



Gentle Voice for Life

*A quarterly newsletter from Pregnancy Resource Center of Fort Bend,
a non-profit organization helping women with the choice for life.*

Pregnancy Resource Center:

*“Speaking the Truth
with Love”*



Abortion Hurts Women

You are pregnant, and scared. You don't know what to do. Maybe you are a single mom who just can't see a way to handle another baby. You don't want an abortion, but as times goes on and no other answer seems available, you give in and go along with it.

At first you feel relief that it's over. You just want to forget it even happened. But seeing babies reminds you. Diaper commercials remind you. Even the sound of a vacuum reminds you. You break up with your boyfriend because being around him reminds you, and you are angry at him for telling you to do it. You are angry at your parents for agreeing with him. But you were the one to do it. You feel like such a terrible person to have done such a thing. Drinking helps numb the pain and lets you forget for a while. You don't care about school or trying to get a better job anymore. If you start to have a good time with your friends you feel guilty afterwards. How can you go on with life and be happy when you killed your own baby?

These are the kind of thoughts that go through a woman's mind who has

“chosen” abortion. The baby has lost his life, but the mother has lost her peace. She has lost a child, but does not allow herself to grieve.

Abortion is linked with increased depression, violent behavior, alcohol and drug abuse, eating disorders, replacement pregnancies, and reduced maternal bonding with children born later.³ I could go on and on about all the pain that has been experienced by millions of women because of their abortions. Even Dr. Julius Fogel, a psychiatrist and obstetrician who has been a long-time advocate of abortion, as well as, an abortionist himself states: “She destroys a pregnancy, she is destroying herself. There is no way it can be innocuous... I know that as a psychiatrist.”⁴

The best available data indicates that on average there is a five to ten year period of denial during which a woman who was



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Annual Banquet

Postponed

Mark Your Calendars!

September 12, 2009 is the new date for the PRC Annual Fundraising Banquet which will be held at the Safari Texas Ranch with photographer, Michael Clancy, as the guest speaker. Please contact Angie Borges with questions or for sponsorship opportunities 281-232-2375, 281-450-5755
ambjfb@yahoo.com.

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How often do you “google” or use Yahoo to search the internet?

Goodsearch is a great way to support PRC! Just go to goodsearch.com and enter “Pregnancy Resource Center of Fort Bend County” under the question, “Who do you goodsearch for?” Goodsearch will then donate 1¢ for every search you make! After you choose PRC as your non-profit save it in your favorites or make it your homepage and use it for all your searching. When we all use goodsearch, the pennies really add up! Go goodsearch

How We Help...

Quarterly Report: Clients Served Nov 08 - Jan 09

	Ros / SL
Total Clients (Includes LEP)	206 / 48
Preg. Tests	136 / 41
Neg. Tests	59 / 12
Already planned to carry	71 / 22
Did not change abortion view	7 / 7
Unknown	1 / 0
Changed abortion view	1 / 0

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traumatized by her abortion will repress her feelings.^{6,7} Repressed feelings of any sort can result in psychological and behavioral difficulties which come out in other areas of her life. An increasing number of counselors are reporting that unacknowledged post-abortion distress is the causative factor in many of their female patients, even though their patients have come to them seeking therapy for apparently unrelated problems.^{8,9}

Women are also harmed physically by abortion. Teenagers who are pregnant for the first time, whose reproductive organs may not be fully mature, whose cervixes have never been stretched by labor and childbirth, are particularly vulnerable to physical damage that can interfere with their ability to have healthy babies later in life.

And so the mother of the child is the second victim of abortion. But it doesn't stop there. The psychological effects on women will also affect her relationships. If she marries the father of her aborted baby, she may blame him for the abortion. If she marries someone else, it may be a secret she keeps from her husband for fear he would not love her if he knew. Her depression, drinking, and reduced bonding to her other children may lead to child abuse, a symbolic reenactment of the abortion, with more guilt and shame following each episode.

Our country tolerates abortion because on some level, in spite of the obvious

PRC has trained peer
counselors prepared to offer
post-abortion help.

harm to the child, we believe it helps women. But as David Reardon says in his book, *Making Abortion Rare*, "One cannot help a child without helping the mother; one cannot hurt a child without hurting the mother." A mother and her child are intimately linked.

