

Spiritual Support
for your
Abortion Journey



RELIGIOUS
COMMUNITY *for*
REPRODUCTIVE
CHOICE

Considering Abortion?

Clarifying What You Believe



DURING our reproductive years, many people face the dilemma of unintended pregnancies. 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 Community for Reproductive Choice offers some guiding questions to help you clarify how your beliefs support your whole self.



SHOULD YOU CHOOSE ABORTION, ADOPTION, OR PARENTING?

Ultimately, only you can decide what is right for you. The divine 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, mental 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 or haven't done—neither is it the will of God. Pregnancy is a natural occurrence and it can be a great gift. But when it is unintended or in crisis, 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.

Look for those who will provide information and empathy, not judgment.

If you have any health concerns, it's essential that you consult a healthcare professional.

WHO CAN HELP YOU MAKE THIS DECISION?

Thinking about your own needs does not mean you are selfish. Your God entrusts you with the sacred responsibility to care for 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, mentally, 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 children, am I able to handle the responsibility of having another child?

How will having a child impact the lives of the 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 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?

Will 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.

It is your divinely-given and sacred right to make this decision. An unintended pregnancy can cause great distress, but it can also mark the beginning of a new chapter of your 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 Community 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.



—Esa es una buena pregunta —respondió—. Tan buena que, de hecho, nunca le encontré una respuesta adecuada. Cuando somos jóvenes nos salimos al mundo, un mundo muy distinto al que conocimos cuando estábamos con nuestros padres, al menos quienes tuvieron la suerte de que nos contaran cuentos de hadas con poderes mágicos e historias de príncipes y princesas en castillos encantados. En ese instante nos encontramos con el mundo, la incompreensión, la agresividad y el egoísmo. Tratamos de defendernos y de preservar nuestra inocencia, pero la injusticia, la violencia, la superficialidad y la falta de amor nos atormentan. Y entonces nuestro espíritu, en lugar de propagar luz y felicidad a su alrededor, comienza a temblar ante el avance doloroso pero implacable de la realidad. Algunos llegan a abandonar el tesoro de sus sueños y afirman su vida en la ilusoria seguridad del pensamiento racional. Se convirtieron en personas serias, que adoran los números y las rutinas, porque les proporcionan una aparente seguridad. Sin embargo, como la seguridad nunca termina de ser completa, no consiguen ser felices. Comienzan a acumular cosas, pero

siempre les falta algo. El "tener" no los hace felices, porque los aleja del "ser". Se contratan tantos modos que desvirtúan el fin.

Y entonces, ¿por qué, si no los hace felices, los adultos dedican la mayor parte de sus vidas a obtener más y más cosas? —preguntó con toda lógica el Joven Príncipe.

—Pensar que la felicidad depende de conseguir cosas es un autoengaño tranquilizador. Como lo importante se convierte en tener o no tener, la búsqueda se orienta hacia algo que está fuera de nosotros, lo que evita tener que mirar hacia nuestro interior. Siguiendo este razonamiento, podemos ser felices sin cambiar, sólo consiguiendo esto o aquello.

—¿Y la gente no se da cuenta de eso? —preguntó el Joven Príncipe, que se resistía a creer que la humanidad pudiera estar tan ciega en ese sentido.

—Lo que sucede, mi joven amigo, es que nuestra sociedad ha multiplicado de tal manera las cosas que pueden adquirirse, que la gente no se da cuenta de que ha tomado el camino equivocado hasta que no consigue la última de ellas. No sabes cómo se afectan a cualquier posibilidad, por mínima que sea, con tal de no

PRAYERS & MEDITATIONS

*For those who have
chosen abortion.*



RELIGIOUS
COMMUNITY *for*
REPRODUCTIVE
CHOICE

WE ARE CLERGY OF MANY FAITHS



**abortions
welcome**

We offer you these meditations, prayers, and blessings* in the hope that they may empower 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 your God's loving presence and understanding.

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

**Note: As language around gender identity evolves, we recognize that some of the following offerings include gendered language that is limited and dated. At RCRC, we recognize the wide spectrum of gender identities and affirm that the capacity to become pregnant is not limited to cisgender women. As you read these heartfelt yet imperfect words, we invite you to receive only that which serves you.*

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 loving-
kindness 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 UNITARIAN UNIVERSALIST MINISTER'S NOTE OF BLESSING

*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.



AN IMAM'S MEDITATION

*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 abortion care becomes more difficult to access, 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 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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