



# *Women Deserve Better!*

## *A loving society can do better.*



On January 22, 1973 the U.S. Supreme Court legalized abortion on demand through all nine months of pregnancy. Supporters said legal abortion would end poverty and abuse and make women free to participate more fully in society. However, these promises were empty and remain unfulfilled. In contrast to these promises women have been scarred emotionally, spiritually, and physically by abortion. Our nation's collective conscience has been coarsened against human life. Men also mourn the loss of their children, often carrying the heavy burden of having persuaded a loved one to have an abortion.

**33 years 45 Million Aborted Children.  
Countless tears and Wounded Souls**



### *"Aborted Women: Silent No More"*



*These testimonies from two Nebraska women clearly illustrate the devastation of abortion:*

*"I remember walking out of that abortion clinic with the most remarkable sense of relief. I no longer had to tell my parents that I was pregnant... All my problems were over (so I thought), [but] they were only just in the beginning....I was in complete denial about what I had done. I didn't think I actually killed my baby. It was just a blob of tissue. After all, what I did was legal, so it couldn't have been that terribly wrong... This way of thinking made my decision "ok". Things in my life couldn't have been further from "ok"... I had no self esteem left. I kept thinking "how could anyone ever love me after what I had done?" I can't love myself, so how could anyone else love me? I felt nothing but emptiness inside... Years went by, and not a single day passed that I didn't think about my baby that I had aborted. I thought I had committed the unspeakable and unforgivable sin... I suffered alone from my abortion experience for fourteen years before I sought Project Rachel for help. I would love to shout from the rooftops how the Project Rachel ministry personally helped me. I hope everyone who hears my story and is suffering from a past abortion will find the courage to call Project Rachel... The Catholic Church really does care about you and wants to help past abortive women who need God's grace and forgiveness."*

*"I was so taken back by the pain and the thought that my baby had just been sucked out of me... The people at the clinic fail to tell you the immense trauma you suffer from an abortion. Now, a year later, I don't feel a sense of relief, I feel a sense of loss, of emptiness and panic. I often have panic attacks and moments of complete anger, where I feel like I cannot breathe or control my actions. I constantly have nightmares about bad things happening to babies, I hear them crying and I can't help them. It's awful, not only the feeling of something inside you dying, but the mental, and emotional repercussions you suffer from an abortion. This baby is a piece of me that I have lost and cannot get back... I need God's forgiveness and I need to do something to help stop the horrible act... If my story changes one girl's mind or even offers comfort to someone also suffering from an abortion, I will feel as though I have begun my journey to save life. I regret what I did every single day, it never leaves my mind. I have decided to contact Project Rachel and start heal."*

**Every 36 seconds in America a woman lays her body down,  
forced to choose abortion out of a lack of practical resources and emotional support.**

*Abortion is a reflection that society has failed women.*

## Post Abortion Reconciliation & Healing



Nebraska Project Rachel Toll free line: 800-964-3787

Websites: [www.hopeafterabortion.org](http://www.hopeafterabortion.org) [www.afterabortion.org](http://www.afterabortion.org)

Brochures: "How to talk to a friend who's had an abortion"

(Adult & Teen Versions: Available English & Spanish from the Bishops' Pro Life Office see below)

### Pregnancy Help Centers

<i>S.E. Nebr. Crisis Preg. Cntr</i> , Auburn,	800-490-6020	<i>Catholic Social Services</i> , Lincoln,	402-489-1834
<i>Care Net Pregnancy Center</i> , Beatrice,	402-228-6411	<i>Crisis Pregnancy Centee</i> , Lincoln,	402-483-4247
<i>Birthright of Broken Bow</i> , Broken Bow	308-872-3365	<i>ABC Pregnancy Help Center</i> , McCook,	308-350-0126
<i>A Woman's Touch</i> Bellevue,	402-614-0496	<i>Birthright of Norfolk</i> , Norfolk,	402-379-1004
<i>Birthright of Chadron</i> , Chadron	308-432-5373	<i>Catholic Charities-Norfolk</i> ,	402-371-3555
<i>Birthright of Columbus</i> , Columbus,	402-564-5006	<i>Agape Preg. Care Center</i> , Norfolk,	402 844-3000
<i>Catholic Charities</i> , Columbus,	402-563-3833	<i>Women's Resource Center</i> , North Platte,	308-650-3085
<i>United Family Services</i> , Fremont,	402-721-5551	<i>Women's Resource Center</i> , Ogallala,	308-280-0522
<i>Birthright of Grand Island</i> , Grand Island	308-381-7845	<i>EPS Pregnancy Services</i> , Omaha,	402-554-1000
<i>Catholic Social Services</i> , Hastings,	402-463-1119	<i>Catholic Charities</i> , Omaha,	402-554-0520
<i>AAA Crisis Preg. Center</i> , Hastings,	800-560-0717	<i>AAA Center for Prg. Counseling</i> , Omaha,	402-397-0600
<i>Life Choices Pregnancy Cntr</i> , Kearney,	308-234-9880	<i>Women's Care Center Heartland</i> , Omaha,	402-5029224
<i>Birthright of Lincoln</i> , Lincoln,	402-466-2609	<i>Birthright of O'Neill</i> , O'Neill,	402-336-3414
		<i>Birthright of Scottsbluff</i> , Scottsbluff,	308-632-5866

### Sacred gift of sexuality

#### Documents

Truth and Meaning of Human Sexuality

<http://www.cin.org./vatcong/sexed.html>

Humanae Vitae, Familiaris Consortio, Donum Vitae, Casti Connubii,

<http://www.usccb.org/prolife/issues/nfp/cathteach.htm>

Theology of the Body (order from a Catholic Bookstore or from One More Soul – see below)

[Material explaining these church teachings on sexuality are available from the organizations below.]

#### Organizations

Pope Paul Vi Institute, 6901 Mercy Road, Omaha NE 68106, 402-390-6600, [www.popepaulvi.com](http://www.popepaulvi.com)

Couple to Couple League, PO Box 111184, Cincinnati, OH 45211, 800-745-8252, [www.ccli.org](http://www.ccli.org)

One More Soul, 616 Five Oaks Ave, Dayton, OH 45406, 800-307-7685, [www.omsoul.com](http://www.omsoul.com)

The Gift Foundation, PO Box 95, Carpentersville, IL 60110, 847-844-1167, [www.giftfoundation.org](http://www.giftfoundation.org)

#### NFP Physicians & Teachers

Omaha Archdiocese, Family Life Office, 3214 North 60<sup>th</sup> St., Omaha NE 68104, 402-551-9003

Grand Island Diocese, Mary Dey, 2404 Vandergrift Avenue, Grand Island NE 68801, 308-384-8472

Lincoln Diocese, Family Life Office, PO Box 80328, Lincoln NE 68501, 402-488-2040

[To identify a Natural Family Planning (NFP) instructor or physician who adheres to the Church's teaching on sexual morality check out One More Soul's website or contact them by phone (see above).]

Bishops' Pastoral Plan for Pro Life Activities/ Nebraska Catholics for Life

215 Centennial Mall South, Lincoln NE 68508, 402-477-7517

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[www.nebcathcon.org](http://www.nebcathcon.org)



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