



7297 Lee Hwy, Ste L, Falls Church, VA 22042

703.536.2020 | friendsofhopeinnova.org

OFFICE HOURS

Mon. 10:00am - 5:00pm
Tues. 11:00am - 7:00pm
Wed. 10:00am - 5:00pm
Thur. 9:00am - 5:00pm
Fri. 10:00am - 5:00pm
Sat. 8:00am - 1:00pm
Sun. Closed

MISSION STATEMENT

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

SPRING 2022 NEWSLETTER

NEWS OF HOPE



Lina Andrade | linapics.com



NEWS OF HOPE

EMPOWERING WOMEN TO CHOOSE LIFE SINCE 1971.

I WASN'T EXPECTING TO FEEL SO WELCOMED AND LOVED

Jessica first called Hope in the fall of 2021, when she found herself unexpectedly pregnant under less-than-ideal circumstances. Already a single mother of four, the thought of facing another pregnancy with limited support was overwhelming. She made that first call to Hope looking for support, guidance, and education.

Jessica was enrolled in Hope's Earn While You Learn Program where expectant mothers can take classes to earn items they'll need to welcome their new baby. She has taken far over the number of classes required but continues to come back to Hope saying, "I wasn't expecting to feel so welcomed and loved. I thought I would come and take a class or two and then leave. But I have been so welcomed and love to learn how to be a better mother to my kids."

As we have gotten to know Jessica, it's clear that her journey had been anything but easy. Despite her turbulent past, her love for her children and desire to know the Lord has never failed to shine through. Jessica chose life for all 5 of her pregnancies, even when faced with some of life's biggest obstacles. Explaining that sometimes you have to make hard decisions to do what is best for you and your children, "I have had to cut off members of my



Lina Andrade | linapics.com

family who were not good for me or my kids. That is never easy, but it has allowed me to grow closer to God, he is my refuge. As long as you have God, you do not need anything else."

When asked about her experience at Hope, Jessica said, "Amazing, [finding Hope was] heaven-sent. I was comfortable sharing things I wouldn't have normally felt comfortable sharing. It is a warm and comfortable environment."

Even in times of doubt and hardship, Jessica states that children are always a blessing and that she strives to be the best mother that she can be. "I want to divide my time equally between my children. I want to meet everyone's needs; I want them to have what they need from me as their mother. I want deep and equal connections with all of them."

This January, Jessica welcomed a healthy baby boy weighing 9lbs 6oz and measuring 21.5 inches long. He has such a sweet temperament and his siblings have loved getting to know him.

When asked what advice she would give to an expectant mother in a situation similar to hers, she says, "Trust God. Life isn't easy, but do not give up. It is all how you handle it. My strength comes from God. Find a friend you can confide in. Your number one priority is your children but remember to take time for yourself too."

We have been blessed to get to know Jessica and her family, and as we walk with and help her navigate this new chapter of her life, we pray that the Lord continues to provide for and sustain her.

OUR GIRLS DESERVE BETTER

One of the most deeply held beliefs of the pro-life movement is that women deserve better than the pain and toll of abortion. But the decision to choose abortion is the culmination of other reproductive crises that women also deserve better than. Research into a new “hookup culture”, where casual sex is encouraged with no expectation of emotional intimacy or commitment, shows how disproportionately detrimental these crises are to our girls.

Citing a recent article from Heartbeat International:

- College women’s, but not college men’s, depression symptoms increase as their number of sexual partners in a year increases.
- Only 32% of men said they would feel guilty having sex with someone they just met as opposed to 72% of women.

- Around 80% of sexual assaults on campuses occur during a hookup.
- STIs are skyrocketing and often more harmful to women. For example, both men and women can get HPV, but women are 125% more likely than men to have HPV develop into cancer.

It is time for a change. In another large university study, 80% of women and 60% of men stated they wanted no part of hookup culture. At the heart of it, the Lord has much more in store for them than these lies, and deep down, they know it.

With your help, we can end these feeder crises by creating a world where women are empowered to know their true worth, and therefore, never in a position to be considering abortion.

