



# Rachel's Garden

*You shall pray to me and I will hear you. You shall seek me and shall find me, when you seek me with all your heart.*

Jeremiah 29:12-13

Diocese of Metuchen

## What is Rachel's Garden?

Rachel's Garden is a group of people that provide prayer support for the Project Rachel Program in the Diocese of Metuchen. By offering prayers and/or personal sacrifices, members of Rachel's Garden hope to obtain for Project Rachel personnel the grace they need to perform their post-abortion healing ministry. Rachel's Garden also offers prayers for those who need help after abortion, to have the courage to turn to Project Rachel or other post-abortion ministry and start on a path of healing.

## Why Prayer Support?

Behind every successful ministry is prayer. Prayer is absolutely necessary for those working to bring souls to God and for those souls who have slipped away from God. The grace from prayer is critical in strengthening the Project Rachel personnel as they encourage women and men to embrace God's mercy. It is also critical to pray for those in need, that they may take the first step toward healing. The hidden prayer workers in Rachel's Garden are essential to this post-abortion ministry. Please consider assisting us by being a prayer worker in our Garden. The section below offers some suggestions. Complete the portion below and email to [jruggiero@diometuchen.org](mailto:jruggiero@diometuchen.org) or mail to Diocese of Metuchen, Pro-Life Office, P.O. Box 191, Metuchen, NJ 08840.

### Rachel's Garden Suggested Prayers and Sacrifices

- |   |   |
|---|---|
| <input type="checkbox"/> Offer one Mass per week                    | <input type="checkbox"/> Say personal spontaneous prayer each day |
| <input type="checkbox"/> Pray a Rachel Rosary once a week           | <input type="checkbox"/> Make small sacrifices each day           |
| <input type="checkbox"/> Say one Novena each month                  | <input type="checkbox"/> Other _____                              |
| <input type="checkbox"/> Fast one day per week                      | _____   |
| <input type="checkbox"/> One Holy Hour before the Blessed Sacrament |   |

If you would like us to call or email specific prayer intentions, please complete the information below. All submission will be held in the strictest of confidence.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ email: \_\_\_\_\_