



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

703.536.2020 | friendsofhopeinnova.org

OFFICE HOURS

Mon. 10:00 a.m. - 5:00 p.m.
Tues. 11:00 a.m. - 7:00 p.m.
Wed. 10:00 a.m. - 5:00 p.m.
Thur. 9:00 a.m. - 5:00 p.m.
Fri. 10:00 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 Christ-centered, empowering education that equips our clients to embrace God's design for their reproductive health.

NON-PROFIT
US POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 7184

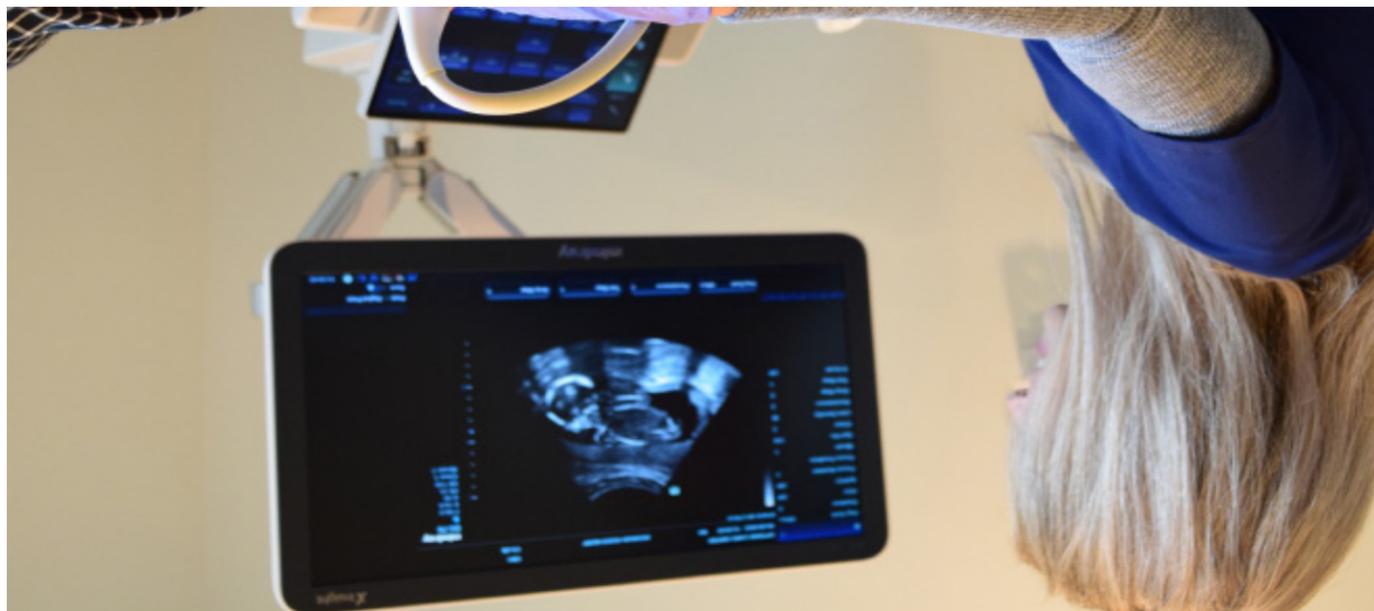


NEWS OF HOPE

EMPOWERING WOMEN TO CHOOSE LIFE SINCE 1971.

SUMMER 2022 NEWSLETTER

NEWS OF HOPE



“I DID NOT WANT TO HAVE THIS SECOND PREGNANCY”

“I came to Hope for the first time when I was pregnant with my second child. I had a very difficult situation in my family. After I had my first baby, everything with my then-husband changed. He would not let me go to work and he closed our joint bank account.

I did not want to have this second pregnancy. My life at that time was like a paper house, with no base, no future, and could crash at any time. Being pregnant while having a child younger than one year old made things harder for me, since leaving an ex would be a more complicated decision with two. But a coworker told me about Hope.