It's not about a mother's rights vs. a child's rights. It's about both mother and child being threatened by circumstances surrounding the pregnancy, and both needing help to survive and have their needs met.

At the Pregnancy Resource Center, we help women. We listen. We care. We help them to calm down and think more clearly. We have information that can help them find a solution to whatever problems they face; a solution that will provide for both mother and child. We do not refer for abortion because we are strongly convinced that abortion would not be a help to either mother or child. For our clients who have had abortions in the past, we offer the hope of post abortion healing. Our own volunteers or other programs in the area are available to help women find forgiveness in Jesus, deal with their feelings in an environment of compassion rather than judgment, and mourn for their child. Praise God for His great love and mercy for each one of us!✞

1. David M. Fergusson, L. John Horwood, and Elizabeth M. Ridder, "Abortion in young women and subsequent mental health," *Journal of Child Psychology and Psychiatry* 47(1): 16-24, 2006.
2. From an interview with columnist Colman McCarthy, "A Psychological View of Abortion," *St. Paul Sunday Pioneer Press*, March 7, 1971. Dr. Fogel reiterated the same view in an interview with McCarthy, "The Real Anguish of Abortions" *The Washington Post*, Feb. 5, 1989.
3. Reardon, *Aborted Women-Silent No More*, (Chicago: Loyola University Press, 1987).
4. Reardon, "Criteria for the Identification of High Risk Abortion Patients: Analysis of An In-Depth Survey of 100 Aborted Women", Presented at the 1987 Paper Session of the Association for Interdisciplinary Research, Denver.
5. Heath, "Psychiatry and Abortion", *Canadian Psychiatric Association Journal* (1971), vol.16, pp55-63
6. Kent, et al., "Bereavement in Post-Abortive Women: A Clinical Report", *World Journal of Psychosynthesis* (Autumn-Winter 1981), vol.13

Pregnancy Resource Center Services – What We Offer

- * Free pregnancy test (never any charge for ANY service)
- * Trained volunteers who listen and care with acceptance and confidentiality
- * Information on fetal development, abortion techniques and risks, maternity homes, adoption and other alternative solutions to problems
- * Learn/Earn/Plan program to learn about parenting and earn baby items
- * Trained volunteers to help with healing from post-abortion syndrome

Volunteer Page

Post Abortion Counseling Training

In February we hosted a Ministry Certification Training Conference on Post Abortion Counseling. The course was taught by Reverend Rhonda Arias, founder and director of the Texas Abortion Recovery Alliance. Some of the topics covered in the 24 hour seminar were Spiritual Aspects, The Aftermath, The Restoration from Abortion, Basic Counseling Skills, and The Gospel of Life. Participants also learned about ministry models and establishing an outreach for themselves. We were so fortunate to have this comprehensive training available to those desiring to minister to the post-abortive individual.

"This program was truly amazing in teaching the counselor to walk the client through the full range of her emotions, ultimately leading her to acceptance and healing"

~ participant,
Donna McCarty

Congratulations to all participants!

PRAYER REQUESTS

That God will call strong, godly men and women to serve on our Board of Directors.

That men and women who are considering abortion will hear the truth and have the strength to choose life.

That our clients will find the support they need to provide a good home for their children.

WISH LIST

PRC is in great need of a new or gently used printer and copy machine!

Training for New Counselors Wrapping Up

The six week training is coming to an end with participants graduating at the end of March. Some of the topics in the sessions include abortion, fetal development, fertility, legal aspects and sexual integrity.

This is a great training for the center's greatest need: Pregnancy Test Peer Counselors. Future training sessions will be announced in the upcoming Newsletters. Please call Meggi Stewart, Client Services Director, with any questions, 281-325-0203.

“... I assure you, as often as you did it for one of my least brothers, you did it for me.”
Matthew 25:40

Volunteers are always needed as:

- 1 Office Volunteers – Training is provided to listen and talk to clients, either in conjunction with pregnancy tests or in a mentoring situation. This is the heart of what we do.
- 2 LEP volunteers – sort donations, organize store items, help with educational materials.
- 3 Other helpers – help with bulk mailings, place our business cards in the community. Help with fundraisers or to take a turn at weekly cleaning chores.
- 4 Board members – to participate in planning and policy decisions.

