



7297 Lee Hwy, Ste L, Falls Church, VA 22042
703.536.2020 | friendsofhopeinnova.org

OFFICE HOURS

MWF: 10:00 a.m. - 5:00 p.m.
Tues: 11:00 a.m. - 7:00 p.m.
Thurs: 9:00 a.m. - 5:00 p.m.
SAT: 8:00 a.m. - 1:00 p.m.
SUN: Closed

MISSION STATEMENT

Hope's mission is to provide empowering education that equips our clients to embrace God's design for their reproductive health.

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NEWS OF HOPE



CELEBRATING 50 YEARS

Empowering women to choose life since 1971

"I'M GLAD THAT HOPE WAS THERE FOR ME."

Nataly came to Hope after finding out that she was unexpectedly pregnant at 20 years old. "I was worried – one about disappointing my parents and then two, I was worried that it would derail the path that I was on. I had a plan that I was going to go to school, graduate, start my career and travel, and then after I would settle down. I was just nervous." She came to Hope at the recommendation of a friend. "In the beginning, I was just trying to see my options because I was going to school and trying to start a career."

Nataly said of her first impression of Hope, "They were very welcoming and friendly. Everyone was willing to help, and if I had any questions or needed anything they were just open arms. There was also a lot of negativity [in my life] because I was pregnant at such a young age." But it was different at Hope. "No one looked down on me or thought any less of me because I was pregnant. I felt safe and supported."

Nataly has been a part of Hope's family since 2018. After her baby was born, a local supporter donated a crib to Nataly and was struck by how young she was. The supporter wanted to do more and volunteered as Nataly's mommy mentor through our Friends in Hope program. "It was great to talk to someone who has experience. She would ask me how I was doing or give me advice if I had any questions about parenting because she has three kids. She was a really good mentor," recalled Nataly.

She participated in Hope's Earn While You Learn program where expectant mothers can take pregnancy and parenting classes to earn credit toward items in our baby boutique. While participating, it was not just the classes she found helpful. "I liked that [the Hope team] talked to me about the classes because then I could see that they cared and wanted to know more."

Nataly attended our six-week Healthy Relationships class this spring. "The course was how to have healthy relationships with anyone. At first, I thought it would just apply to your spouse, but then I realized it could help with anyone like a friend or a family member. It was just a very safe space and somewhere where we could share our experiences with different types of relationships and how to communicate better."

She was able to take the skills learned from the class and put them to good use. "It bettered my relationship with my husband [and] some of my family members. We always had homework to do about how to strengthen relationships and then we could come back in and talk about it. In every class I felt welcomed and like I could share anything with them if I needed. The instructors would share with us as well [which] made the class even better."

Today Nataly's daughter is two years old. She is a full-time student and has a part-time internship that she can do from home so she can spend more time with her daughter. "It was hard when I

first had her to do school and take care of her. I was also nervous that financially I couldn't support her and that I wasn't going to be a good mom. Before [my daughter] I wasn't good with kids, but now I'm great with kids and with her and I think I'm a good mom."

Her advice for other young women who find themselves in an unexpected pregnancy is to "believe in yourself because that motherly instinct will just come. When I was pregnant it still didn't feel real. It wasn't until she was in my arms and then I was like 'Okay, I'm a mom!'. Believe in yourself, believe in God, and believe in God's plan. Motherhood is amazing. It changed my life. It changed my priorities. Whatever makes her happy makes me happy. I'm glad that Hope was there for me and continues to help me whenever I need it."

2021 CHRISTMAS NEWSLETTER

NEWS OF HOPE



END THE YEAR GIVING HOPE

As 2021 comes to an end, we want to thank you, our supporters, for all that you helped make possible. It was a year of milestones. We ordered our ultrasound machine in January and by October we had provided our 100th sonogram. We introduced new curriculum to encourage our community to embrace God's design for sex, marriage, and the family. We began offering sexually transmitted infection testing and treatment to plant seeds earlier and better address the reproductive crises in our backyard. It never ceases to amaze what the Lord can make possible through faithful people like you.

The end of the year is a perfect time to financially demonstrate your appreciation for the work of 2021 and investment into the work that still needs to be done in the new year. While a gift of any kind is a blessing, we wanted to highlight two easy ways to fund our ministry.

