had some time elapse since their attendance. They offered us an opportunity to better evaluate the long-term impact, positive or negative, of the retreat.

To accomplish this, typed surveys were sent out to retreat leaders via e-mail, with a request to send the surveys by mail or e-mail to past retreatants whom they had permission to contact. Surveys were sent out directly to an e-mail group of retreat alumni. The survey provided information on how to return the survey (by choice of mail or e-mail) to be addressed to John Bosco Institute, which would independently evaluate the results. The survey indicated that names were not required and that in any case, individual surveys would not be released to Rachel’s Vineyard team leaders, only summarized results. They were told that no identifying information would be shared outside of the John Bosco Institute.

Survey Response
A total of 241 people responded to the survey, from 22 different U.S. states and more than 22 different retreat teams, though the exact number cannot be determined. This is because the question pertaining to retreat location asked respondents to name the location where they attended the Rachel’s Vineyard retreat. Most people identified the city and state, while others listed the state and not the city, or the name of the retreat center. This makes it impossible to know with certainty how many teams were represented in the survey, since there are cases when the same team does retreats in more than one city, and some states have more than one retreat team. But we do know that there were 22 different states represented, and hence more than 22 different retreat teams.

All of the 241 respondents did experience an abortion of their own child. There were 231 women and 10 men. The survey form gave instructions that men were to answer for themselves, (not for their partner), regarding the abortion and how it affected them.
Appendix

There were 384 total abortions between the 231 respondents, with one respondent not reporting their number of abortion losses. The average number of abortions was 1.6 abortions per person. The range was from 1 to 8 abortions per respondent, and 144 (60%) people reported one abortion only, while 96 people (40%) reported multiple abortions.

Mental Health Issues After Abortion

70.1% of respondents reported requiring mental health treatment at some time after their abortion. Of the 241 people reporting, 169 (70.1%) answered “Yes” to question number five: they had had mental health treatment at some time after their abortion. 71 answered “No”, and one person did not answer.

42 (17.4%) answered “Yes” to attempting suicide at some point after their abortion. Of the 241 people reporting, 199 answered “No” to question number six: “Whether or not you received treatment, have you ever made a suicide attempt any time AFTER your abortion? Yes/No”

65% reported suicidal thoughts after their abortion. Of the 240 people who answered question number seven: “Did you have thoughts about suicide at any time AFTER your abortion? Yes/No”, 157 people answered “Yes”. One respondent did not answer this question.

22 People (9.1%) reported attempting self-injury by ‘cutting’ after abortion. Of the 241 respondents, 22 answered “Yes” to question eight: “At any time since your abortion, did you ever cut yourself with the intention of hurting yourself but not as a suicide attempt (just to hurt but not kill yourself)? Yes/No”

117 (48.5%) answered “Yes” to having problems with alcohol and substance abuse. Of the 241 respondents, 117 answered “Yes” to question number nine. Additionally, several people gave hand-written comments admitting to other addictions, such as ‘food addictions’. These were not counted and tallied since we had not asked about these additional and separate issues.

It is important to recognize that this group of 241 people who responded to the survey is a group that has experienced significant problems after their abortions. Note that 70.1% required mental health treatment, 17.4% made suicide attempts, while 65% reported suicidal thoughts. Recall that 9.1% reported acts of self-mutilation and nearly half (48.5%) revealed problems with alcohol or substance abuse. This does not “prove” that abortion caused any of these problems, but it is important nevertheless to recognize that those responding to this survey report having had these problems.

Organizations which are considering possible sponsorship of the Rachel’s Vineyard retreat sometimes raise the question, “How will this retreat affect persons who are suicidal or who may have mental health problems?” The concern is not for the “worried well” who may want to attend a retreat for personal growth or for closure on a grief issue. Rather, the concern is, what if seriously depressed people come to this spiritual retreat? What if people who are experiencing significant, though perhaps undisclosed, mental health problems, even suicidal thoughts or a history of suicide attempts, come to a retreat? Will these people suffer more or improve after having gone through a Rachel’s Vineyard weekend retreat? Can this population safely participate in a retreat?
Appendix

Up to this point, our survey was indicating that the particular group who was responding was an appropriate group for the questions we wished to answer. These were women and men who had experienced significant, serious problems following their abortion(s). Now we will examine their perception of benefit or harm from the retreat.

Of the 241 people who responded to the survey, 240 said “Yes” to question ten: “Have you attended a Rachel’s Vineyard weekend retreat? Yes/No”. One person said “No”, but the same respondent reported having participated in a Rachel’s Vineyard weekly support group, therefore the respondent was kept in the survey, though did not rate the question as to how much of a help the retreat was.

Deep Healing or Post-Retreat Euphoria?

An important question on the survey related to the time lapse between completion of the retreat and the completion of the survey. There had been some speculation as to whether individuals might report a good experience immediately following a retreat, but with the passing of time might find that the Rachel’s Vineyard retreat program did not provide as much lasting benefit as had been originally hoped. This is a common doubt related to spiritual experiences in general, independent of the specific situation for those who are post-abortive. It is a phenomenon known as “post-retreat euphoria”. With this in mind, question sixteen asked for the date the respondent had attended a Rachel’s Vineyard weekend retreat, from which we could calculate the amount of time that had passed.

