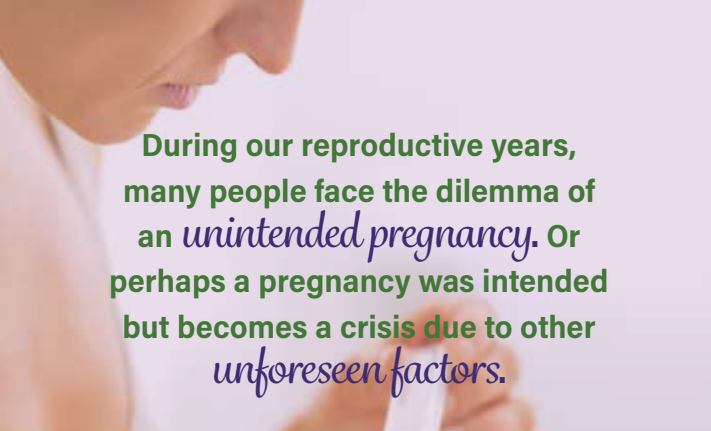


**Considering**  
*Abortion?*

**Clarifying  
What You  
Believe**



**During our reproductive years, many people face the dilemma of an *unintended pregnancy*. Or perhaps a pregnancy was intended but becomes a crisis due to other *unforeseen factors*.**

However you got here, chances are that if you are reading this, you are facing a decision about what to do about your pregnancy.


Many of us in this situation have spiritual and religious concerns as we consider what we will do. The Religious Coalition for Reproductive Choice offers these thoughts to help you clarify how your beliefs support your whole and best self.

**Should you *choose*  
abortion, adoption,  
or parenting?**

Ultimately, only you can decide what is right for you. God has given each of us the gift of free will and trusts and empowers us to make decisions in light of our own faith and experience.

Be assured that, no matter what you decide, you are loved and valued by your God.

Life is a gift. In thinking about an unintended pregnancy consider your own life as well as the new life you might bring forth. Your physical health and emotional well-being are sacred concerns. Only you know if you are prepared for the responsibility of bringing another life into the world.



**How might  
you consider  
an *unintended*  
pregnancy?**

Pregnancy is not a punishment for what you have done or not done. Pregnancy is a natural occurrence and it can be a great gift. When it is unintended, you have the responsibility of making the best decision about how to proceed. You may decide to continue the pregnancy and either parent the child or make an adoption plan. You may decide to have an abortion. The fact that you have become pregnant does not mean it is God's will that you become a parent.

**Who can *help* you  
make this decision?**

Talk with someone you trust—your partner, a family member, a close friend, or a member of the clergy. Find a person who will listen carefully, letting you put your concerns into words so you do not have to carry them alone. Find someone who will provide information and empathy, not judgment. It is essential that you consult a healthcare professional about any health concerns you may have.

Family, friends, and others may offer you advice, perhaps even with your best interests in mind. But a decision about an abortion is *yours* to make, with your healthcare provider and your God and, if you wish, others in your life. Thinking about your own needs does not mean you are selfish. Your God entrusts you with the sacred responsibility to take care of yourself.



**These questions**  
**may be of help**  
**as you begin**  
**moving toward**  
**your decision:**

### **How do I feel about the possibility of becoming a parent?**

- 🕒 Am I physically and emotionally able to handle pregnancy and childbirth at this time?
- 🕒 Can I provide the love and emotional support a child needs?
- 🕒 How will parenthood impact my future plans? My job? My education?
- 🕒 Who is available in my life to lend support if I take on the major responsibilities of being a parent?


- 🌀 If I already have a child/children am I able to handle the responsibility of having another child?
- 🌀 How will having a child impact the life/lives of the child/children I already have?

### **How do I feel about adoption?**

- 🌀 Can I go through pregnancy and childbirth and then place my child for adoption?
- 🌀 Could someone else give my child a better home than I can at this time in my life?
- 🌀 Will my partner be supportive of adoption? If not, how will I proceed?
- 🌀 Do I anticipate feeling regret or feeling a sense of peace about making an adoption plan? If I feel regret, how can I handle it?

### **How do I feel about having an abortion?**

- 🌀 What are my reasons for considering having an abortion?
- 🌀 Will I have the emotional support that I need during and after the abortion?
- 🌀 Will my partner, or another person in my life, be supportive?
- 🌀 Can I be at peace with this decision?
- 🌀 Some people end up feeling some mixture of relief and sadness after an abortion. Some feel certain they have done the best thing while others may question themselves. Having a mix of emotions is normal. How will I handle it if I experience this mix of emotions?



**Whatever you  
decide, you are  
*taking charge*  
of your future.**

You can make your decision without embarrassment and without apology. An unintended pregnancy can cause great distress, but it can also mark the beginning of a more mature and spiritual life. God's love and compassion are constant whatever path you take. May this be a source of strength for you as you make your decision.

The **Religious Coalition for Reproductive Choice (RCRC)** is a national community of religious organizations and faithful individuals dedicated to achieving reproductive justice. Through education, organizing and advocacy, we seek to elevate religious voices wherever faith, policy and our reproductive lives intersect.

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