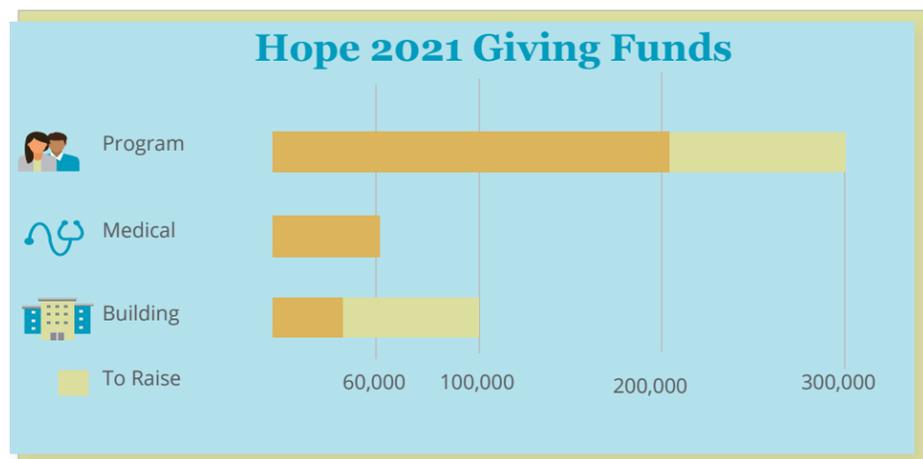
For those of you evaluating worthy causes to contribute any IRA charitable deductions before

the December 31st deadline, we humbly request that you consider us at Hope. This is a simple way to satisfy your required minimum distribution (RMD) for the year as a tax free withdrawal and benefit Hope. Your IRA custodian can help you complete the necessary forms.

If you are contemplating legacy giving, we would be honored if you consider Hope. There are several ways to do so, donate appreciated stock, bequest Hope in your will or irrevocable trust, or name us as a beneficiary of your retirement account.

For tax purposes, our EIN is **23-7189096**. If you have additional questions about how to support Hope through the aforementioned methods, please email us at board@hopeinnova.org.

Once again we thank you for all that you have done to sustain our ministry for half a century and look forward to continuing to partner with you for abundant life in our community.



GET INVOLVED

Are you interested in giving to a particular area of our work? There are many ways to give, and support our work!

Contact Ashley Williams today at:
ashley@hopeinnova.org
703-536-2020



Will you donate to help us give Hope?
bit.ly/givehopenova

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See the difference
your gift is making:



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CELEBRATING OUR FOUNDER

Dorothy Garrett was Vice President on the board of the local YWCA in 1967 when the organization adopted a resolution in support of abortion. "I was horrified! I couldn't believe it. [With] the national office approving, [it was only a matter of time] before the other offices would too." Though she was in line to become the next President, she instead chose to resign from her position at the YWCA.

She began reading and researching the issue of abortion. She also attended a presentation from Birthright, a group of pregnancy support centers. After much prayer and with the support of her family, Dorothy founded a local chapter of Birthright in 1971 which would later become Hope in Northern Virginia.

The first thing she did was start a group to raise money and recruit volunteers. The Northern Virginia community stepped up to help, including attorneys who would provide legal counsel and doctors who would care for women and deliver babies at no charge. "We

had just a whole lot of volunteers that were willing to help. It was just wonderful and why we were able to develop the way we did. We had nurses, some of our volunteers had PhDs. It was amazing. People hung in there, particularly after Roe vs. Wade in 1973 they wanted to help even more."

In addition to supporting mothers, Hope was educating the next generation through presentations at local schools. "Usually, it was a teacher who heard what I was doing and asked if I would come to talk to the class. I [presented on] life before birth and how the baby developed. Nobody could find fault with that because it was all fact."

Dorothy also worked to raise awareness of the issue of abortion occurring within the church. "I'll never forget two nuns coming to me after giving a speech and said, 'we don't have to worry about that at our church. We've never had any girls [become unexpectedly] pregnant,' and I thought to myself, [Hope] has already helped two or three of them."



Photo by Bob Updegrove Photography

Dorothy continues to believe in the importance of Hope in the community. "I've never met anybody that had an abortion and couldn't tell me the date when she had it and how old the child would be. It's something they will carry around for life."

Reflecting on her time with Hope, "It was a very special time doing all of this and to have such great people come in and be helping. That's it, to be able to open up and allow others in."

HOPE GOES BACK TO SCHOOL

Here at Hope, we take a holistic approach to our ministry. We strive to reach our client where she is emotionally and spiritually, and to advocate for a Christ-centered community in her life. This approach starts with reaching our client earlier, before a crisis is in place.

Planned Parenthood's website boasts that its "sex educators teach across the lifespan [including as early as] elementary school." Its curriculum encourages risky sexual behavior and paints abortion as viable and valuable, ensuring future paying customers. This is a huge threat to our children and to our ministry as a whole.

Hope sees firsthand the harm that Planned Parenthood is doing within our schools. In 2021 we

made progress toward our goal of countering these lies and making girls aware of our empowering, life-centered services by visiting area schools. A local Falls Church high school invited us to attend its Back-to-School night and we connected with a D.C. university's pro-life society to foster our presence in these key demographics.

If you have connections at a local public or private school, please contact our Client Services Director at madeleine@optionscarecenter.org to discuss how together we can bring truth to this vulnerable population and flip the script on the lies Planned Parenthood already so successfully put into place.

John 1:14 *The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father full of grace and truth.*

