

NEWS FROM The Inland See

July 22–28, 2017

FOR THE DIOCESE OF BURLINGTON

Project Rachel Ministry Offers Hope and Healing



While it is widely known that there are roughly one million abortions a year in the U.S., what is less well known is that it is estimated that one in three adult women have had an abortion. Often the shame and guilt of having participated in an abortion contributes to a cult of secrecy that prevents individuals from seeking help dealing with its aftermath.

In a well-documented meta-analysis that examined twenty-two major studies on this topic, the following data emerged:

- ♦ Women who have had an abortion have an 81% higher risk of subsequent mental health problems compared to those who have not;
- ♦ Women who aborted have a 55% higher risk of mental health problems compared to women with an “unplanned” pregnancy who have given birth;
- ♦ Women with a history of abortion have higher rates of anxiety, depression, alcohol use/misuse, marijuana use and suicidal behavior compared to those who have not had an abortion.

The Catholic Church has long upheld the sanctity of human life from the moment of conception and teaches that “formal cooperation in an abortion constitutes a grave offense” (CCC 2272). Sadly, many Catholics carrying the grief and remorse of having been involved in an abortion avoid the Church, erroneously thinking they have committed an unforgivable sin.

The Project Rachel Ministry helps such individuals come to terms with the memories and circumstances surrounding their decision to abort and leads them to God’s mercy. Through a confidential network of specially trained counselors and priests, Project Rachel offers counseling, spiritual guidance, and sacramental reconciliation. It can benefit anyone — mothers, fathers, grandparents, aunts, uncles, friends and siblings — who is experiencing regret because of an abortion.

Additionally, *Rachel’s Vineyard* is a weekend retreat model that many have found transformative. As described on the Rachel’s Vineyard website, “Rachel’s Vineyard... can help you experience God’s love and compassion on a profound level. It creates a place where men and women can share, often for the first time, their deepest feelings about abortion... in an environment of emotional and spiritual safety.” It is not uncommon for individuals whose abortion happened decades ago to attend this retreat and come to terms with the abortion for the first time. Even those who have confessed and received absolution long ago can benefit from participating in the retreat, which is Scripturally based and is guided by a professional counselor, a priest, and trained facilitators.

If you or someone you know is suffering because of abortion, reach out to the Project Rachel Network for a referral to a priest or counselor or for more information about retreats.

Call the confidential hotline at 802-658-4118, or email projectrachel@vermontcatholic.org.

— *Carrie Handy, Respect Life Coordinator*

UPCOMING EVENTS

Day of Hope

Saturday, October 21, 2017 • 9 am - 4 pm

Location: Burlington area

The Day of Hope is a one-day retreat designed to help women hurting from past abortions experience the personal love of Christ and find hope for healing. The retreat offers a loving and confidential environment with a committed team of 5-6 members including trained Diocesan Staff, a professional counselor, a priest and a woman who has experienced post-abortion healing. All team members are committed to absolute confidentiality.

Rachel’s Vineyard Retreat

Friday, April 6 - Sunday, April 8, 2018

Location: Northern Vermont

A Rachel’s Vineyard Retreat offers an opportunity for healing to anyone struggling with the emotional and spiritual pain of an abortion — mother, father, sibling or grandparent. Spiritual exercises focusing on God’s forgiveness, compassion, and mercy help participants work through grief, anger and other emotions that may be unresolved. The retreat is grounded in the Catholic faith, and welcomes men and women of all denominations.

UPCOMING EVENTS



07|23
Seminar Talk: Greg Caldwell
Saint Paul, Barton
 10 am

What does it mean for a person to be free? How does this fit into the Catholic faith? The talk will follow the 10 am Mass. There will be coffee and light refreshments.



07|23
Parish Picnic
Camp Plymouth State Park, Ludlow
 12 pm

This is the annual parish picnic for both the Church of the Annunciation in Ludlow and Holy Name of Mary Church in Proctorsville. The Knights of Columbus will provide the hamburgers, hot dogs and beverages; participants are asked to bring a side dish or dessert. Also games are needed — such as bocce, Frisbee, horseshoes etc. Swimming is available. This event is about building community.



07|25
Senior Meals
Saint Jude, Hinesburg
 12 - 2 pm

Served on the second and fourth Tuesday of each month.



