



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.



A CHAPLAIN'S PRAYER

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

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

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

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

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

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

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.

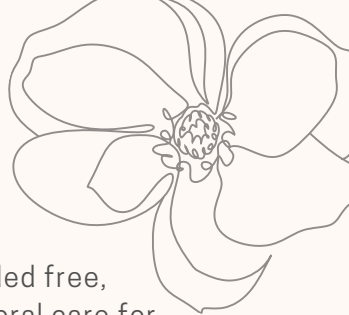
Now is my hour of need.

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!



SOURCES



We are clergy of many faith traditions. For more than 30 years we have provided free, confidential and non-judgmental pastoral care for women and couples who face an unintended pregnancy.

A Chaplain's Prayer

Rev. Barbara Eaton Molfese, Clinic Chaplain

A Catholic Priest's Blessing (edited)

Rev. Chris Tessone, Independent Catholic Movement

A Protestant Minister's Blessing

Rev. Dr. Marvin Marsh, American Baptist Minister

A Unitarian Universalist Minister's Prayer

Rev. Deb Mero, Unitarian Universalist Minister

A Rabbi's Blessing

Rabbi Bonnie Margulis, Reform Judaism

An Islamic Prayer

Imam Dr. Khaleel Mohammed

A Prayer from Earth-Centered Spirituality

Judy Harrow

Find more resources at AbortionsWelcome.org, an interfaith, spiritual companion for every step of your abortion journey.

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.