Source: heartbeatservices.org/call-it-what-it-is

SAVE THE DATES

PLEDGE TO PRAY

From April 9th to May 8th, the month leading up to Mother’s Day, Hope will hold our second annual Pledge to Pray fundraiser. This monthlong event is an exciting opportunity to gather as a community to pray to end abortion while raising money for our life-saving services at the same time.

MOTHER’S DAY TEA

On May 7th, we invite ladies of Hope to join us for a celebration of motherhood and all the Lord has done for our ministry in service to mothers.

To stay informed about these events and more, join our email communication list by emailing us at Hope@hopeinnova.org.

See the difference your gift is making:

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
703-536-2022

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HOPE’S 2022 STRATEGIC OBJECTIVES

Last year was one of the most eventful and exciting in our 50-year history and it was made entirely possible through you. As our stewards and key stakeholders, we take pride in sharing our accomplishments and goals with you.

In 2022 we are seeking to maintain momentum in our vision to end the reproductive crises in our community. In January, we met as a Board to set strategic objectives to enable that aim.

First, we are seeking to better engage our community. This includes developing relationships with friendly community members, churches, pro-life, and faith-based organizations, as well as those who might be unfriendly to our ministry, including local high schools and universities. We will host these communities for our curriculum, educational workshops, and open houses to facilitate a better understanding of how we are here to serve supporters and skeptics alike in our desire to empower them

to embrace God’s design for their reproductive health. We are also pursuing partnerships with churches to create a similar curriculum on sexual integrity for men.

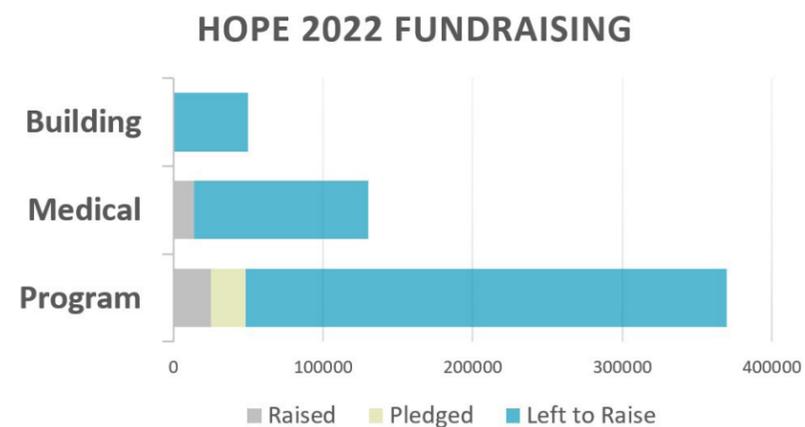
Second, we will strive to enhance our client engagement by developing a more robust curriculum to meet their needs. This will include expanding our peer counseling offerings for those who are not pregnant, but still engaged in sexually risky behaviors. Those precious conversations allow us to connect with women who are likely to be vulnerable to choosing abortion in the future.

We also have goals for how many abortion-minded and vulnerable women come to us, and Lord willing, change their minds for life. Many organizations in the pro-life community define abortion-vulnerable as women who are more likely to consider abortion because of factors like being single or low income. At Hope, we define these categories differently, only considering women to be abortion-vulnerable if they are considering

or have not ruled out the possibility of abortion. We define abortion-minded women as those actively pursuing abortions. Both these categories include the sexually at risk and include women who are not currently pregnant but would consider or choose abortion if they became pregnant.

Finally, we set an ambitious budget to accomplish these objectives. We expanded our programmatic and medical service offerings and have increased our staff. We are prayerfully pursuing stronger donor relationships, more fundraisers, and bottle drives that not only fund our operations but help the community better understand the importance of their support and the difference it makes in the lives of those we serve.

Receiving this newsletter means you are a valued partner in our ministry. If you are interested in learning more about our annual objectives, how we monitor progress, or how you can support, please email us at Board@hopeinnova.org.



Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:8-9