142 (58.9%) of respondents were filling out the survey more than one year after their retreat, and of these, the average was 3.1 years post-retreat. One respondent reporting was 12 years post-retreat.

8 respondents could not remember when they had attended their retreat, though since they could not remember, it would appear to have not been very recent.

11 respondents reported attending a retreat within one month or less from the time of the survey. This is only 4.6% of the total.

80 respondents had attended a retreat in the past 10 months, and the average was 4.8 months post-retreat.

Did the Retreat Hurt or Help?

In question ten, we asked those who indicated they had attended a Rachel’s Vineyard retreat to indicate on a scale from −5 to 5 whether the retreat had helped or hurt them. The −5 denoted a very harmful experience, −1 denoted a slightly harmful experience, 0 indicating the retreat neither hurt nor helped, 1 denoting a slight help, and 5 indicating a very helpful experience. We asked the respondents to write in the number showing how much the Rachel’s Vineyard retreat had hurt or helped them personally. The range description is below:

-5  -4  -3  -2  -1  0  1  2  3  4  5
Of the 240 respondents who had attended a weekend retreat, three people did not give a rating. **1.25% of respondents did not answer this question.**

Of the 237 respondents who did rate the Rachel’s Vineyard retreat experience the most frequent response was 5. In fact, **196 out of 237 respondents answered 5 when they rated their experience of the Rachel’s Vineyard retreat.** Therefore, **82.7% of those who answered this question gave the highest rating possible.**

The average rating of the 237 people who responded to this question was **4.75.**

_There were no negative ratings given of the Rachel’s Vineyard weekend retreat._

The ratings ranged from **196 (82.7%)** rating the retreat at 5, **26 (10.9%)** rating the retreat at 4, **14 (5.9%)** rating the retreat at 3, and one person (**less than 1%)** rating the retreat at 1, for a total of **237 respondents** and an average rating of **4.75.**

Not included in the above is the one respondent who attended the Rachel’s Vineyard weekly support group. This person rated the experience as 5 using the same scale, but was not included in the information given above since the respondent was reporting on the support group rather than the weekend retreat.

The survey, then, gave us statistical information for what we already had seen in our personal contacts with women and men who have attended Rachel’s Vineyard retreats. This survey points to the efficacy of the Rachel’s Vineyard retreat process in offering immediate and ongoing relief as post-abortion healing.
National Organization to Support 5-year Plan

I. Founders
   a. Theresa Burke, Ph.D. and Kevin Burke, MSS/LSW

II. Board of Directors (5 members)
   a. Executive Director
      i. Operations
         1. Retreat Director
            a. Retreat supervision – quality control
            b. New retreat training coordinator
            c. Conference planning
            d. Certification for post-abortion ministry
         2. Office Manager
            a. Office and staff management
            b. Database development and management
            c. Call center staffing
            d. Website administration
            e. Insurance and legal functions
            f. Financial
      ii. Communication
         1. Communication Director
            a. Media relations
            b. Literature development
            c. Annual report
            d. Diocesan relations
            e. Pro-Life interface
            f. Christian counseling interface
      iii. Fundraising
         1. Fundraising Director
            a. Individual donor relations
            b. Foundations
            c. Monthly newsletter and fundraiser
            d. Tax and NPO reporting
      iv. Development
         1. Research Director
            a. Medical data
            b. Statutorial data
         2. New Outreach Coordinator
            a. New retreat options
            b. New retreat themes for healing
      v. International Ministries
         1. Foreign Ministries Director
            a. Foreign language literature
            b. Foreign retreat start-up
            c. Website development
National Rachel’s Vineyard Retreat Sites

**Juneau/Ketchikan, AK**
Contact: Mary Brooks    907-209-0586    bamry@juno.com

**Cullman, AL**
Contact: Maria Steele    901-356-2259    maria_vineyard@yahoo.com
Website Address: [www.firstsourceforwomen.org](http://www.firstsourceforwomen.org)

**Mobile, AL**
Contact: Bridget    251-421-4313    rachelsvineyardmobile@gmail.com
Contact: Sheri Sims    251-604-4754    rachelsvineyardmobile@gmail.com

**Chandler, AZ**
Contact: Linda Diamond    480-309-0625    RachelsVineyardAZ@hotmail.com

**Mesa, AZ**
Local Host: St. Timothy
Contact: Karen Ord    480-329-6795    karenord.rv@gmail.com

**Phoenix, AZ (Español)**
Contact: Carmen Portela    602-354-2031    cportela@diocesephoenix.org
Contact: Josefina Mata    602-402-0867    josefinamatampm@yahoo.com
Contact: Rosie Villegas-Smith    602-234-2156    vocesporlavida@ymail.com

**Prescott Valley, AZ**
Contact: Magdalín Leonardo    928-713-9504    rvrpvaz@gmail.com

**Tucson, AZ**
Contact: Confidential Phone Line    520-743-6777    tlmtlc59@yahoo.com
Contact: Gail Phelps    520-234-0208    rachelsvineyardtucson@cox.net
Contact: Judy Barnett    520-237-9034    rachelsvineyardtucson@q.com

