

# Pregnancy CHOICES

## Transforming Lives, Together!

Becky Hanel, Executive Director

*We believe in honoring the dignity of each individual.  
We welcome anyone needing pregnancy services,  
and through life coaching relationships  
we identify positive health choices and  
offer practical help to families.*

### **Your Story Matters!**

I could hear giggling behind me, and I knew as the giggling grew that I was not alone. When I turned from my desk, I was greeted by the biggest brown eyes and a smile from ear to ear. Of course I had to get down on my hands and knees and greet my new friend and his big sister. They were hanging out in the boutique as their mom shopped, and I quickly found out that they had two more siblings in school. Their beautiful mother looked at me, with a smile that matched her little boy's, and said, "I am blessed with children!"

Just the week before I had met a 25 day-old, beautiful baby boy. His mom was very excited to introduce her son to all of us, and I found out later that she had begun this journey very uncertain that this was the right path for her. Now, her presence conveyed her certainty that she was called to be a mother to this little boy. I could see contentment.

And there was the woman who came to us because she had nowhere else to go. A county nurse brought her to us on a Friday, after calling one center after another that could not take her. She does not have a place to call home and she has endured much. She shared a story with our life coach that most cannot imagine, and as it unfolded she said that she was not certain

she could have this baby. By the end of her time with us, after an ultrasound provided by ICU mobile, she recognized that not having this baby would be much harder for her.

**Every single day, story after story walks through our door.** We are invited into very precious and intimate moments of lives, and we are humbled. Every single day, we receive these stories and hold them as sacred, because they are not ours to tell, but ours to hold for as long as we are asked. And these stories change us. We are challenged and reminded that life is about walking with someone, as they navigate their own path. This work that we are so blessed to be a part of is a great gift. **You are part of the story.** Through your prayers, your gifts, your time, and your generosity you serve our clients through us. Together, we honor the stories we hear each day and make a difference.

***Thank you for all that you do to support this life giving work.***

"Rise Up and Start Fresh  
See the Bright Opportunity  
in Each New Day"

### **Prayer Warriors**

Each day we encounter stories that challenge us, situations that are so very difficult, and a knowledge that we are just instruments in a larger plan.



We are blessed in these moments, because we recognize that this is truly not our work, but God's. Alone, we are not enough. And so we make a phone call, and ask for prayer. In that instant, our Prayer Warriors are activated. A text goes out to over 15 people, asking for immediate prayer. Maybe it is a woman that is overwhelmed and scared, just walking into our ultrasound room, maybe it is someone who does not believe there is another choice, or just maybe it is someone completely taken by surprise when they find themselves in a place they never imagined. These Prayer Warriors receive very little information, but they know that in this moment they are called to pray and that it can be a life and death situation. They rarely receive resolution about these calls, but continue this ministry, lifting our clients, their babies, and our Team in prayer, when we are not always able. These prayers are a part of the life changing work that happens at Pregnancy Choices, and the peace we feel in those moments, knowing we are covered in prayer, is beyond words.

**THANK YOU TO OUR TEAM OF  
PRAYER WARRIORS.  
*You bless us all.***

\*If you would like to join our Prayer Warrior team, contact Sarah.  
[info@mypregnancychoices.com](mailto:info@mypregnancychoices.com)  
952-997-2229

## A Client Experience

### Kristin Wermus

The following is an excerpt from one of our many clients about her experiences at Pregnancy Choices. This particular client was abortion vulnerable for several difficult reasons, including the fact she is a single mom parenting a special needs child. The revelation that she was having twins made the case even more difficult, but she has persevered into parenting and now has twin boys.



