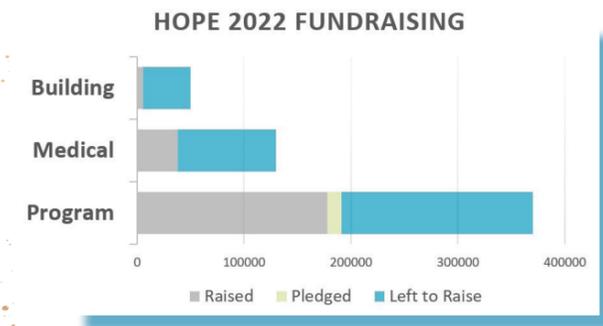


GIVE TO HOPE TO GIVE HOPE

With your generous financial gifts, we can continue serving women in need, while saving innocent lives. Thank you for all you have given in 2022. We are truly grateful. Please consider these options for supporting Hope:

- (1) IRA Charitable Deductions using your Required Minimum Distribution by Dec 31st as a tax-free withdrawal.
- (2) Legacy Giving by donating stock, bequeathing Hope in your Will or Irrevocable Trust, assigning Hope as a beneficiary of your Retirement Account.

All contributions are tax deductible with our EIN #23-7189096.

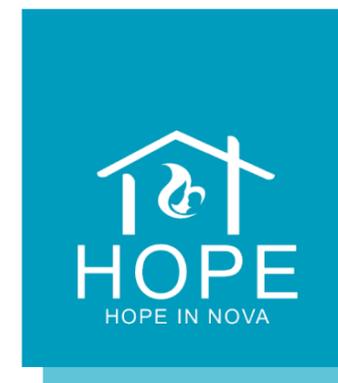


WINTER 2022-2023 NEWSLETTER

NEWS OF HOPE



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NEWS OF HOPE

EMPOWERING WOMEN TO CHOOSE LIFE SINCE 1971.

IT'S A NEW DAY FOR HONORING LIFE.

A young couple came back to Options Care Center after learning the mom was having a miscarriage. Two weeks earlier they were in for a pregnancy test which was positive, and their mutually stated intention was abortion. They are both from outside of the US, studying on scholarship at a local college for a year. A baby was not part of their plan. Though they were planning on abortion, they admittedly did not know much about it. During their first visit, our nurse explained abortion procedures. The young mother's face visibly fell. We also explained that their school had great support for pregnant and parenting students whereby mom could not lose her scholarship for getting pregnant. Four weeks pregnant at the time, they made an appointment for an ultrasound in two weeks. Sadly, the young mother experienced a miscarriage after all. Offering to help them still, they agreed to come in and talk.

Post miscarriage, they came back to us with sad hearts. The dad opened and said, "When we first came here, we thought we could not keep the baby. We are both

students. I didn't want to have to work 3 jobs and then never see my child or spend time with him, teaching him values. It wasn't the right time. But after we left here, we started to think maybe we *can* have this baby." He then said, "The more we talked about it, the more we started to have feelings for the baby and even started talking about names." As dad shared, mom was emotional and turned to hide her face. They expressed that they were now experiencing grief for the child

they had just lost, the child that just two weeks ago they viewed as an unexpected pregnancy they were planning to abort. They received information about grief after miscarriage and allowed us to pray for them. What a privilege it is to be able to provide a safe place where parents-to-be can think things through, go one step at a time, and *change their minds!* Even though the outcome is sad, this couple that two weeks ago were planning an abortion are now *grieving their lost baby.*



“IS THAT A FOOT?”

A 20-year-old college student came in for a pregnancy test because, she said, “I think I might be pregnant.” Her intention was abortion because she is in school and has dreams of being in the FBI or the Secret Service. According to her dates, she thought she might be 14 weeks along. We didn’t have a nurse available when she came in for her pregnancy test, so she agreed to return for an ultrasound to confirm dates and viability. A few days later, she came back to Options Care Center with the father of the baby. The father was present in the ultrasound room. The scan revealed that the mother is 33 weeks pregnant, not just 14 weeks as she thought. Having never witnessed an ultrasound before, during the scan, the quiet young dad suddenly asked, “Is that a foot?” and

smiled. At first, mom’s face revealed shock, then smiles, and then tears as she saw the baby’s face, watching the baby open his mouth, seeing his hands and feet, seeing and feeling him move around in her belly.

Though she is still eligible in nearby DC, after the ultrasound, mom said she was **not** going to have an abortion. When asked about adoption, dad shook his head *No*. We immediately connected them to pregnancy Medicaid, support for pregnant and parenting students at her school, and local OB practices. We encouraged them to return for “Earn While You Learn” and to view 3rd trimester and Labor & Delivery videos as soon as they can. They agreed. We look forward to celebrating them with a baby

shower and helping them along the way for a healthy delivery and new family life. God used that baby’s foot to move in their hearts to allow the gift of LIFE to be honored.