**Encino, CA**
Contact: Tegra Little    310-433-6008    nolongerbound@faithfamily.org

**Fresno, CA**
Contact: Jennifer Butcher    877-629-6626    butcher_jennifer@yahoo.com
Contact: Paula Davalos - Español    888-686-8537    paula.d@fbcares.org

**Los Angeles, CA**
Local Host: Rachel's Vineyard Los Angeles
Contact: Christine Lowe    866-2-RACHEL    rvla.christine@gmail.com

**Los Angeles, CA (Español)**
Contact: Marcela Figueroa de Alcala    877-2-RAQUEL
Menlo Park, CA  
Contact: Christine  415-260-4406  christinew@firstresort.net

Oakland/ East Bay, CA  
Local Host: After the Choice, Diocese of Oakland  
Contact: Christine  415-260-4406  christinew@firstresort.net

Orange County, CA (Intedenum)  
Website Address: www.abortionhelprachelsvineyardoc-ca.com  
Contact: Sandy White  949-322-8575  ocrvinterdenom@gmail.com

Sacramento, CA  
Contact: Liz Kelso  916-733-0161  projectrachel@scd.org

San Bernardino, CA  
Local Host: Pro Life Catholic Ministries  
Contact: Blanca Leal-McGuthrie (Español)  909-520-3867  blancamcguthrie@gmail.com  
Contact: Mary Huber - (English)  909-475-5352  mhuber@sbdiocece.org

San Francisco Bay Area, CA (Interdenom)  
Local Host: First Resort  
Contact: Christine Watkins  415-260-4406  christinew@firstresort.net

San Jose, CA (Interdenom)  
Website Address: realoptions.net/hope_details.html  
Contact: Maria Klein  650-988-9400  maria@dxdt.com

Santa Rosa/St. Helena, CA  
Contact: Valerie Johnson Fish 707-967-1101  rachelsvineyard@gmail.com  
Contact: Christine  415-260-4406  christinew@firstresort.net  
Note: Interdenom, Spanish and Catholic

Stockton, CA  
Contact: Kim Fuentes  209-465-5433  respectlife@stocktondiocese.org

Temecula, CA  
Contact: Dolores Dunphy  951-325-7702  rvtemecula@msn.com

Temecula, CA (Español)  
Contact: Berta Romero  951-907-1353  vdrtemecula@gmail.com

Denver, CO  
Contact: Amee Stadler  (720) 271-7406  
Contact: Lori Frank  303-904-7414  lorgreg@msn.com
Denver (Español), CO  
Website Address: home.comcast.net/~elvinedoderaquel/site  
Contact: Rosalinda Lozano  720-320-2449  ElVinedoDeRaquel@comcast.net

Fairfield County, CT  
Contact: Clarissa Cincotta  203-218-0291  jeremiah31v17@aol.com  
Website: www.rachelsvineyardbpt.com

Fairfield County, CT (Español)  
Contact: Cristina Martinez  203-394-3898  caminodeluz1@sbcglobal.net  
Website: www.rachelsvineyardbpt.com

Hamden, CT  
Local Host: Archdiocese of Hartford  
Contact: Marie Laffin  203-631-9030  mlaffin@prolifeministry.org

Washington DC Metro Area, DC  
Contact: Deborah Penzak (English)  240-423-6083  dpenzak@hotmail.com  
Contact: Eugenia Hadley (Español)  301-300-1997  mena4481@aol.com

Georgetown (Interdenom), DE  
Contact: Teresa Bolden  302-856-4344  caringheart@sussexpregnancy.com

Jacksonville/St. Augustine, FL  
Contact: Donna Augustine  904-221-3232  rachelsvineyardjax@yahoo.com

Miami, FL  
Local Host: St. Kevin Catholic Church  
Contact: Christy Acevedo  305-479-9230  cloesq28@aol.com

Miami, FL (Español)  
Local Host: Clamor de Vida y Esperanza Ministry  
Contact: Jackie Guillen  305-302-9436  clamordevida@aim.com

Orlando/Central Florida, FL  
Contact: Karen Reilly  321-662-5097  karenreilly57@gmail.com  
Website: www.sanpedrocenter.org

Palm Beach, FL  
Contact: Donna Gardner  561-602-4778  isaiah61@bellsouth.net  
Website: www.ourladyofflorida.org

Palm Beach (Español), FL  
Contact: Emily Babilonia-Gonzalez  561-966-8580  ebabilonia12@bellsouth.net
**Retreat Sites**

**Tampa, FL**  
Contact: Emma Boe  813-631-4370  emmaboe@aol.com

**Atlanta, GA**  
Contact: Mary Ann McNeil  404-717-5557  pathmcneil@gmail.com  
Website: www.healingafterabortion.org

**Columbus, GA (Interdenom),**  
Contact: Sr. Pat Thompson, RSM  706-569-0614  
Contact: Stephanie May  912-201-4059  scmay@diosav.org

**Savannah, GA**  
Contact: Stephanie May  912-201-4059  scmay@diosav.org

**Honolulu, HI**  
Contact: Lisa Shorba  808-349-5071  RVinHawaii@gmail.com

**Cedar Falls, IA**  
Contact: Kris Gaspari  515-306-7838  krisgaspari@mac.com  
Note: Catholic and Interdenom Retreats

**Boise, ID**  
Contact: Terry Lennox  208-938-4976  Terrylennox@cableone.net  
Contact: Gerry and Susan Guzman  208-938-9797  gsguzman@msn.com