“Pregnancy Choices is a great place to come for support and relief during pregnancy and for encompassing all women’s support. **Pregnancy Choices has given me hope and peace when I did not have it in me.** Life care is a good word to begin to describe the many facets of the levels of support this center can provide for anyone. There is an endless wealth of knowledge of women’s health that is shared by all the staff. The resources of diapers, wipes and clothes is such a special blessing for mothers who cannot afford to shop for their new babies but have the strong nesting desire. The offering of water the moment you walk in the door is a small thing but it is a glimpse into the wellness that is shared at this center. They do so much right to care for anyone who comes in from the very small gestures to the large impacts. Words cannot describe the wealth of knowledge, support and wellness that PC blesses all who enter through their loving doors. PC has changed my views on how I can successfully mother my children. I have walked more proudly and more confidently because of the incredible guidance and support given by the staff. The coaching has begun to impact my life in ways I am unable to put into words, a gift of a lifetime to take me positively with faith on my journey.”

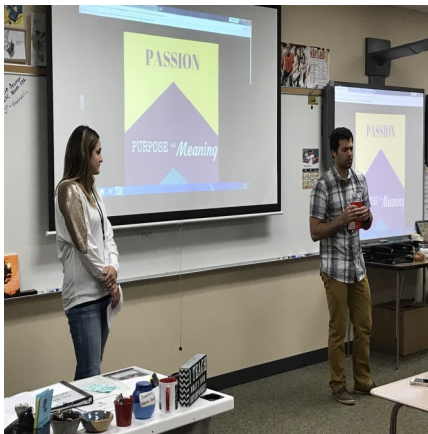
## High School Opportunities

### Kearston Lazaretti & Luke Herbert

A few years ago a young woman came to us with an unexpected pregnancy. She was still in high school and wanted to sort out how to move forward with the difficult decisions she had to make. The young woman had shared that a vibrant pro-life group at her high school had inspired her to consider life for her baby and she found her way to Pregnancy Choices. The group’s name was **Lakers for Life at Prior Lake High School.**



We recently had the opportunity and privilege to speak to the Lakers for Life group and to share with them more about what we do here at our center. The experience was mutually encouraging. We gave a lively thirty-minute presentation that had the kids laughing and asking questions. The students wanted to know more about the coaching approach and where they can refer women and men who are experiencing an unexpected pregnancy. **The Lakers for Life have also been generous in donating their time here at the center for the past two months helping with projects such as organizing baby bottles and addressing gala envelopes.** It’s been great to partner with them in our shared dedication to raising the dignity and respect of all life.



In addition to that great experience, we connected with students at Apple Valley High School recently. Last year a group of students with a passion for service began a student directed club. **These young people are committed to reaching out into our local community, to serve in any way they can.** Recently, they assembled “Mom’s Bags” for our clients. The bags included things like: a soap bar, loofah, chap stick, a picture frame with an inspirational quote, flower seeds, candy and more. Thanks to this group’s hard work we were able to gift 18 of our moms with these bags to honor them for Mother’s Day, and we will continue to hand these out to our moms this month here at the center. Pregnancy Choices was invited back to Apple Valley High School the very next week to give a presentation to the students so they could learn more about life coaching and how it benefits our clients here at the center. We spent 40 minutes working through an interactive and motivating life coaching group session with 17 students. They were able to receive answers to questions they had and became more acquainted with what their neighborhood pregnancy center is doing for our community.



Perhaps most encouraging is to see that younger generations are taking our mission to heart. All of us at Pregnancy Choices are grateful to all pro-life groups and other youth outreach groups like Lakers for Life and Apple Valley High School Service Club. As youth groups continue to inspire their peers to make good decisions, we continue to grow and develop innovative ways to connect to our community and are excited to help whoever comes through our door!

## FEMM

### Chabela Ruff-Berganza

The staff at Pregnancy Choices has recently begun the integration of FEMM education. FEMM, which stands for **Fertility Education and Medical Management**, is a comprehensive women's health program that teaches women to understand their bodies by recognizing hormonal and other vital signs of health. **Through FEMM classes, women learn how to achieve their health and reproductive goals.** It is a method and education that celebrates the female person and promotes well being by using observation and awareness. Through this personal education, a woman is able to engage in meaningful conversation with a FEMM practitioner to uncover other questions about overall health. It is a practice that goes to the root cause and addresses the "why" in a question of health. As a center, we see the benefits of the program already. We started receiving clients for initial sessions the first week of May.

