

Where we are...

The data collected by Rachel's Vineyard

Presented by The Rachel's Vineyard Team, Diocese of Trenton

The Big Picture

Changing demographics and the abortion pill are impacting post-abortive pastoral care

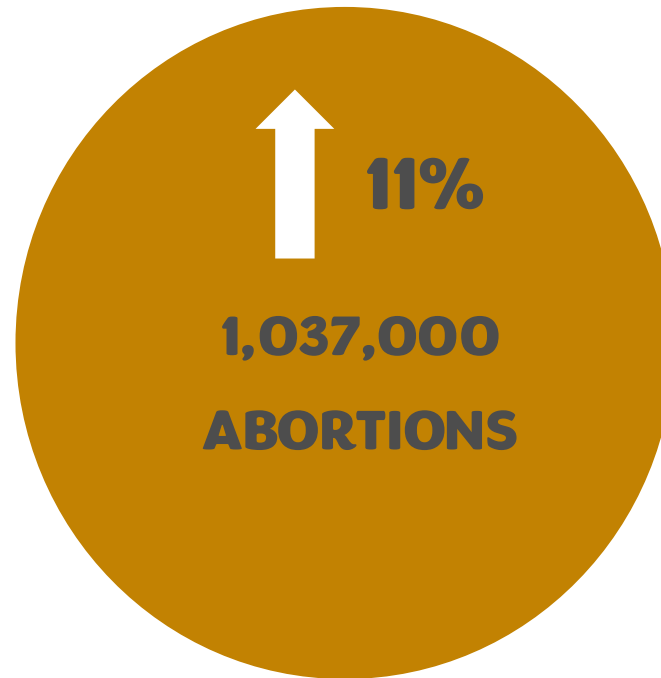
The nature of mail-order abortion makes the process of abortion even more isolating, traumatic and medically dangerous.

Gen-Z women and men who have aborted their children are less likely to reach out for help from faith-based resources

What do we do pastorally?

Source: Rachel's
Vineyard

Abortions
have
increased
post-Roe



After Roe fell (2023)