**Joliet / Romeoville, IL**  
Local Host: Joliet Diocesan Life Office  
Contact: Kay Corcoran  866-99-4-GIVE  corcoran-family@sbcglobal.net

**Peoria, IL**  
Contact: Colleen Harmon  815-303-1184  ceharmon2012@gmail.com  
Contact: Steve Harmon  sharmon61@yahoo.com  
Contact: Terri LaHood  309-671-1550  tlahood@cdop.org

**Rockford, IL (Interdenom)**  
Contact: Catherine Rennert  815-968-1157  cathy.rennert@gmail.com

**Hartford City, IN**  
Local Host: Family Life Ministries, Diocese of Lafayette in Indiana  
Contact: Jennie Hack  765-477-7706  jenniehack@gmail.com

**Indianapolis, IN**  
Local Host: Archdiocese of Indianapolis, Office for Pro-Life Ministry  
Contact: Sr. Diane  317-236-1521  dcarollo@archindy.org  
Contact: Toll-free  800-382-9836 x1521
## Retreat Sites

### Northwest Indiana, IN
Local Host: Angela House  
Contact: Kathy Druzbicki  219-558-0625  
kdruz@att.net

### South Bend, IN
Contact: Sue Brazo  269-683-2229  
Contact: Sue Brazo  269-683-7176

### Greater Kansas City Area, KS
Contact: Sr. Maria Stella  816-363-9489  
rvkcmo@gmail.com

### Hays, KS
Website Address: www.salinadiocese.org  
Contact: Donetta Robben  877-447-4383  
vineyard@ruraiel.net  
Contact: Hattie Stein  620-227-1584  
hstein@dcdiocese.org

### Kansas City, KS
Contact: Kathy & Dan Hawk  816-401-4594  
rv.north.kc@gmail.com

### Wichita, KS
Contact: Bonnie Toombs  316-269-3935  
toomsbr@CatholicDioceseOfWichita.org

### Bowling Green/Owensboro, KY
Contact: Debbie Ward  270-683-6933  
info@hopeafterabortionky.com

### Covington, KY
Contact: Peggy Feirstine  513-588-0080  
pfeirstine@cinci.rr.com

### Lancaster, KY
Local Host: Catholic Charities of the Diocese of Lexington  
Contact: Ellie Durbin  859-806-3959  
elliedurbin@gmail.com  
Contact: Gwen Hall  606-874-9170  
ghall@cdlex.org

### Lafayette, LA
Contact: Karol D. Meynard  337-261-5607  
kmeynard@diolaf.org  
Contact: Trista M. Littell  337-261-5607  
tlittell@diolaf.org

### Lake Charles, LA
Contact: Marjorie Long  337-439-7400 ext317  
rachels.vineyard@lcdioceese.org

### New Orleans, LA
Contact: Melanie Baglow  504-889-2431  
mkbaglow@cox.net  
Contact: Pam Richard  504-460-9360

### Springfield, MA
Contact: Jean Suddaby  413-452-0661  
Contact: Suzanne DeFriesse  203-417-0504  
luvthegospa@hotmail.com
Open Wide the Vineyard Doors

Baltimore, MD
Contact: Deacon Frank Zeiler  410-299-9597  Fzeiler@archbalt.org
Contact: Denise Douglas, R.N.  410-625-8491  rvbaltimore@archbalt.org

Baltimore County, MD (Interdenom)
Website Address: www.serenitypcc.com
Contact: Pam Bell  410-977-2571  retreats@serenitypcc.com

Ocean City, MD
Contact: Mari Quillen  443-397-0984  mariratina@hotmail.com

Temple Hills (Interdenom), MD
Contact: Pastor Lisa Connors  301-254-7885  revlisa@verizon.net

Portland, ME
Website Address: www.ccmaine.org/psm
Contact: Annette  207-523-2771  arioux@ccmaine.org

Ann Arbor/Detroit Area, MI
Contact: Beth Bauer  734-369-3470  lpbbauer@yahoo.com

Detroit Area, MI
Website Address: www.detroitrachelsvineyard.org
Contact: Chris Elwart  248-494-6363  info@detroitrachelsvineyard.org

Grand Rapids, MI
Contact: Maggie Walsh  616-340-1824  mwalsh@ccwestmi.org
Contact: Toll-free (MI only)  800-800-8284

Saginaw, MI
Contact: Sandy Buza  989-797-6652  sbuza@dioceseofsaginaw.org
Contact: Sandy Buza  800-453-2081 x652

Traverse City, MI (Interdenom)
Contact: Lynette Knapp  231-941-6550  lynette_knapp@yahoo.com
Contact: Pam Mills  231-590-5099  pammillsrvnorth@aol.com

Minneapolis/St. Paul, MN
Contact: Nancy Blom  763-250-9313  rvr-nancy@usfamily.net

Minneapolis/St. Paul, MN (Interdenom)
Contact: Debbi Stocco  651-206-8926  rvineyard@nationalrd.com

Kansas City, MO
Contact: Sr. Maria Stella  816-363-9489  rvkemo@gmail.com
Retreat Sites

