

SPRING, 2013

From the Director's Desk

Linda Barry, Executive Director, Nashua Center



Alison Hope Photography

## We're Really Not

# CRAZY!

As the first quarter of 2013 winds down, it seems that pessimism is running high. Economic growth is tepid, a new “super bug” is apparently baffling the medical community, unemployment remains high, the housing market is still in trouble, and as I am writing this, the word *sequestration* is causing consternation.

But at Care Net Pregnancy Center, we are full of optimism for 2013. No, we're not crazy—here are five reasons for our enthusiasm.

1. This spring we are adding a second nurse (trained in limited obstetrical ultrasound) to our staff, which means that **we will be increasing the hours that we have the life-revealing tool of ultrasound available.** Ultrasound is not the “silver bullet” that will end abortion; however it is powerful as it draws to Care Net abortion-vulnerable and abortion-determined women who are seeking information that ultrasound provides, allowing us the opportunity to serve them with compassion and integrity . . . and in the process many choose life!
2. We recently added a new module to our parenting curriculum—“**Practical Fatherhood.**” In January alone, of our 210 appointments with clients, 21 (10%) were with men who were learning how to be good dads. Studies have confirmed that fathers who begin the bonding process before the birth of their child will be more likely to stay involved and less likely to become abusive. In a very real sense, the experience of these fathers at Care Net will have a positive, rippling effect on the future.
3. The safe, trusting relationships that develop with clients provide many opportunities to explore the spiritual di-

mension of pregnancy, parenting, and life in general. Six months ago, we launched a new DVD series, “**Christianity Explored,**” and currently, seven women have chosen to explore the foundations of the Christian faith and are wrestling through the meaning of the Gospel message. After viewing a segment, one client asked, “Does God view me living with my boyfriend as sin?” The volunteer was able to explain God’s design for a sexual relationship and it led to a discussion about how all of us are separated from God by our sin and in need of a Savior.

4. Care Net is excited to announce the launch of our new **Crisis Pregnancy Coach & Counselor Training Program.** The curriculum, used for the first time in March, was developed in partnership with the American Association of Christian Counselors (AACC). It includes DVD lessons featuring some of the world’s best Bible teachers, medical experts, counselors, and educators—all designed to equip pregnancy center workers to more effectively serve women (and men!) facing crisis pregnancy decisions.
5. After 40 years of legalized abortion, resulting in more than 50 million abortions, sobering statistics reveal that at the current rate, 30% of American women will have had at least one abortion by age 45. In 2013, **Care Net will offer increased healing opportunities** for those who have suffered pregnancy loss through abortion, as we have a new group facilitator trained and another one awaiting training. We are excited that more women will discover that they can be **\*Forgiven and Set Free** (\*name of the Bible study used in the group).

So, while many are watching the news with a growing sense of gloom and dread, we choose to believe that God will be working miracles in changed hearts and saved lives in 2013. Thank you for praying, believing, and standing with us!

### In This Issue:

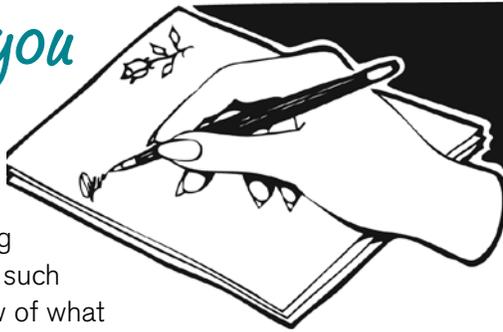
- Thank You—from a Care Net Donor
- Divine Opportunity
- 2013 Walk for Life
- What a Turnout!

Therefore we do not lose heart.

—2 Corinthians 4:16

*Thank you*

for inviting me to come tour Care Net and graciously taking the time to give such a great overview of what takes place for women and men who come there. I was so very impressed!



You have made such a warm and comfortable environment right from the moment one steps through the door. Each room speaks of the care you all have taken to ensure your clients' comfort.

But more importantly, I was so blessed to understand the depth of Christ's love that is showered on each person who walks through the door. What a ministry Care Net provides!

Having supported Care Net financially and through our prayers, my husband and I now have an even greater understanding of and appreciation for what Care Net stands for and what it provides.