**Before Roe fell
(2020)**

The increasing use of telehealth

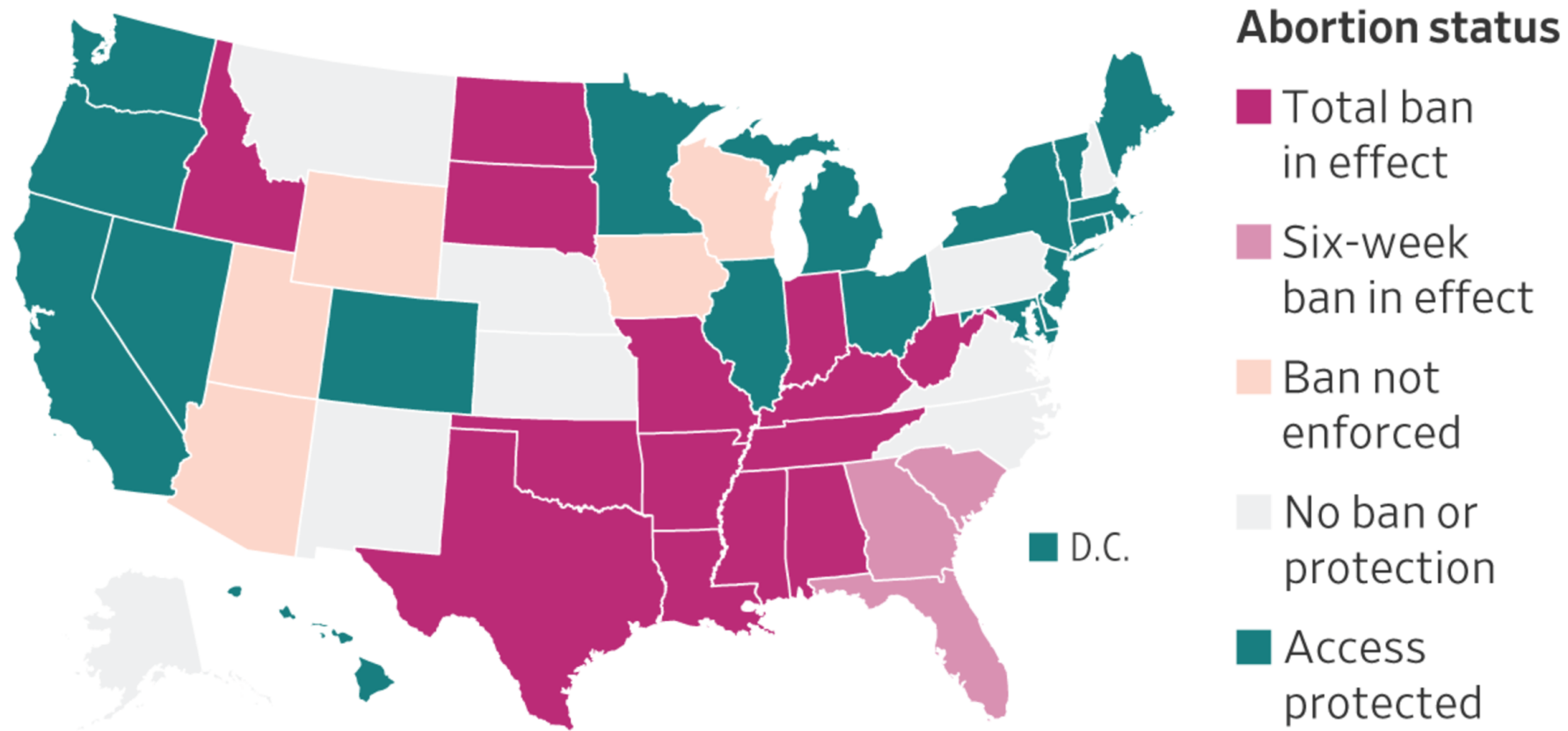
- In 2024, 78% of abortions in the United States were performed in a brick-and-mortar facility in-person (either surgically or through the dispensation of the abortion pill)
- Telehealth accounted for 22%
- In 2022, just 5% of abortions were telehealth

That's an increase of 27%

Didn't the Dobbs decision help?

- Dobbs took the issue of abortion out of the realm of federal law, and gave it back to states to pass their own laws
- This allowed some states to enact laws that banned or restricted abortion:*
 - 13 states prohibit abortion
 - 4 states prohibit abortion after a heartbeat is present
 - 2 states prohibit abortion after 12 weeks
 - In 3 states where gestational restrictions exist, telehealth restrictions also exist

*Charlotte Lozier Institute May 2026



Abortion access in the United States

May 1, 2026, *The Wall Street Journal*

The Post-Dobbs Picture

- The enactment of shield laws protect providers of reproductive healthcare from liability from other states (Ex. A doctor in NY can't be prosecuted for an abortion performed on an out-of-state resident)
- In 2023, the FDA removed an in-person dispensing requirement from its rules governing abortion drugs called the Risk Evaluation Mitigation Strategy (REMS)
- As a result, there has been an increase in the number of foreign and domestic online producers of abortion drugs

