



# Rachel's Voice

A PUBLICATION OF PROJECT RACHEL™ POST-ABORTION RECONCILIATION & HEALING  
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## Thank You

Your prayers and financial support make the Project Rachel ministry possible. Many services are offered through the Project Rachel office - client referrals to clergy, therapists and weekend retreats; support groups; resource and educational materials; speaker appearances in parishes and community events; networking with national post-abortion ministries; this newsletter. Recently our Project Rachel Director spoke about post-abortion issues at St. Robert's (Ada), was a panelist at a Calvin Christian Feminist event and spoke at a Mass of Remembrance at St. Peter & Paul Parish. She also attended the Gospel of Life Conference in Detroit and a Diocese of Gary, Indiana Training Seminar featuring Dr. Martha Shuping.

## Regional Meet

Project Rachel representatives from four Michigan diocese met in Grand Rapids recently. Pictured below: first row: Cindy Samson, G.R.; Brother Paul Yosenak, C.S.R., Detroit; Wilson Perkowski, Lansing. Back row: Beth Bauer, Gaylord; Patricia Ryan, G. R.; special guest Peter Buckley, London, Ontario. Topics discussed included improved ways to communicate with clients, outreach through public speaking, advertising and newsletters, increased scheduling of support groups and retreats. Gaylord will host the August meeting.



## Women and Stress

Based on research with male subjects, scientists have believed for several decades that there are two human responses to stress situations - "fight" or "flight". But a study conducted at UCLA using female subjects raises the possibility that women have broader behavioral responses to stress. The hormone oxytocin is released in both women and men when in a stressful situation. In women, it buffers the fight or flight response and encourages them to tend to children and gather with other women instead. In men, this calming response is absent because testosterone produced in high levels in men under stress, reduces the calming effects of oxytocin.

Termed "tend and befriend" by the study's authors, this finding has significant implications for women's health. It may help explain why women live longer than men, as demonstrated by many studies showing that social ties reduce the risk of disease. For example, The Nurses' Health Study from Harvard found that the more friends women had, the less likely they were to develop physical impairments as they aged and the more likely they were to be leading a joyful life. One of life's biggest stressors is grief; when researchers looked at how well women functioned after the death of a spouse, they found that those women who had close friends were more likely to emerge from the experience without new physical impairment or permanent loss of vitality.

This information was summarized from [www.griefworks.com](http://www.griefworks.com), an organization providing links to information and resources, including post-abortive healing and reconciliation. If you or someone you know suffers grief from an abortion, encourage them to seek help through Project Rachel.

## Church Documents Addressing Post-Abortive Reconciliation

US Bishops Pastoral Plan for Pro-Life Activities, 1975  
 US Bishops Pastoral Plan for Pro-Life Activities, 1985 (A Reaffirmation)  
 The Gospel of Life, #99 - A Special Word to women who have had an abortion. Pope John Paul II.

Faithful for Life, A Moral Reflection, Statement of U.S. Bishops, 1993  
 Pastoral Plan for Pro-Life Activities, 2001 A Campaign in Support of Life  
 A Matter of the Heart, U.S. Bishops Statement, 2002