Kansas City (Northland) Interdenom, MO
Contact: Kathy & Dan Hawk  816-401-4594  rv.north.kc@gmail.com

Great Falls/Helena, MT
Local Host: CSSMT - Rachel's Hope
Contact: Susan Gliko  406-442-0607  susanmtrv@msn.com
Website: www.cssmt.org/projectrachel.php

Missoula, MT
Local Host: Word of Hope
Contact: Susan Sweatman  406-827-8787  rolandsweatman@bresnan.net

Asheville, NC
Local Host: Diocese of Charlotte
Contact: Shelley Glanton  828-230-4940  sglantonop@charter.net
Contact: Carla Haire  828-342-4655  cwool76@frontier.com

Charlotte, NC
Contact: Shelley Glanton  828-230-4940  sglantonop@charter.net
Contact: Deacon Tom Rasmussen  828-495-7234  deacontom@centurylink.net
Contact: Maggi Fitzpatrick Nadol  704-370-3229  MNadol@CharlotteDiocese.org

Morganton, NC (Interdenom)
Website Address: www.oaksstudio.com
Contact: Kim Ollis  828-919-8020  kimberly.ollis@hushmail.me

Wilmington, NC
Local Host: H.O.P.E. Healing of Painful Emotions
Contact: Judy Hahaj  910-470-5433  jlhahaj@hotmail.com

Winston-Salem, NC
Local Host: Mended Heart Ministries
Contact: Marsha Hancock  336-247-0651  wholefuture@yahoo.com

Hankinson, ND
Local Host: Diocese of Crookston, MN
LifeCare Center of Thief River Falls, MN
Contact: Ruth Ruch  701-219-3941  ruch@i29.net

Richardton, ND
Local Host: Bismarck Diocese
Contact: Carol Kling  605-374-5639  ckling@sdplains.com

Omaha/Lincoln, NE
Contact: Heather  402-253-9936  helpingrachel@yahoo.com

Camden, NJ
Contact: Margarita Moran  856-691-2299  projectrachel.pjp2rc@verizon.net
Linden, NJ
Local Host: Archdiocese of Newark
Contact: Michelle Krystofik  732-388-8211  arnewrespect@sjanj.net

Metuchen, NJ  (Español)
Local Host: Diocese of Metuchen
Contact: Carmen 908-303-8150  cdiaz@ccdom.org

Paterson/Morris County, NJ
Local Host: Paterson Diocese
Contact: Marie Ryan 973-437-9735  rachel@patersondiocese.org

Trenton, NJ
Contact: Judy Warenkiewicz 732-536-6871  judywarren543@msn.com

Farmington, NM
Contact: Ann B. Campbell  505-801-7090  abcroyalspa@earthlink.net
Contact: Martha T. Beasley  575-640-9076  bslmrvls@aol.com

Las Cruces, NM
Contact: Elizabeth Behnke  575-640-5080  bslmrvls@aol.com
Contact: Martha T. Beasley  575-640-9076  bslmrvls@aol.com

Las Vegas, NV
Contact: Kathleen Miller  702-737-1672  katm419@aol.com

Las Vegas, NV (Español)
Contact: Maria Vasquez  702-283-8379  shalom_m@msn.com

Albany Area, NY
Contact: Kathleen Whimple  518-469-0779  Rachelsvineyardalbany@yahoo.com
Contact: Mrs. Pat Mousaw  518-222-1160  Rachelsvineyardalbany@yahoo.com

Long Island/Huntington, NY
Contact: Frank and Lorraine Gariboldi  516-523-0586  fgariboldi@optonline.net

Long Island/Huntington NY  (Español)
Contact: Donna Crean  631-258-5062  donnacrean@optonline.net

Northern New York, NY
Website Address: www.dioogdensburg.org/pro-life/
Contact: Colleen Miner  518-891-2309  cbm510@roadrunner.com
## Retreat Sites

**Greater Cincinnati, OH/ N. Kentucky, OH**  
Contact: Peggy Feirstine  513-588-0080  pfeirstine@cinci.rr.com

**Steubenville, OH**  
Contact: Sharon Maedke  740-283-3636  aimhelpcenter@sbcglobal.net

**Oklahoma City, OK**  
Contact: Joanne Forgue  405-623-3844  rachelsvineyardokc@gmail.com  
Contact: Paulette Finnegan  405-623-3844  okcrachel@yahoo.com

**Tulsa, OK**  
Contact: Mary Lee Ingram  918-508-7142  mlingram@catholicchariestulsa.org

**Bend, OR**  
Contact: Lori Eckstine  800-249-8074  ProjectRachel@catholiccharitiesoregon.org

**Medford, OR**  
Contact: Lori Eckstine  541-942-2861  ProjectAurora@aol.com

**Portland, OR**  
Contact: Lori Eckstine  800-249-8074  ProjectRachel@catholiccharitiesoregon.org

**Allentown, PA**  
Contact: Sr. Meg Cole, SSJ  866-372-2435  mcole@allentowndiocese.org

**Clarks Summit/Scranton, PA**  
Contact: Denise Rowinski Mengak  570-822-7118 x307  drowinski@csswb.org

**Doylestown, PA**  
Contact: Evelyn  215-317-5752  evelynwalsh59@gmail.com

**Philadelphia Area, PA**  
Contact: Priscilla O’Connor  215-906-6337  oconnorp1@comcast.net  
Contact: Geri Simboli  610-399-0890  simboli2@earthlink.net

