Spiritual Support for your Abortion Journey

abortions welcome

Religious Coalition for Reproductive Choice

Considering Abortion?

Clarifying What You Believe



Religious Coalition for Reproductive Choice

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 religions 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.

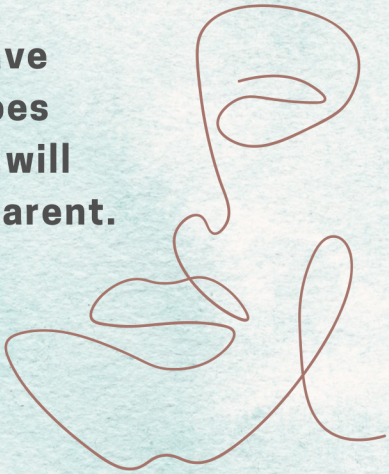
Life is a gift. In thinking about an unintended pregnancy consider your own life as well as the new life you might bring forth. Your physical health and emotional well-being are sacred concerns. Only you know if you are prepared for the responsibility of bringing another life into the world.

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.

Thinking about your own needs does not mean you are selfish. Your God entrusts you with the sacred responsibility to take care of yourself.

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.

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?

THESE QUESTIONS MAY BE OF HELP AS YOU BEGIN MOVING TOWARD YOUR DECISION:

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?



THESE QUESTIONS MAY BE OF HELP AS YOU BEGIN MOVING TOWARD YOUR DECISION:

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 multifaith, intersectional, and antiracist movement for reproductive freedom and dignity. Rooted in sacred, moral, and reproductive justice values, we seek to provide spiritual accompaniment, education, and community action.



PRAYERS and MEDITATIONS

For those who have chosen abortion.

Religious Coalition for Reproductive Choice

WE ARE CLERGY OF MANY FAITHS

We offer you these meditations, prayers and blessings in the hope that they may comfort you at this time of decision.

Others have walked this path before you.

Others will one day stand where you are now.

We are never alone.

May you find strength and comfort.

May you feel God's loving presence and understanding.

For more spiritual support specially curated for your unique abortion journey, visit AbortionsWelcome.org.



A CHAPLAIN'S PRAYER

Rev. Barbara Eaton Molfese, Clinic Chaplain

May you find your own deep truth.

Promise yourself, whether or not others understand, you will always be true and faithful to your own deepest self.

May you honor the generations upon generations of women who have walked this way before you, who have shared your feelings and fears ... and kept walking, through whatever lay ahead for them.

Those who are blessed with intelligence, sensitivity and depth, struggle most in life's lonely places.

Having received compassion and understanding from those who have cared for you, may they now become gifts in your hands, waiting for someone else who needs them.

May the Sacred surround you, always.



A CATHOLIC PRIEST'S PRAYER OF BLESSING

Rev. Chris Tessone, Independent Catholic Movement

God of Creation,

Give us the clarity of mind to discern Your will, not in simple rules that ignore complexity, but in lovingkindness that seeks to uplift and affirm all your children.

Eternal and Loving God,
Hear our prayers and bless your child, who prepares to undergo an abortion. Guide the hands of her doctors, nurses, and other caregivers, that they may act with wisdom and love.

Restore her quickly to wholeness of body and mind, and be always the protector of her life and the safeguard of her care.

Through Jesus the Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, world without end. Amen.



A RABBI'S PRAYER OF BLESSING

Rabbi Bonnie Margulis, Reform Judaism

May the merciful and gracious God grant you strength in this difficult time of decision;

May you find comfort and peace underneath the shelter of God's wings;

May you find love, support, and understanding from family, friends and community;

May God endow your caregivers with wisdom, respect and compassion;
And may you return swiftly to a refuah shleimah— a full healing in mind, body and spirit!



A PROTESTANT PRAYER

Rev. Dr. Marvin Marsh, American Baptist Minister

O God, you who are closer and more loving to me than I am to myself,

I pray for your blessing as I join this sisterhood of difficult choices. As I sort out my feelings, lead me in the path of healing and resurrection.

I believe this abortion is my best decision for this time, but I feel the pressures of those who disagree or have their own conflicts. Therefore, I cling to the promise that there is nothing that can separate me from your love in Christ Jesus.

Grant me strength as I do the best that I can. I pray this in the name and spirit of Jesus who came not to judge but to love and to redeem. In his name I pray for healing and inspiration.

May your Spirit transform me through this experience that I may have new gifts to use for the well-being of both myself and those within my care. Amen.



A NOTE OF BLESSING FROM A UNITARIAN UNIVERSALIST MINISTER

Rev. Deb Mero, Unitarian Universalist Minister

Dear Sister,
May I call you that? We don't know one another, but I have walked in your shoes, had some of the same dreams and nightmares.

I made a decision. I knew it was right for me. I knew it would be something that would be part of my life story, part of what molded who I was.

Little did I know it would change my life. It got better, far better, than I could have imagined.



Please be kind to yourself and to those around you. Know that after the loss comes a new day and new opportunities to grow and love again.

May Peace be with you.

A MEDITATION FROM THE QUR'AN

Imam Dr. Khaleel Mohammed

The Qur'an says: God does not tax a being beyond its capability. (2:286) And remember, too, that God says, "And when my servants ask you about me, I am close. . . . I answer the pleas of the asker if he asks me." (Q2:186).

Take heart then, and know that God understands what you do and why you do it. There is nothing that you may not ask your God about.

You are a woman and you are born free.

Remember that all perceive through the lenses of human fallibility. What is the first verse of the Qur'an? In the name of God, the Beneficent, the Merciful. It is not about judgment or forgiveness, even . . . but that beneficence and mercy and love that are part of God's essence.

And for whom is this beneficence, this mercy, if not for you?



A PRAYER FROM EARTH CENTERED SPIRITUALITY

Judy Harrow

Ancient Mother,

Please stand with me here and now.
I call upon your courage, your
hard-won wisdom,
You who have faced hard choices
and survived,
You who have stood with others many
times where paths diverged.

Now is my hour of need.

To live is to choose;
To choose is to risk;
Each door I open closes other doors;
Every Yes costs many Nos.

Stay with me, Ancient Mother,
Walk with me into the unknown future I
have chosen. So be it!





RESOURCES

Find more resources at AbortionsWelcome.org, a pro-choice, interfaith spiritual companion curated for every step of your abortion journey.

As more and more people use abortion pills, we know there will be times when people may not have the in-person support they deserve before, during, or after their abortions. That's why we, along with Faith In Women, created this site, first and foremost: to accompany people on their abortion journey, no matter where they are in the process.

We also know that many people who have abortions are people of faith, and it can be hard to find affirming and compassionate spiritual resources online in a sea of religious anti-abortion extremism. Our dream is for this site to be a resting place, a sacred space of comfort and care for people on their abortion journeys.

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