

*"The environment was completely free of condemnation and judgment...I have never felt such acceptance, understanding, and grace. It was incredibly powerful to just be accepted and, for once, be unashamed of who I am."*

*"I was nervous and thought of many excuses not to face my fear. I followed God's prompting to be open to this experience and he showed me unmeasurable faith and love."*

*You are not  
alone.*

*"Rachel's Vineyard has helped me to move on with hope. When I met other women who had abortions and had suffered just the same as I had, I didn't feel so alone anymore. The healing I experienced on the weekend was amazing and is still ongoing."*



## Upcoming Rachel's Vineyard Retreats

- March 9-11, 2018
- November 2-4, 2018

Prairiewoods  
Franciscan  
Spirituality Center,  
120 Boyson Road,  
Hiawatha, Iowa



### More Info

Haley Brimmer  
Bridgehaven Pregnancy Support Center  
Cedar Rapids, Iowa  
(319) 364-8967  
haley@bridgehavencr.org

**RACHEL'S VINEYARD  
RETREAT**

*Come  
Be Set Free*



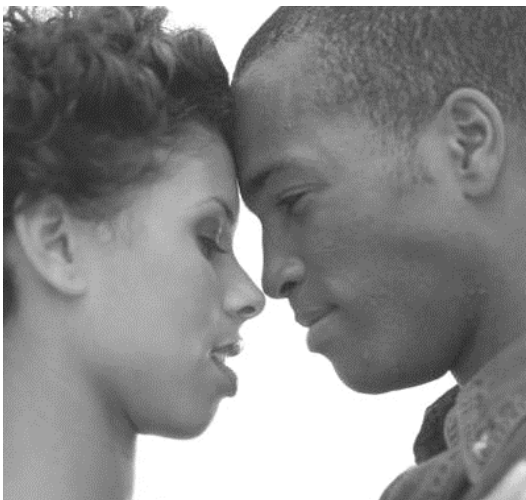
## RACHEL'S VINEYARD RETREAT FOR HEALING AFTER ABORTION

Rachel's Vineyard weekend retreats offer a beautiful opportunity for healing to any woman or man who has struggled with the emotional or spiritual pain of an abortion.

The retreat is a chance to get away from the daily pressures of work and family, to focus on a painful time in life, and to begin healing through a supportive and non-judgmental process.

Spiritual exercises focus on God's forgiveness, compassion, and mercy. Psychological exercises help you work through repressed grief and anger that might exist.

Many preconceived fears of condemnation are transformed into blessings; memories of abandonment, pain, and confusion are replaced by peace and reconciliation.



### *General Information*

**Registration:** Your completed registration form must be received at least two weeks prior to the scheduled retreat.

**Schedule:** The weekend begins on Friday evening, with arrivals starting at 6 p.m., and concludes on Sunday, around noon.

**Cost:** The \$160 registration fee includes lodging for two nights, three meals on Saturday and one meal on Sunday, and materials.

**Accommodations:** Prairiewoods Franciscan Spirituality Center is a retreat and conference center located on 70 acres of prairie and woodland in Hiawatha, Iowa. Prairiewoods offers single and double-occupancy rooms. While each of the guest rooms has its own sink, a bathroom with shower is shared between two double rooms. Healthy, fresh meals are cooked on-site and included in your registration fee.

**Confidentiality:** Rachel's Vineyard strictly respects confidentiality and privacy. If you or someone you know is hurting, please call today.

**More Information:** Contact Haley Brimmer, Bridgehaven Pregnancy Support Center, Director of Client Advocacy by phone at 319-364- 8967 or via email at [haley@bridgehavencr.org](mailto:haley@bridgehavencr.org).

You can also find more information at the following websites:

[bridgehavencr.org](http://bridgehavencr.org)

[rachelsvineyard.org](http://rachelsvineyard.org)

## RETREAT REGISTRATION

*Yes, please register me for Rachel's Vineyard Retreat at Prairiewoods Franciscan Retreat Center, Hiawatha, Iowa on (choose date):*

\_\_\_\_\_ *March 9-11, 2018*

\_\_\_\_\_ *November 2-4, 2018*

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number (include area code) \_\_\_\_\_

Email address \_\_\_\_\_

Best way to contact you (*check all that apply*):

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_ Mail

**Retreat Cost:** \$160.00

*Financial assistance available for those who qualify.*

Make check payable to and mail completed form with payment to:

Bridgehaven Pregnancy Support Center  
701 Center Point Road NE  
Cedar Rapids, IA 52402