**Pittsburgh, PA**  
Contact: Toni Jester  412-621-6953  toniafj1@comcast.net  
Contact: Toni  412-352-5348

**Pittsburgh (Western PA), PA (Interdenom)**  
Contact: Abigayle Koller  412-977-9521  rachelsvineyard.westernpa@yahoo.com

**York County, PA**  
Contact: Joy Crimmins  717-788-4959  Rvpamd@gmail.com

**North Providence, RI**  
Contact: Judy Costa  401-351-7730  costa.judith@gmail.com  
Contact: Sheila Kuzmic  401-348-8874  realteeth@cox.net
**Retreat Sites**

**Providence, RI**  
Contact: Carol Owens  401-421-7833 x118  
  rachelsvineyard@dioceseofprovidence.org

**Charleston, SC**  
Contact: Christy  803-554-6088  
Contact: Kathy  803-546-6010  
  grace4healing@gmail.com  
  famlifecor@earthlink.net

**Rock Hill, SC**  
Local Host: Diocese of Charleston  
Contact: Christy  803-554-6088  
Contact: Kathy  803-546-6010  
  grace4healing@gmail.com  
  postabortionhealing@gmail.com

**Upstate / Greenville, SC**  
Local Host: Diocese of Charleston  
Contact: Christy  803-554-6088  
Contact: Kathy  803-546-6010  
  grace4healing@gmail.com  
  postabortionhealing@gmail.com

**Rapid City, SD**  
Local Host: Family Life Ministries  
Contact: Carol Kling  605-374-5639  
  cbling@sdplains.com  
Website: www.rapidcitydiocese.org

**Sioux Falls, SD**  
Contact:  hkarrow@sfcatholic.org  
Contact: Margi Culhane  mculhane@sfcatholic.org  
Contact: Dr. Marcie Moran  605-988-3775

**Knoxville, TN**  
Contact: Catherine McHugh  865-694-4971  
  peace4lilith@aol.com

**Memphis, TN**  
Contact: Mary Crone  901-277-5114  
  rachelsvineyard@att.net  
Contact: Mary Pat Van Epps  901-373-1285  
  marypat.vanepps@cc.cdom.org

**Nashville, TN**  
Website Address: www.hopeafterabortiontn.com  
Contact: Mary  901-277-5114  
  rachelsvineyard@att.net

**Amarillo, TX**  
Contact: Christina Casas  806-679-3370

**Corpus Christi, TX**  
Contact: Desda Tansey  361-960-6252  
  cerrachelsvineyard@yahoo.com  
Contact: Fr. Tom Goodwin  361-947-2624  
  thepadre@goccn.org
Dallas, TX
Contact: Lacy de la Garza  214 544 2273  healing@racheldallas.org

Dallas, TX (Español)
Contact: Eileen Kuhlmann  972-679-4760  sanacion@racheldallas.org

El Paso, TX
Contact: Anna Lisa Benegas-Peña 915-433-1983 dr.albp@gmail.com

El Paso, TX (Español)
Contact: Silvia M. Chiocco 954-806-9040  schiocco@msn.com

Fort Worth, TX
Contact: Macaria (Español)  817-886-4760  misericordia@racheltx.org
Contact: Betsy Kopor  817-923-4757  forgiven@racheltx.org

Houston, TX
Contact: Traci or Cindy  281-658-7366  rvhoustan@yahoo.com
Contact: Dixine  281-286-7729 ext 10

Houston, TX (Interdenom)
Contact: Shay Christophson  281-799-2002  shay@gulfcoasthealing.org
Contact: April  281-236-8719  april@gulfcoasthealing.org
Contact: Stephanie Walker  713-690-2210  steph@gulfcoasthealing.org

Katy, TX (Interdenom)
Contact: Mary Lee Mason  254-383-1717  rvinfo@newheartoftexas.org

Lubbock, TX
Contact: Kathy Krile  806-577-5912  lbb_rachelsvineyard@hotmail.com

Rio Grande City, TX
Contact: Phyllis Young  956-541-2720  young.phil@sbcglobal.net

Arlington, VA
Contact: Project Rachel  703-841-2504  projectrachel@arlingtondiocese.org
Contact: Project Rachel  888-456-HOPE
Note: English and Español Retreats offered

Fredericksburg, VA (Interdenom)
Contact: Gordon and Deborah Frantzich  540-775-5147  dfrantzich@gmail.com

Richmond, VA
Local Host: Post Abortion Healing Ministry, Epiphany Catholic Church
Contact: Kay Marie Geiger  804-330-3137  kmg4hope@verizon.net
Roanoke/Blacksburg, VA (Interdenom)
Contact: Linda 540-525-7513 RoanokeRachelsVineyard@gmail.com

Williamsburg, VA
Contact: Linda Riva 757-887-3144 lindajr2@yahoo.com

Burlington, VT
Contact: Alison Kopreski, MA 802-658-6111 x1318 akopreski@vermontcatholic.org
Contact: Julia Roberts, LCMHC 802-658-6111 x1314 jroberts@vermontcatholic.org

