



Pregnancy CHOICES

Steadfast *an unwavering course in love*

During a year of immense challenges, the great lesson we learned was the need to **respond to unwanted change with HOPE**. In the many moments when things seemed dark, there was light in the possibilities and opportunities that were uncovered.

We saw so many people stepping into action in the life movement so powerfully – there were clothes and diaper donations, a baby shower to celebrate the mothers who chose life, and many discussions on how to have challenging conversations to meet the hearts of those who don't share the same views on life.

In addition, so many of you gave generously, recommitting to life through financial gifts to support women and men each day. We witnessed your steadfast, unwavering commitment to life.



Give Today at donors.mypregnancychoices.com

Thank you to the 156 Partners who attended our Gala Gatherings. Thank you to the many Partners who supported us with Gala gifts.

These gatherings have been a time of celebration and renewal, reminding us that **our living witness is needed in the world, and it makes a difference EVERY DAY.**



Clo (left), her Life Coach, and her daughter.

Clo, a single parent of three, came to Pregnancy Choices when she was expecting her fourth child. She would have this child but felt heaviness in the place of joy. For many life coaching sessions she simply broke down. She doubted her ability to be a good mother yet wanted to be completely present to her children and enjoy her time with them.

Life coaching guided her to set small goals for herself. She grew, little by little, and became more like the mother she wanted to be.

LIFE Coaching Corner

Certified life coaching is a client-led, question-based approach that moves individuals toward their goals, while connecting them with their values.

When Clo brought her two-month-old daughter to the baby shower at Pregnancy Choices her delight in being a mother and joy in her baby was an honor to witness.



Partners *in the* MISSION

Welcome New Partners!

Kathy Alderman, Mike and Maria Boutelle, Ryan and Sydney Chase, Paul and Jen Emerson, Jim and Susan Goetz, Mary and Larry Aszmann, Marc and Tresa Gowland, Bob Hart, Tatiana Johnson, John and Diane Kirby, Jan Hertaus, Lori Olson, Amy Searcy, Rick and Renee Schmitz, Richard and Natalie Sitarz, Catherine Spear, Mark and Courtney Daniels, Maria Maselter

Thank you for joining the Pregnancy Choices Community!

We Celebrate, We Honor, We Remember

We are grateful for the generosity that our *Partners in the Mission* share to celebrate, honor, and remember these lives and their impact in the world.

George Wolney, Josefa Otting, Sam Cleveland, Ed Schwab, Nancy Steinert, Ron Adamek, Thomas Trepanier, Josephine Johnson, Vincent Rauth, Emily Schilmoeller, Andrew and Leah Becker, Otto Jensen, Barb Muelken, Jari Lynn Norris



Thurs., Nov. 16. Join Minnesota's day of giving and support Pregnancy Choices.

"Not all of us can do great things, but we can do small things with great love."

~ Mother Teresa

Thank You For Your Support!

All of us at Pregnancy Choices wish you and yours a Happy Thanksgiving.

We Awaken Possibilities So ALL Life Is Honored & Families Thrive

Lynessa Caron *Executive Director*

More than ever before, we at Pregnancy Choices recognize the importance of life affirming care in response to an unexpected pregnancy. And we recognize that **we need to proactively reach women and men BEFORE they find themselves in this position.** Doing this is a necessary part of our mission to honor ALL life.

Too many clients tell us that they feel alone and lack the support of healthy relationships, and this is often the reason they are seeking an abortion. Many say they would have their baby if they knew just one person in their circle of support would be there for them. **This relational poverty must be addressed.**

We are excited to better deliver on our mission by responding to this need with an evidence-based, rela-

"One of the greatest diseases is to be nobody to nobody."

~ Mother Teresa

tionship education curriculum, in partnership with *The Center for Relationship Education*. We believe that every person deserves a fulfilling life marked by meaningful relationships and solid decision-making tools.

With your unwavering support, we seek to provide assistance during challenging times **and** equip people with the skills and tools to successfully navigate life's complexities. Investing in this education and outreach will empower people toward positive change before they ever face an unexpected pregnancy.

We look forward to sharing more about this inspiring journey with you in the days to come. **Together, we can change lives and build stronger families.**

Welcome to the World!

On a Sunday afternoon in October, four of our moms gathered for a first ever event. It all began when a group of people from St. Michael's Church in Farmington asked, "How can we support the moms and dads who come to Pregnancy Choices, and let them know we are here for them?" As people who believe each life should be celebrated, they decided to throw a baby shower.

So, on that day our group connected over stories about parenting, families, and the joy and excitement of a new baby. It was a time to honor the new parents and truly **celebrate ALL LIFE.**



If you have a group that would be interested in throwing a baby shower for Pregnancy Choices' moms and dads, call Becky at 612-812-9110 or email her at beckyhanel@mypregnancychoices.com.

Baby Clothes Needed

We need new and gently used girls and boys baby clothes, sizes 1 month to 3T. No pajamas please. Drop them at the Pregnancy Choices LifeCare Center, M, W, Th, 9am-5pm | T, 9am-7pm | F, 9-4pm.