



11747 Jefferson Avenue, Suite 3H
Newport News, VA 23606

Return Services Requested

BEYOUTIFUL
hope restored

Care Net Peninsula is proud to be a ministry partner for Crosswalk's 2016 Women's Conference.

May 13-14, 2016

Register today online!
BeyoutifulConference.com

Special Guest: Sheila Walsh



It costs \$1200 a day to run our center. We love our monthly supporters!

Non-Profit Org.
U.S. Postage
PAID
Newport News, VA
Permit No. 321



Andrea's Healing

When I found out I was pregnant, I was 17 years old, a senior in high school, and living with my parents who did *not* have a close relationship with each other. We were a detached family. I felt very alone and afraid of being rejected by my family, and of putting a burden on my boyfriend at the time. I was afraid he would leave me...alone.

That was many years ago. I had an abortion.

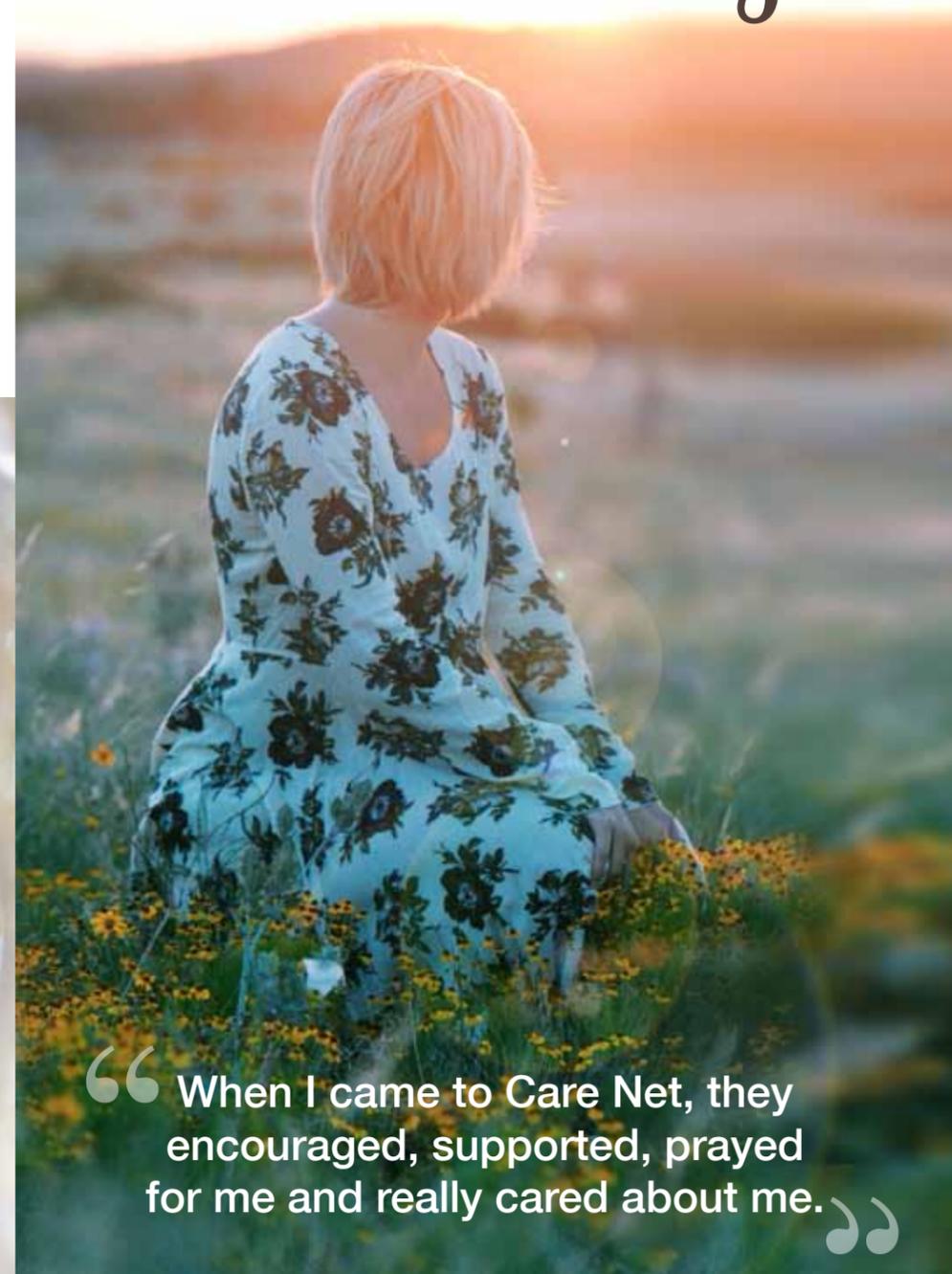
I came to Care Net because a friend asked me if I had a past abortion. This was an answer to prayer. I had been suffering in silence for a long time. She told me about Care Net's abortion recovery program.

Since coming to Care Net, I have completely surrendered (let go of) my secret to Christ. I have accepted His perfect forgiveness over my past abortion. Coming to Care Net encouraged me to get the secret out that was buried in my soul for a long time.