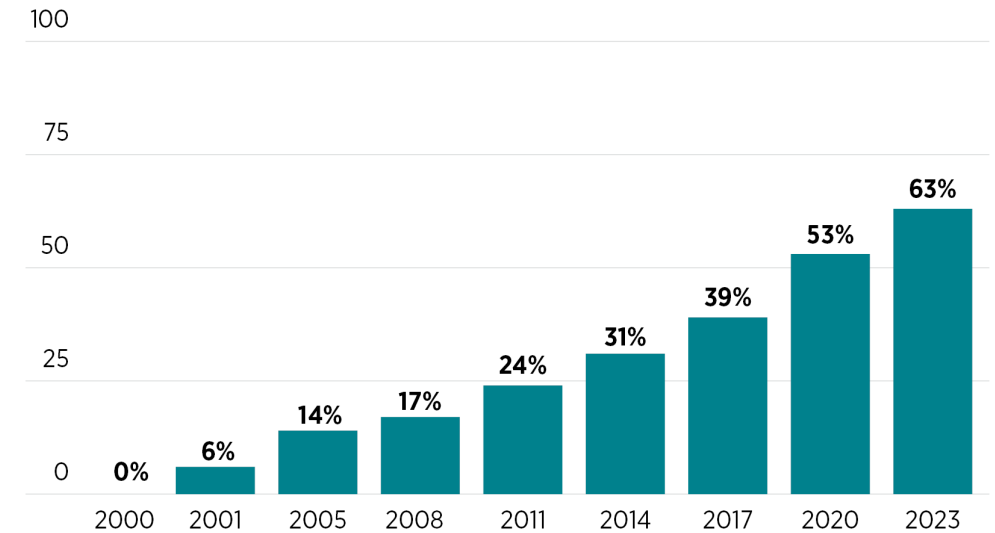
Louisiana vs. The FDA

- The state of Louisiana sued the the Federal Drug Administration for removing the in-person dispensing rules regarding mifepristone in its REMS
- Louisiana therefore blocked the distribution of mifepristone in the state
- A lower court temporarily blocked the restriction placed by the state of Louisiana
- In a disappointing turn in May of 2026, the Supreme Court upheld the lower court's decision

*This means abortion pills are available everywhere,
in all 50 states and DC, regardless of state law!*

Medication Abortion Accounted for 63% of All US Abortions in 2023— *An Increase from 53% in 2020*

Medication abortions accounted for more than 60% of all abortions in the formal US health care system in 2023



Sources: Guttmacher Abortion Provider Census and Monthly Abortion Provision Study.
[guttmacher.org](https://www.guttmacher.org)

Mail Order Abortion

Can be ordered for 11 weeks and under

Although every state is different, in NJ women can order pills from online pharmacies, receiving them in 1-5 days

They have a choice to do this:

- With clinical supervision- \$0-\$150
- Without clinical supervision- \$0- \$95

The pills are free to poor women, regardless of immigration status through New Jersey FamilyCare

Medicaid also provides free abortion pills

How the abortion pill works

The two- drug protocol of Mifepristone and Misoprostal:

- Mifepristone (originally known as RU-486) is taken – this drug blocks progesterone, essentially stopping the pregnancy from developing
- 4 Misoprostal pills are taken 24 hours later – This causes cramping that expels the fetus and the contents of the uterus
- If the fetus is not expelled in 24 hours, 4 to 8 more Misoprostal pill are taken

What women think will happen

- Planned Parenthood tells its clients it feels “natural,” like an early miscarriage:
 - Cramping
 - Heavy bleeding with clots
 - Vomiting and diarrhea
 - Low-grade fever

What really happens

A 2015 study says that medical abortions have four-times the complications of surgical abortions¹



Since 2016, the abortion pill manufacturers (Danco Laboratories or GenBioProare) are no longer mandated to notify the FDA of adverse events, other than death²



Antidotally, we at Rachel's Vineyard have had clients:

Who have suffered horrific pain and life-threatening bleeding

Who have suffered complications due to incomplete abortions, resulting in hospitalization

¹Source: Upadhyay, Ushma D., et al. "Incidents of Emergency Department Visits and Complications After Abortion," *Obstetrics & Gynecology*, Volume 25, Issue 1, pp. 175-183. January 2015. https://journals.lww.com/greenjournal/Fulltext/2015/01000/Incidence_of_Emergency_Department_Visits_and.29.aspx (Accessed 1 Aug 2022)

²Source: <https://www.liveaction.org/news/fda-report-casualties-abortion-pill-climb>, last access on 9/29/25.

The Trauma

- The woman takes the pills with her own hand – as many as 12
- 24 hours later, she decides again to abort her child by taking the second drug
- 24 hours after that, she made need to take it again
- This may take as long as 72 hours, with the woman having to decide over and over to end her child's life
- This often happens alone –bathroom, dorm room, etc.
- The mother disposes of the fetus herself

Changing Demographics: Gen-Z

Born between 1997-2012

Characterized by their familiarity with digital technology and social media:
6+ hours per day on their phones

Grown up in a world shaped by the internet and significant social changes

Considered a Post- Christian Generation

Gen Z is the first post-Christian generation:

Ranks the lowest among the generations in Scripture engagement at 11%

Truth is relative:

57% seldom to never attend a religious service

53% think religion is either not as important or not important at all in their lives.