When I went to Hope I was warmly greeted. The volunteer helped me to not feel ashamed and anxious. She let me know that someone cared for me and the other two lives I was responsible for. Hope administered a pregnancy test, and it was positive. But because of Hope, I felt that I was not alone and that I could have this baby.

I could not stay with my abusive husband anymore and we went to a shelter for families who struggled with domestic abuse. I did not have anything for my kids and being in the shelter with 1 and 2-year-old kids in winter was very hard. Hope was once again ready to support me.

I am strong, do not get me wrong. I would never accept any help for me, but when your kids are hungry and cold you forget about pride and ask for help.

Hope gave me everything my girls needed. The volunteers would drive essentials to my house or stay late at night so that I could pick them up from Hope. Because of your support as donors, my kids can play with yours on the playground and look like yours: dressed for the weather, with Christmas gifts, clean and full, reading books, and playing with toys.”

But the emotional support made the bigger difference.

“A volunteer took off work on several occasions to go with me to court to fight for protection from my ex-husband. She assured me that other women had made it through situations like mine and it was not the end of the world. Hope was always ready to help and advise me; to show me the right way when I was lost.

I do not know what would have happened or where I would be if I had not had Hope. They helped me to be strong in deciding to keep my baby and helped me not give up when I almost did.

I went back to college and earned my degree. I worked full-time and part-time jobs in retail, restaurants, and school (anywhere that fit my schedule with college and kids, sometimes in the middle of the night). I built up a new and stronger me. Now I dream and wish that one day I will be able to pay back Hope for everything that they did for me and my little family.”

Thanks to your support, Danielle* is living a new life with her two beautiful kids. She became a U.S. citizen and recently started a new job in I.T. Her journey is a full circle; she will now be working in a technical role at a building where she used to deliver food years ago.

“I love my girls very much; they are my motivation and inspiration. They help me to grow day by day and never quit. I love spending my time with them. Sometimes it is hard, and I call my old friends from Hope. I complain about some things to them then I move forward. That's the only path worth taking.

If Danielle could offer one piece of advice to women like her it would be “do not lose trust in humanity, in God, and work hard. It will always pay off eventually.”

**Name changed for privacy*

REACHING THE MAJORITY

We at Hope are so thankful for all of you who have embraced our vision of ending abortion by having conversations earlier with young women, and hopefully men, about God's design for their reproductive health. We also appreciate the questions some of you have inquired as to why we have shifted away from the traditional design of other pregnancy centers and, as our treasured stakeholders, it is critical to us that we continue to provide the why behind our strategy.

Two pro-abortion studies shed light on the impetus behind why Hope seeks to plant seeds earlier and have moved away from drawing women in via material items. While we are still equipped to provide material support, that is not the primary concern of the abortion-minded woman. When she discovers she is pregnant she is not thinking about diapers.

The first pro-abortion study in Indiana discovered that most women traditionally visiting pro-life pregnancy centers were not considering or seeking an abortion. While their data can be taken with some skepticism, their findings did mirror what CareNet itself discovered in a survey decades ago. Twenty years ago CareNet did a study and only 13% of women going to its affiliates were abortion-minded. In the Indiana study, the

most frequent reason for seeking services was free diapers (87%), followed by baby clothes/items (44%). They most frequently discussed parenting resources/referrals in peer counseling (55%). Only 6% of clients discussed pregnancy options and only 2% discussed abortion during peer counseling.

In the second pro-abortion study, which surveyed almost 1,000 women seeking abortions online, only 13% of these women had visited a confirmed pro-life pregnancy center. While the women who visited a pregnancy center were exponentially more likely to choose life than those who had not, what this survey suggests is that the vast majority of women seeking abortions never visit a pregnancy center.

What the research shows is that the abortion-minded woman is looking to have her decision of abortion confirmed rather than learning about the alternatives. We must believe this will only increase as abortion becomes even more of a virtual affair. Therefore, it is imperative that we are reaching the abortion-minded woman before she is even pregnant and that is what your generous support makes possible. Together, we will end abortion in our community.