WE LOVE OUR VOLUNTEERS – PAST, PRESENT & FUTURE!

“I was so excited to reconnect with Hope in Northern Virginia this past summer, particularly with its vibrant mission and its beautiful new office space.

Volunteering at Hope for over a decade beginning in the mid-1980s provided me an enormous amount of insight into God, human nature and the value of family and friends. The world was different and although we didn’t have all the communication “advantages” of the internet and social media, it seemed easier to reach women facing problem pregnancies to offer them real choices for themselves and their babies.

Evening shifts were staffed by other women like me (working, single, in our 20s-30s). On slow nights, great friendships developed with an opportunity to share lessons learned and insights to help clients. I met my husband through a good friend at Hope, Nancy (who told us she belonged there because her name was everywhere - PregNANCY!

Home pregnancy tests were not

available. Hope’s free pregnancy test allowed us to be there when a woman first found out if she was pregnant or not. Our statistics showed that 50% of women had negative tests (statistics reflected across the country). Both results gave us an opportunity to help women where they were. Women with negative tests were so conflicted in their sexual relationships, it was impacting their menstrual cycle. Conversations with women who upheld the virtue of chastity provided them an option they had never considered.

We witnessed many miracles: convoluted ways God led women to Hope; a baby that was delivered into her mom’s sweatpants in a hospital parking lot as her driver, a Hope volunteer, ran for assistance; women who experienced peace and forgiveness from the Grace of God after reconciliation from abortion; healing of family relationships; and the hundreds of beautiful babies and glowing moms and dads that embraced them.

We saw then the damage being done by “sex education” in schools with children

being “sexualized.” The sex peddlers do not see the damage they are doing to girls and women by messaging that sex is nothing more than an activity – no judgment. Women are not wired that way. We saw women who were still having adolescent level, unfulfilling relationships into their 30s-40s, because they missed the part of sex that requires emotional intimacy and commitment to avoid feelings of “being used”. We could tell what they were teaching in so-called Family Life Education classes, because the deviant behaviors began to show up with our teen clients. In the past couple of decades, the school lessons have become more extreme, and the damages done to young people greater.

Hope is in a place to offer help to struggling teens, millennials, genXers, and anyone else who needs support. The challenge for us all is getting the message out and directing women to Hope’s resources.

Written by Mary Beth Style

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See the difference
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THERE’S NO SUCH THING AS COINCIDENCE

During an hour-long phone call with a very patient and kind female customer service representative of a nationwide bookkeeping service, the question was asked, “What do you do at Options Care Center?” Gently explaining our mission to empower women to choose life for their unborn babies and the free services we offer, there was a long pause on the other end. Finally, the woman spoke again. She said, “I was a pregnant teen. I sought an abortion clinic but found a pregnancy center by mistake. It changed my life. I chose to carry my baby, my precious daughter. She is now 16 years old and the joy of my life.” With tears now filling her soft voice, she said, “Thank you for all that you are doing. Because of that moment in

time when I went to a pregnancy center instead of an abortion clinic, I realized there’s no such thing as coincidence. My daughter was meant to be alive as God planned.”



EXCITING NEWS FROM THE FRONT LINES!

- ✿ We are seeing more and more clients every day!
- ✿ We now offer Language Interpretation Services in every language!
- ✿ Our new Office Manager, Ana, is bi-lingual!
- ✿ Sidewalk Counselors are bringing more clients to us!
- ✿ Re-zoning in Falls Church may cause closure of the largest abortion clinic in NOVA!
- ✿ We are now offering gospel-centered after-abortion help to any woman who wants to begin a healing journey.
- ✿ We will host an all-new volunteer training with Care Net Curriculum in early 2023.
- ✿ Betsy Gurley, our long-time volunteer has joined our staff part-time.
- ✿ We are now offering healthy relationships help based on Cloud/Townsend “Safe People.”

MEMORIAL TO THE INNOCENT

In 1985, Christian members of Pro-Life Coalition of Chattanooga in Chattanooga, Tennessee, prayed fervently for an end to abortion in their city, meeting early Sunday mornings in the abortion clinic’s parking lot. In 1993, their prayers were answered when the clinic’s building went up for sale, its owner declaring bankruptcy.

The Christians then prayed even harder for God to provide them with funds to buy the building where the abortion clinic once destroyed innocent lives.

Starting with only \$1,600 on Thursday, the Coalition had \$301,000 by Monday! They bought the building, razing the portion of the building where abortions were performed, and transformed it into the National Memorial for the Unborn. Chattanooga remains the nation’s largest city WITHOUT an abortion clinic. - Content provided by Care Net, Inc.

Proverbs 19:21 – “You can make many plans, but the LORD’s purpose will prevail.”