24% believes that what is morally right and wrong changes over time based on society

21% believe what is morally right or wrong depends on what an individual believes

Gen-Z views on Sexuality & Relationships

- “Acceptance” and “Affirmation” are interchangeable
- They strongly support both gay marriage and transgender rights.
 - 28% of Gen Z adults identify as a member of the LGBTQ community
- Gen Z believes sexuality should be free from all restrictions
- Philosophically, they are in no way socially conservative
- 35% are living with partners
- 85% believe marriage is outdated and unnecessary
 - *But 83% are hoping to get married someday*

Gen Z Views on Abortion

- 61% of females and 46% of males believe it should be legal in all or most cases.
- Only 29% of Gen Z considers abortion to be morally wrong, indicating a shift in ethical perspectives compared to previous generations

The Results

34% of women said their outlook of themselves or their decision changed negatively since their abortions, including depression, anxiety, substance abuse and thoughts of suicide

82% did not know where to go for help

24% sought post-abortive help

39% didn't seek help, but said they could have benefited

Opinions on faith-based care

73% said they seldom attend religious services

16% prefer faith-based healing

69% said anonymity was important in a healing program

0% *said they would go to a clergy person for help*

What can you do?

- Pray, pray, pray!
- Inform your pastors and Respect Life teams of these changing trends
- Speak to your parishes – share this information!
- Double-down on your efforts to save babies
- Support and promote post-abortive care pastoral services within our diocese
 - Project Rachel –
 - Rachel's Vineyard -





Project Rachel

counseling and
pastoral care

- **English: (609) 406-7435**
- **ProRachel@DioceseofTrenton.org**
- **Spanish: 609-403 7147**
- **ProRachelSpanish@DioceseofTrenton.org**

NOTE: this is NOT a crisis hotline. Persons who are in crisis, or in danger, or those experiencing suicidal thoughts are urged to call "911" or the local emergency help number in your community, or to go to the nearest emergency room at a local hospital.



Rachel's Vineyard

- A confidential and immersive, scripture-based weekend retreat designed to help those suffering from post abortion syndrome (a form of PTSD)
- Post-abortive women and men are given the chance to share their stories, and to acknowledge and memorialize their babies
- Facilitated by a highly experienced team of counselors, spiritual directors and priests, as well as pastoral care volunteers – many of whom are post-abortive
- Although steeped in our Catholic faith, it offers opportunities to reconcile with God, regardless of faith background
- Deep Scriptural experience, Reconciliation, Adoration, Mass
- Post-retreat support group meetings

Projects in the works

- A one-day post-abortive care retreat for those who cannot attend a weekend or who are not yet ready for Rachel's Vineyard
- An online support group meeting for those who have not been to Rachel's Vineyard
- Getting the word out...we are available to speak at your parish!



For your parish bulletin boards:

- With your pastor's permission, print out and rotate the following four posters
- Designed to be used as consistent "reminders," the goal is to encourage women and men to reach out for help
- Change the posters every month or so
- QR Code brings them to Rachel's Vineyard's website, where they can look for a retreat nearest to them



It's been decades!
Why does that abortion still haunt you?
It's time for mercy.

Call Rachel's Vineyard



(877) HOPE-4-ME (877-467-3463)

**Are you replaying in your mind the
abortion pill experience you had?**
You're not alone anymore.

Call Rachel's Vineyard



(877) HOPE-4-ME (877-467-3463)

**You've been told abortion is okay.
So, why do you feel so bad?**

It's not just you.

Call Rachel's Vineyard



(877) HOPE-4-ME (877-467-3463)

**She never asked...or you never offered.
Abortion crushes men, too.
We've got you.**

Contact Rachel's Vineyard



(877) HOPE-4-ME (877-467-3463)

Where do we go
from here?

The Rachel's Vineyard Team of the
Diocese of Trenton thanks you.