Longbranch, WA
Contact: Valerie Jacobs 800-822-HOPE valeriepr@aol.com
Contact: (Español) 206-450-7814
Note: English and Spanish

Monroe, WA (Interdenom)
Contact: Barbara Olson 425-346-9381 bjolson_44@yahoo.com

Spokane, WA
Contact: Julie Olson 509-994-4355 spokanerv@gmail.com

Stanwood, WA
Contact: Valerie Jacobs 800-822-HOPE valeriepr@aol.com

Vancouver, WA
Contact: Valerie 800-822-HOPE valeriepr@aol.com
Retreat Dates:

Fond du Lac, WI
Contact: Laura Denk 262-224-5617 hphelpcenter@att.net
Contact: Hartford Pregnancy Help Center 262-673-3733
Note: Interdenominational Retreat

Hudson, WI (Interdenom)
Contact: Carla Stream 715-381-5668 carlastream@gmail.com

Janesville, WI (Interdenom)
Local Host: Pregnancy Helpline of Janesville
Contact: Cheryl Ryan 608-235-7542 rancher868@charter.net
Contact: Pregnancy Helpline 608-755-9739 cheryl@pregnancy-helpline.net
Website: www.pregnancy-helpline.net/rachelsvineyard.htm

Kenosha, WI (Interdenom)
Website Address: www.carenetfamily.org
Contact: Donna Brendel 262-620-3608 donna@midwest.cc
**Retreat Sites**

**Madison, WI**  
Contact: Mary Mead  608-221-9593  meadmt@sbcglobal.net  
Contact: Mary Mead  608-821-3177  rachel@straphael.org

**Stevens Point, WI**  
Contact: Lisa Sommers  715-204-9561  RVStevensPoint@gmail.com

**Charleston, WV**  
Contact: Tawnya Knierim  304-905-9860  rachelsvineyardwv@comcast.net

**Douglas, WY**  
Contact: Pat McCarthy  307-235-6317  patmccarthy537@msn.com
International Rachel’s Vineyard Retreat Sites

Bahía Blanca, BAA Argentina
Contact: Lala Rey Méndez 0291 154 74 4500 lalareymendez@gmail.com

Brisbane, QLD Australia
Contact: Gwen 0407 175 508 wellspringministries@tpg.com.au
Contact: Lisa 0410 122 481 rvqld@live.com.au

Canberra, NSW Australia
Contact: Ruth (02) 6295 4313 projectrachelcanberra@hotmail.com

Hobart, TAS Australia
Contact: Anne Sherston 03-6229 8739 projectracheltas@smartchat.net.au

Melbourne, VIC Australia (Interdenom)
Contact: Anne Neville (03) 9870 7044 anne@opendoors.com.au
Website: www.opendoors.com.au

Perth, WAA Australia
Contact: Jenny Shier rachelsvineyardwa@gmail.com

Sydney, NSW Australia
Contact: Rachel 0400 092 555 info@rachelsvineyard.org.au

Vienna, Austria
Contact: Claudia Brandhuber (+43) 0699-1021-4241 info@rachelsweinberg.at

Tiko, SWP Cameroon
Local Host: New Era Clinic
Contact: Josephine Onuoha 237-335-1482
Contact: Mrs. Josephine Onuoha 237-984-4186 or joe_onuoha@yahoo.com

Cache Creek, BC Canada
Local Host: Kamloops Diocese
Contact: Nancy Hadden 250-267-5081 rvkamloops@yahoo.ca

Calgary, AB Canada
Contact: Gabrielle Kalincak 403-218-5504 lfrc@rcdiocese-calgary.ab.ca
Contact: Norline Johnson 403-218-5506 projectrachel@calgarydiocese.ca
Contact: Toll free 877-597-3223

Edmonton and Rural Area, AB Canada
Contact: Jennifer 780-963-4048 jensbranches@live.ca
Contact: Marlene Javorsky majbutterflies@aol.com
Kelowna, BC Canada
Contact: Janet Kormish 250-762-2273 pr_nelsondiocese@hotmail.com

North Battleford, SK Canada
Contact: Bonnie Cameron 306-480-8911 r.vineyardsk@sasktel.net

Northwest Territories, NT Canada
Contact: Gail Paquin 867-920-2129 gail@theedge.ca
Contact: Pat Regan 867-872-2232 rachelsvineyard.nwt@gmail.com

Ottawa, ON Canada (Interdenom)
Contact: Terry or Lynda Munroe 613-806-5522 rvr_ottawa@yahoo.ca
Website: www.newwine.ca

Vancouver, BC Canada
Local Host: Post Abortion Community Services, Office of Life & Family
Contact: Doreen Yung 604-525-0999 vancouver.rachelsvineyard@rcav.bc.ca
Contact: Respect Life Office 604-443-3256 rlo@rcav.org

Winnipeg, MB Canada (Interdenom)
Contact: Chris Mackay 204-772-1923 loss@pregnancy.ca

Bogota, Colombia
Contact: Yahayra Montenegro 2127174
Contact: Yahayra Montenegro 2127359
Contact: Yahayra Montenegro 3006186326

Quito, Pichincha Ecuador
Contact: Amparo Medina redprovida@hotmail.com

East Midland, EM England
Contact: Karen James 07900 916763 alexmummy2003@yahoo.co.uk