More local teachers and medical practitioners will be officially certifying this summer. FEMM will be available through various locations in the region. The Archdiocese of Saint Paul and Minneapolis is taking action to promote what FEMM might offer as well. There is an informational meeting offered in June.

Ushering in a New Reign in  
Women's Health

Thursday, June 15, 2017/ 7pm  
St. Joseph Hall, New Chancery  
777 Forest Street  
St. Paul, MN 55106

RSVP Nancy Schulte, 651.291.4489



### Coffee Connection at Pregnancy Choices

"What an emotional Chamber Coffee Connection we had at Pregnancy Choices and an applause to all of you who took the time to learn their mission. Their mission is to invite women facing urgent life choices and offer them life coaching about where they see themselves going in life. They are neutral and do not judge outcomes but rather **try to build the goals and self esteem of people in crisis so they can make informed decisions.** For



those going forward in their choices, they also offer infant clothing, equipment assistance, and diapers and wipes for any potential mother in need. People come from all over the Twin Cities for this unique organization which is one of a kind.

**Apple Valley and the Chamber are proud to be the home of this noble organization."**

**-Ed Kearney, Chamber President**



"There's no need to be perfect to inspire others. Let people get inspired by how you deal with your imperfections."

*-Unknown*

## Volunteer of the Month

### Joyce Commerford

by Margaret  
Stutzman



As a volunteer, Joyce Commerford has given her time and talents for many years to our center. She first heard about the work being done at Pregnancy Choices from her home parish, Risen Savior of Burnsville, back in 2006 and has been a volunteer ever since.

Joyce came from a large farm family, (7 siblings), living near Rosholt, SD, with a population of 400 people. Joyce was profoundly influenced by her parents and all of their hard work in the early days of the pro-life movement. They were a part of conventions and meetings with South Dakota Respect for Life. They always worked hard to get family and friends involved, too. Her parents helped in writing letters to the legislature, attending the March for Life in Washington, DC, and raising money for a pro-life sign out on the freeway. That legacy had a great impact on Joyce's own values.

Over the past 10 years, she has had many volunteer hats at Pregnancy Choices. She started as a volunteer receptionist, followed by helping out with the many baby bottle drives, stuffing and addressing envelopes for our gala, sorting baby clothes for our boutique and always having a can-do attitude. Today you can find Joyce slipping very quietly into the center, showing up day after day until a task is complete, an example of humble service.

**Her faithful, generous, calm demeanor, and beautiful smile always brings sunshine to the center. Her commitment to life is unwavering. We are deeply appreciative of her and her many years of service.**

# Pregnancy CHOICES

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## DONATIONS HONORING LOVED ONES

### In Memory of

**Tom Trepanier**

by Joseph & Dorothy

**"All Unborn Children"**

by Jennifer Colosimo

**Richard "Whitey" Mayer**

by Beverly Mayer

**Dianne Roling**

by Wesley Roling

**John Patrick Cavanaugh**

by Patrick & Mary Cavanaugh

**Bill Simms**

by Martha Simms

### In Honor of

**Gerry Leonard**

by Bruce & Cathy Leonard

**Luke**

by Jeanne Laing

**Brad Mayer**

by Gerry Leonard

## Pregnancy CHOICES

***"Each one of us can  
make a difference.  
Together we make a  
change."***

### Partner With Us in Our Mission

#### We Are Looking For-

- ◆ Do you have an interest in cooking?
- ◆ We are looking for someone to make a homecooked meal for our Mom's group.
- ◆ Would you be interested in providing pampering supplies or financially sponsoring Mom's Bags?
- ◆ Our marketing team could benefit from some big thinkers. Please join us?