07|26
Summer Reflection Series
Saint Anne's Shrine, Isle La Motte
 11:15 am

Part of the Summer Reflection Series featuring Diocesan and Edmundite Clergy. Rev. Stephen Hornat, S.S.E., "An Edmundite Journey: Coming to America". Program begins with Mass at 11:15 am, followed by topic presentation and lunch.



07|26
Feast of Saint Anne
St. Anne's Shrine, Isle La Motte
 11:15 am and 7 pm

Mass followed by the traditional candlelight procession.



07|26
Senior Barbecue
Our Lady of Fatima, Wilmington
 12 pm



07|30
St John Bosco
75th Anniversary Celebration
St John Bosco, Stamford • 11:45 am

Mass at 11:45 am with a picnic to follow immediately afterward. Father Charles Delnotaro, who opened this mission church, was a student of John Bosco in Italy.

FOR MORE INFO: Jim Bushika (802) 694-1483, jimbushika10@yahoo.com



07|30 - 08|11
Camp Guggenheim
Lower Saranac Lake, NY

This summer the Diocese of Burlington is partnering with the Diocese of Ogdensburg, NY, with their summer camp series at Camp Guggenheim, located just two and a half hours from Burlington in the Adirondack Mountains on Lower Saranac Lake. The diocese will provide transportation from Burlington for the weeks of July 30-Aug. 4 (13-15 year-olds) and August 6-11 (16-18 year-olds).

FOR MORE INFO: rcdony.org/youth/guggy.html



08|05
Bingo
All Saints Parish Hall, Richford
 1 pm

Sponsored by the Richford Knights of Columbus Council #2610. Doors will open at 11:30. Refreshments will be available, and pull tickets will also be sold.



08|12
Fatima Centennial Vermont Tour for Peace — Sign of the Cross
Saint Mary's Star of the Sea, Newport
 3 - 5 pm

Event #5 for the reparation for Sin and Conversion of Sinners. With the coordination from the Diocese of Burlington and the WAF-Our Lady's Blue Army Vermont, parishioners throughout Vermont will be able to take part of World's celebration of the Centennial of Grace which will happen at 7 selected churches in Vermont from May through October.



08|15
Contemplating Creation: A Pilgrimage and Retreat
St. Anne's Shrine, Isle La Motte
 1 - 5 pm

This pilgrimage retreat is inspired by the writings of Pope Francis in "Laudato Si': Care for Our Common Home" and informed by scripture, story and personal reflection as participants contemplate creation and encounter God in the created world. Wear comfortable shoes for walking and bring water, snacks, notebook. Retreat guide is Carol A. Fournier, licensed spiritual director and founder of Silver Dove Institute.

FOR MORE INFO: Carol Fournier (802) 865-2600



09|01 - 10|04
Season of Creation

Christians around the world are invited to pray and care for creation between September 1, the World Day of Prayer for Creation, and October 4, the Feast of St. Francis of Assisi.



09|30
Action for Ecological Justice: Celebrating a Year of Creation
Saint Michael's College, Colchester
 10 am - 5 pm

Join Bishop Coyne at this main event for the Year of Creation. A keynote address by Dr. Carolyn Woo (former CEO & President of Catholic Relief Services) will be followed by sessions on local and global issues related to Pope Francis' encyclical, "Laudato Si': On Care for Our Common Home."

FOR MORE INFO: vermontcatholic.weshareonline.org/ActionforEcologicalJustice



CHANGES TO DELIVERY OF VERMONT CATHOLIC MAGAZINE

Starting with the 2017 Fall issue, Vermont Catholic Magazine will be mailed as a gift to those who make a donation of \$24 or more to the

Bishop's Annual Appeal: bishopsappealvt.org/give.

To ensure you receive all four issues (Fall, Winter, Spring, Summer), donate by July 30th. A limited number of copies of each issue will also be available at your parish.



ROMAN CATHOLIC
DIocese of BURLINGTON

Submit your event to the diocesan calendar!
vermontcatholic.org/calendar

2017 BISHOP'S ANNUAL APPEAL REPORT

DID YOU KNOW that the Office of Safe Environment Programs is responsible for background checks and training of almost 4,000 volunteers each year? Learn more about how Safe Environment Programs is supported by the Bishop's #AnnualAppeal at bishopsappealvt.org.
 Donate: bishopsappealvt.org/give