Leeds, WY England
Website Address: www.rachelsvineyard.org.uk
Contact: Marene 07505 904 656 info@rachelsvineyard.org.uk

Compiegne, France
Contact: Joel Rosenfeld 06-08-42-43-81 j.rosen@free.fr

Fontainebleau, France
Contact: Anne-Helene O'Malley 09 52 79 97 37 omalleys@free.fr
Contact: Jean-Marc & Sabine Poujade 06 76 41 65 61 coordination@meredemisericorde.fr

Nantes, France
Contact: Jean-Marc & Sabine Poujade 06 76 41 65 61 coordination@meredemisericorde.fr
Retreat Sites

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paris, IDF France</td>
<td>Contact: Anne-Helene O'Malley 09 52 79 97 37 <a href="mailto:omalleys@free.fr">omalleys@free.fr</a></td>
</tr>
<tr>
<td>St. Etienne, France</td>
<td>Contact: Judith Caillat 06 30 67 77 98 <a href="mailto:alexis.caillat@orange.fr">alexis.caillat@orange.fr</a></td>
</tr>
</tbody>
</table>
| Hildesheim, Hildesheim Germany| Contact: Anne Arthur amecarthur@yahoo.com  
Contact: Christiane Kurpik +49-(0)5121-133761 chrkur@web.de                     |
| Wiesbaden, HES Germany        | Contact: Julie Enriquez 49-151-4180-9797 hopeforhealingwiesbaden@yahoo.com       |
| Cork, Ireland                 | Contact: Bernadette Goulding 087 859 2877 noramalone15@yahoo.com                |
| Bologna, Italy                | Contact: Italia-Nord Valeria D'Antonio 011-39-347-262-5321 valedantony@katamil.com  
Contact: Italia-Sud Monika e Domenico Montanaro 39.099.7724.518  
info.vignadirachele@yahoo.it |
| Kingston, Kingston            | Contact: Stephanie Christian 876-322-8041 archfldir@gmail.com                   |
| Beirut, Lebanon               | Contact: Brid Gemayel (0)4-921316 bridagem@yahoo.com  
Contact: Fr. Albert Assaf 00961(0)3398128 palbertassaf@hotmail.com            |
| Mellieha, Malta               | Contact: Nina Sansone 79 248 842 chrissansone@onvol.net                         |
| Mexico City, Mexico           | Contact: MariCarmen 5260-8859  
Contact: MariCarmen Alva 5260-3178 irmaacmx@yahoo.com.mx                        |
| Wellington Region, WEL New Zealand | Contact: Dawn de Witt +64 21 021 28255 d.dewitt@xtra.co.nz  
Contact: Suzanne O'Rourke +64 21 549 528 suzanneor@gmail.com  
Contact: Wendy Hill +64 27 254 9222 info@rachelsvineyard.org.nz            |
| Belfast, UL Northern Ireland  | Contact: Bernadette Goulding 087-859-2877 noramalone15@yahoo.com  
Contact: Marian 02890-799967 marianrvni@yahoo.co.uk                          |
| Provincia Colon, Panama       | Contact: Maria Jose (507) 442-0683  
Contact: Sister Maria Magdalena (011507)-442-0683                             |
Miraflores, LM Peru
Contact: CEPROFARENA Lima Peru  51-1-461-83-53
Contact: Gloria Adaniya  51-1-242-61-30  ceprofarena@gmail.com

Lisbon, LB Portugal
Contact: Padre Fernando Paiva  fmaiop@gmail.com
Contact: Psicologa Maria Jose Vilaca  91-735-4602  mjvilaca@sapo.pt

San Juan, Puerto Rico
Contact: Diana Lopez  787-619-3965  centromirma@yahoo.com

Magadan, KM Russia
Contact: Fr. Michael Shields  99830  brothermisha@gmail.com

Vladivostok, PY Russia
Contact: Natalia Anisimova  vinogradnik.vl@rambler.ru

North-East (Interdenom), Scotland
Contact: Mary-Lou Bell  07913290839  mlb@alphainfo.co.uk
Contact: Dawn Williams  07875749350  everydaydawns@yahoo.co.uk

Singapore, Singapore
Contact: Rose Boon  65-63399770  roseboonms@gmail.com

Gangwha District, IC South Korea
Contact: Fr. Laurence Kettle  0082-10-9282 6378  frlaurencekr@yahoo.co.uk
Contact: In Suk Kang (Prisca)  0082-(0)10-2634 5348  seek2020@hanmail.net

Barcelona, BA Spain
Contact: Montse Sanmartí Fernández  936723180- 637740363  msf_2210@hotmail.com

Madrid, CM Spain
Contact: Pilar Gutierrez  34-916343741  info@nomassilencio.com
Website: www.nomassilencio.com

Taipei, TC Taiwan
Contact: Georgie  02-27290265
Contact: Georgie Hsieh  886-2-933426608  georgiehsieh@yahoo.com.tw

Montevideo, MV Uruguay
Contact: Dra. Gabriela Lopez Ferrari  02-4126886
Contact: Jazmin Martinez  02-4864443
Contact: Pdre, Eliomar Carrar  02-2223046