*Sincerely,  
Care Net Donor*

**For those who have been supporters in the past**—either through our events and/or as monthly donors—your investment is making a difference in human lives being touched with truth and love.

**And for those who may be considering a first time financial commitment**, there has never been a better time to come alongside those God has called to reach out to women, men and families who are facing decisions concerning unintended pregnancy.

**To donate**, visit our donor website:

[www.TheFriendsofLife.org](http://www.TheFriendsofLife.org)

or contact Linda at our Nashua business office, or Braunda at the Manchester office.

**DON'T FORGET OUR BABY BOTTLE BENEFIT—  
YOUR CHANGE IS MAKING A DIFFERENCE!**

## **DIVINE OPPORTUNITY in the counseling room:**

Sometimes when I have the opportunity to counsel, I am reminded of the powerful and wonderful opportunity we have. So many today are asking in pained silence “Where is God?” in this mess. “Why is He not here when I need Him?” And although they do not ask out loud, I know in every man's/woman's heart that is the cry.

The other day that is exactly what a client asked me. So in answering the question as best I could . . . I shared that the good news is, “He is here, He sees you right where you are.” Yes, He is right HERE at Care Net as we love these women and address their needs. WE find that there is a reality to being HIS HANDS and we find ourselves sharing HIS HEART for them. You see, the body of Christ is just that in the earth—when we reach out, and love and serve the least of these. So as I encouraged her to lean into the help and salvation of God, rather than her own understanding and strength, I was pointing the way to where He is . . . but I also offered myself to her—like He would have done had He been the counselor in room that day.

What a privilege we have . . . and how wonderful that the Holy Spirit sets up these appointments. WE are partaking in a miracle in the making. Pray for us that the opportunities will abound, and God will answer your prayer.

### **MARK YOUR CALENDAR**

**Baby Bottle Benefit:** Can be done anytime. Call Centers.

**Walk for Life:** May 4th in Manchester OR May 11th in Nashua

**Annual Fundraising Banquet:** Friday, October 18th at Alpine Grove in Hollis, NH

**Volunteer Training:** In session right now; call for the next one!

### **MINISTRY NEEDS**

**Maternity clothes:** newer, fashionable, all sizes

**Diapers:** size newborn to 4, and wipes

**New infant car seats**

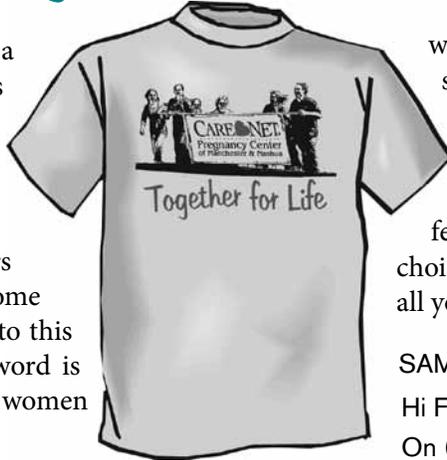
**PLEASE NOTE:** due to liability issues, we are no longer able to accept used car seats or cribs.

### **MAILING LIST NOTICE**

*If you would like to be removed from our mailing list, or have a change of info, call Linda at the Nashua Center 883-9355 or send an e-mail to: [Linda@carenetnh.org](mailto:Linda@carenetnh.org).*

## 2013 Together for Life

Care Net's annual Walk for Life is a fun tradition for this ministry. This is the one event that allows those who love us to find funding for our mission from others who might not naturally give to Care Net. With a minimal amount of time and effort, anyone can raise hundreds of dollars that might not be in their ability to give. Some actually raise thousands! Another benefit to this outward reaching fundraiser is that the word is spread widely about this crucial service for women and men.



So if you are trying to decide whether to walk or not, think about this: just calling a few friends and family and placing their pledge on your sheet (about an hour of your time, plus you can catch up with them!) can add up! If you only raise enough for one of our awesome shirts (\$200) and the other 200 walkers do the same, \$40,000 is found. The more sponsored walkers we have . . . well, you get it!