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

BOARD OF DIRECTORS

Joanna James
President

Susan Rathje
Vice President

Justine Powell
Secretary/Treasurer

Paola Gonzalez-Pigg

Rebekah Gantner

Savannah Richards

STAFF

Ashley Williams
Executive Director

Madeleine Tate
Client Services Director

Karrie Graham
Office Manager

Haley Limo
Development Director

Blair Smith
Nurse Manager

Dr. Melinda Kelly
Volunteer Medical Director

Prefer to give online?
 Visit

bit.ly/givehopenova

INTRODUCING SEXUAL RISK AVOIDANCE

At the end of March Hope in Northern Virginia team members attended Heartbeat International's 2022 Conference in Jacksonville, Florida. Our attendees participated in a variety of workshops, product demonstrations, inspirational keynote sessions, and in-depth days.

One of many great sessions was a deep dive on a type of sexual education called Sexual Risk Avoidance (SRA). This type of sex education focuses on risk elimination, as opposed to a more traditional type of sex education known as Sexual Risk Reduction (SRR). While these might sound rather similar at face value, they have very important differences.

The biggest difference between these two educational doctrines lies within their messages. SRR curriculum teaches that either abstinence or "protected" sex are

equally good choices. "Sex when you're ready" is encouraged. This seemingly ignores failure rates of popular methods of "protection" and the non-physical consequences of sex outside of marriage. By contrast, SRA states that for optimal sexual health, delaying sexual activity is the only 100% effective way to avoid pregnancy, STIs, and other negative consequences of sex including those which are emotional and spiritual in nature.

SRR is the mainstream, public school approach to sex education for our country's youth, but does not align with God's perfect design for our lives from a sexual reproductive perspective. It also opens the door for unplanned pregnancy, STIs, and a whole host of other issues.

SRA on the other hand has been shown to reduce not just sexual risk, but other risky behaviors such as

drinking and drug use. Additionally, SRA as a form of sex education is far more in line with God's design and that is why our Know Your Body, Know Your Worth classes focus on SRA as opposed to SRR.

Hope in Northern Virginia intends to bring Sexual Risk Avoidance education to our community, and more specifically into our local schools. If our vision is to truly end the crises surrounding reproductive behavior in Northern Virginia, then we must equip our students with the type of education that stops the risk before its introduced. Our young people deserve better than simply risk reduction, they deserve to know how to avoid it altogether.



To RSVP to one of these classes or for more information about hosting a class at your church or school, email us at hope@hopeinnova.org.

UPCOMING CLASSES

MIDDLE SCHOOL GIRLS

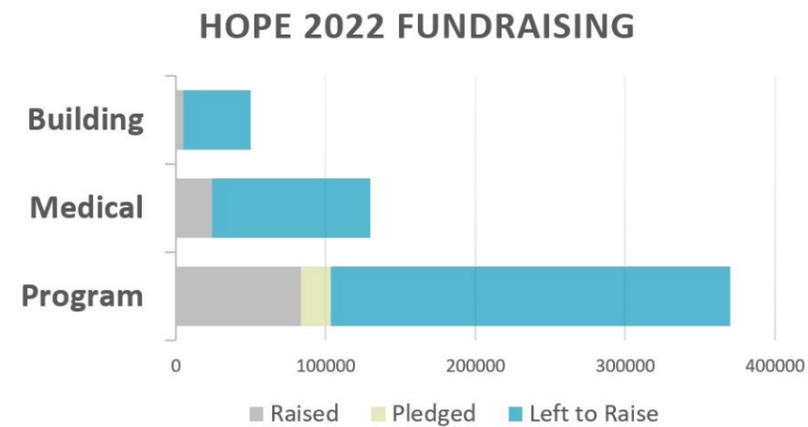
June 25th, 12:00 pm to 1:00 pm

August 20th, 12:00 pm to 1:00 pm

HIGH SCHOOL GIRLS

July 9th, 12:00 pm to 1:00 pm

August 6th, 12:00 pm to 1:00 pm



Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

II Corinthians 1:3-5