

GIVE TO HOPE TO GIVE HOPE

With your generous financial gifts, we continue serving women in need, while saving innocent lives. Thank you for all you give to Hope. We are grateful. Please consider these additional options:

- (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.

Our 2022 Annual Report is now ready for your review! Please go to our website to see it: www.friendsofhopeinnova.org.

Mission Statement: Hope's mission is to provide Christ-centered, empowering education to equip our clients to embrace God's design for their reproductive health.

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NEWS OF HOPE

EMPOWERING WOMEN TO CHOOSE LIFE SINCE 1971.

FINDING THE BEST OPTIONS AT HOPE!

Diana came to Hope in Northern Virginia/Options Care Center through a connection with the St James Catholic Church Gabriel Project program. The Gabriel Project provides volunteer mentors to accompany women through their pregnancy, providing emotional, spiritual and material support. Through the help of Options Care Center, Diana had her first ultrasound, received help signing up for medical insurance, and participated in Bright Course education classes – all for free! Thanks to the generous contributors to Hope, she was given all these important services and then she was given a baby shower, with donations provided by Hope/Options and Gabriel Project members. Diana is grateful, glowing and truly excited to welcome her baby boy in early August!



NEWS OF HOPE - SUMMER 2023 NEWSLETTER

NEWS OF HOPE



WE LOVE OUR VOLUNTEERS – PAST, PRESENT & FUTURE!

FIFTY HOPEFUL YEARS

My Mother, Mary, was one of the early Hope volunteers following the Row vs Wade Supreme Court decision. Hope became a refuge for women with crisis pregnancies. In the beginning, it was situated above a Deli in Falls Church, Virginia, that housed not only Hope but a dancing studio. Along with greeting women in crisis and mentoring them during their pregnancy and beyond, volunteers answered Hope's phones even after they were home. That included helping a troubled woman at any hour.

When I would be over at Mom's home in an evening, with my three young children, Mom might be on the phone counseling a concerned woman. Mom, the eldest of ten children and mother of six could handle such calls no matter how late. Mom encouraged me to become a Hope volunteer. She began by bringing me to Hope events which I enjoyed. She would remind me that the volunteers at Hope were the best group of people with whom she ever worked. And she

had interned and worked at the Mayo Clinic after college.

Hope moved from the Deli to a pleasant little house on Park Street not very far from the Deli. And my children had grown older. I took the training that Hope provided and became a Hope volunteer. I will never forget the time I received a midnight call from a woman I was mentoring who was alone at the hospital ready to give birth. So, I went to the hospital to stay with her, and I witnessed the birth of her child. It was so very moving. Numerous volunteers did such things.

At Hope, I also wrote and edited the Newsletter and much later spent time being a Casework Director. In my early Hope years, many of the women in crisis were still quite young, even ones in high school. A real boost then was the ability to deal with high schools about their pregnant student and/or referred pregnant girls to Hope.

We gave pregnancy tests and relied on

volunteer Professional Counselors if a woman's situation was very serious. Many doctors volunteered their time to help pregnant women throughout their pregnancy. Hope policies involved welcoming women from all walks of life and religious denominations and dealt with homes where persons opened their doors to pregnant women. The generous homeowner often let them stay for some time after giving birth. Our new moms were given baby clothes and items from the many donations given to Hope then and now.

We did not have an ultrasound machine at that time, which has now proven to be such a blessing for a pregnant woman to see her developing baby. Though it took my mother a goodly number of years to persuade me to become a Hope volunteer, I stayed a volunteer for some twenty years. And Mom was so right. I never worked at a place with such wonderful people as Hope volunteers.

~By Mary Pat Ferron Canes



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See the difference
your gift is making:



@hopeinnova

A CENTER OF EXCELLENCE – A MISSION OF EXCELLENCE!

In March, Focus on the Family (FOTF) sent a representative from California to assess Hope in Northern Virginia/Options Care Center. For two days, she evaluated our operations and our attitudes. She trained us, guided us and advised us. When it was over, she granted us funding to help with the cost of our two nurses, and gave us the honored status of a "Center of Excellence!"

Proverbs 31:8 - "Speak up for those who cannot speak for themselves, for the rights of all who are destitute." God lovingly instructs us to speak up for the voiceless, and I am incredibly grateful that He called me to do just that at Hope. Preborn babies naturally feel safe within the walls of their mothers' wombs. Sadly, for millions of babies each year, their mothers' wombs are perilous, rather than protective. Working at Hope has been an amazing opportunity to share the truth of life with the community. Many women who walk through our doors know little about the precious, thriving life tucked inside their womb. I have three main goals for their visit:

1. Point out their baby's beating heart on the ultrasound screen.
2. Educate the mother on the miraculous growth of their baby, and,
3. Provide both mother and baby with loving care.

Watching a mother's face light up with curiosity and amazement when she sees her baby on the ultrasound screen for the first time is one of the many beautiful moments we experience at Hope/Options. An ultrasound truly is "a window into the womb", and often during this pivotal moment, an instant connection is made between a mother and her preborn child. Sharing the truth of life with abortion-vulnerable mothers is especially vital for preborn children. Being an advocate for life and for women's health is an answer to prayer, and I pray the Lord continues to use me to share truth and God's love to people within the community.



~By Co-Manager Nurse Blair

I've been a nurse sonographer at pregnancy resource centers for the past six years, and I love being reminded of how God works through His people! I truly believe that each woman who comes through the door is somewhere on the path to meeting Him, or getting to know Him better, and that my coworkers and I have some small role to play in that journey. I'll admit, I sometimes become discouraged by the constant, loud, well-funded pro-abortion message. I worry that our voices will be quickly drowned out by the culture that surrounds us, and that I have just a few moments to say or do something that will make a life-changing difference in a woman's future. Then I am reminded that it's not up to me. God expects us to do what He's called us to, and He is the one who changes hearts. I shouldn't take credit when that happens, but I also shouldn't carry the burden of being so responsible for another person's choices. So, if I don't get the perfect ultrasound image, or say the perfect words, I still trust that He is working. He works through us at Options Care Center, and He works through the women who find us. Even if we don't hear from them again, those women are out there spreading the word of our services. When one of their friends or family experiences an unexpected pregnancy and they don't know where to turn, they come here. They hear that it is a safe place where they will be treated with care and respect. They hear truth, they feel hope, and they get a glimpse of how God loves them.

~By Co-Manager Nurse Marni