Many have found that the easiest way to raise sponsors is to send an email or place the information on your social network media (Facebook), so we have included a sample message that you may use, if you like. This message is also on our donor

website: [www.TheFriendsofLife.org](http://www.TheFriendsofLife.org). Please consider taking your enclosed sheet and filling it with the names of sponsors.

**COME WALK!** On May 4th in Manchester or May 11th in Nashua. Come enjoy the fellowship with us at the park and date of your choice . . . We do the work of collecting the funds, all you have to do is ask.

### SAMPLE MESSAGE:

Hi Friends,

On (May 4th or May 11th) I will be joining with others in the greater Manchester and Nashua area to raise funds for Care Net Pregnancy Center through their annual Walk for Life. Care Net is one of my favorite charities that reaches out to women and families facing unplanned pregnancies, offering life-affirming alternatives and practical assistance to those in this situation.

In May, I will be walking two miles with hundreds of others and I am looking for friends to offer a one-time pledge of \$25, \$15, \$50, \$100 or whatever you can give. To join me as a sponsor (I'm sponsoring myself as well), just email me back with your mailing address and a pledge amount. After the event you will receive your pledge notification in the mail.

Thank you in advance for your help. I look forward to letting you know how much we raised together in this great effort!

Sincerely,

Your Name

## What a Turnout!

Not everyone goes to a March for Life in January. *Did you know that:*

- 49 churches in Manchester and Nashua participated in Sanctity of Human Life Sunday in January, 2013, upholding the truth about life and its preciousness, in a world which has forgotten this.
- 46 churches will distribute 5500 Baby Bottles (in 2013) to be filled with change . . . so that lives may be changed through Care Net. These bottles supply enough funds for all our medical services, giving moms and dads a view of what's really happening in there.
- 10 churches had a Care Net speaker (volunteer, client, or staff person) who proclaimed the truth and the hope of Christ!

**Thank you for showing up for Life!**

**Thank you for being salt and light.**

OUR ENTIRE STRUGGLE IS PREMISED NOT UPON A VICTORY TO BE ACHIEVED BUT A VICTORY THAT HAS ALREADY BEEN WON.

—Richard John Neuhaus

[www.carenetnh.org](http://www.carenetnh.org) (client website)

[www.TheFriendsofLife.org](http://www.TheFriendsofLife.org) (donor website)

### Manchester

50 Bridge Street • Suite 307  
Manchester, NH 03101  
603.623.5534

[infomanchester@carenetnh.org](mailto:infomanchester@carenetnh.org)

### Nashua

110 Main Street  
Nashua, NH 03060  
603.883.9355

[infonashua@carenetnh.org](mailto:infonashua@carenetnh.org)

**Heartbeat** is published by Care Net Pregnancy Center of Manchester and Nashua. Care Net Pregnancy Center of Manchester and Nashua empowers individuals to make informed, life affirming decisions relating to pregnancy, sexual health and relationships, by sharing the practical love of Jesus. *All services are free and confidential.*

**CPC Board of Directors:** Michael Danis, Kathy Edelblut, Dick Nagel, Lindsay Hyvonen, Annie Campbell • **Medical Director:** Dr. Nicole Varasteh • **Nurse Manager:** Andrea Almquist, RN • **Directors:** Linda Barry - Nashua, Braunda Butt - Manchester • **Editors:** Ed & Mary Ann Edman • **Publisher:** Liberty Press, Manchester, NH • **Mailing:** Larry Billingsly

CARE♥NET  
Pregnancy Center  
of Manchester & Nashua  
110 Main Street  
Nashua, NH 03060  
www.carenethn.org

Non-Profit Org.  
U.S. Postage Paid  
Nashua, NH 03060  
Permit Number 66

RETURN SERVICE REQUESTED

## 2013 Walkathon

**Two Dates**

**Two Locations**

**ONE GREAT CAUSE**

May 4  
Manchester

May 11  
Nashua

---

# Care Net Pregnancy Center 2013 Walkathon

# Together for Life



Join with us as area churches, pastors, and supporters gather together to support life in southern New Hampshire!

**See inside for a sample message that can be used with e-mail contacts  
or your social network to invite friends to sponsor you.**

**WALK SHEET AND ADDITIONAL INFORMATION ENCLOSED**