Through the abortion recovery program, studying God's Word, and being surrounded by dear sisters who have been through the same brokenness, I was finally able to experience healing. Although it was painful at times, it was amazing to see and feel God at work in my life—and the life of each of us—to bring about healing.

Before, I felt like I didn't have the right to feel freedom from guilt, shame, and hurt and that I only deserved bad things because of the choices I had made. But I learned that Christ gave His life for ALL our sins, not to condemn us, but to rescue all who love and trust Him. He wants to heal us, take away the guilt and shame, and the brokenness of abortion. He loves us.

Andrea (name changed to protect confidentiality) was a recent participant of Care Net's Surrendering the Secret Bible study.



“ God healed my abortion-wounded heart by placing me with others who have been through the abortion pain...and by not feeling alone anymore.

I was finally able to accept the forgiveness that Christ came to do for me.

— A woman who completed Care Net's abortion recovery Bible study

“ When I came to Care Net, they encouraged, supported, prayed for me and really cared about me.”

PRAY
We will reach more women who need us

ENGAGE
We need direct mail and fold volunteers (quarterly)

DONATE
Find out how you can host a baby shower

COMMIT
3 hrs/week as a Client Intake volunteer (reception)

CareNetPeninsula.org

WINTER 2016

Staff

Kimberly Logsdon
Executive Director

Shantelle Giles
Director of Client Services

Meg Williams, R.N.
Nurse Manager

Jessica Dalrymple
Client Call Specialist

Gail Slocum
Business Manager

Brayden Tomlinson
Development Director

Debbie Bostock, MD
Medical Director (volunteer)

Board of Directors

Mark Lee
President

Kathy O'Connell, MD
Vice-President

Marilyn Dayton
Secretary

Rob Johnson, Esq.
Treasurer

Bobbie Lewis
Board Member

Our Mission

We're a non-profit on a mission to bring practical help and hope in Jesus to women facing pregnancy decisions on the Peninsula.

Contact Us At

757.591.0303

11747 Jefferson Ave, Ste 3H
Newport News, VA 23606

CareNetPeninsula.org

 Care Net Peninsula

 @CareNetTweets



Kimberly Logsdon
Executive Director

Director's Perspective

January is Sanctity of Human Life month, when churches and organizations highlight the truth

that God guides even our conception (Job 10:10) and knits us while we are in our mother's wombs (Psalm 139). In our abortion-prevalent culture, we are thankful for the annual declaration that every human has a God-ordained right to live, regardless of age or development.

We also know that many women (and men) stay away from church that Sunday due to the burden of regret and emotional pain they still carry from past pregnancy decisions that involved abortion.

What a relief that none of us is beyond the redeeming love and grace that Jesus

paid for on the cross! The filthy rags of our own attempts at righteousness (or lack of it) are made as white as snow by His death and resurrection, whether our story includes abortion or not! (Isaiah 1:18 & 64:6).

This issue highlights information and insight from adults affected by abortion, because they are also sacred in His sight. The Gospel of Jesus is good news even for (especially for) the places of our guilt and shame which too often remain hidden and unspoken.

At Care Net, we see the author of life (Acts 3:15) at work every day: in babies moving in utero, in anxious mothers finding peace, and in women with the memory of abortion who are finally set free.

*for LIFE,
Kimberly*

New L.E.A.P. Program is a Success!

Care Net's Learn, Equip and Parent (LEAP) program helps moms choosing life for their babies to become informed and knowledgeable parents. It is designed to reward the effort these mothers invest toward raising a healthy child.

We partner with hospital, city and other Peninsula organizations to provide free:

- **Parenting classes**
- **Life Skills programs**
Financial workshops, couples counseling and health/nutrition
- **Continuing Education**
GED and English Speaking classes

Partner organizations have agreed to waive any typical fees for Care Net-referred clients.

Women who complete classes receive coupons

for a baby-basics layette (pictured) redeemable 30 days before their due date. They also receive diapers and wipes for 6 months. Churches and groups can host a 'baby shower' to make a layette for a mom or we assemble them from donated baby items.

We have had a strong response since inception. Many of our moms ask if they can take *more* classes than are required! The answer is yes: the idea is to help them gain skills and confidence.



SAVE THE DATE: APRIL 30TH 2016

Ambassadors Needed!

The role of an ambassador is to spread the word in your church about Walk 4 Life and form a team to raise funds and walk.

We will be hosting Ambassador Information Sessions in February.

Call Brayden at 757-591-0303 or email brayden@carenetrpc.com for details.

Surrendering the Secret

Conservative estimates claim that 43% of women of childbearing age have experienced an abortion. They are our sisters, mothers, wives, and friends who carry an incredible burden while wearing a smile on their face. Many struggle for years with repressed memories, guilt, shame, and depression. Most women feel they are not allowed to talk about their abortion experience because it was their 'choice.'

The fact is, many women who have had an abortion experience symptoms of post-abortion trauma. They may not realize these symptoms are directly related to their past abortion. Medical, counseling and pastoral professionals may overlook abortion as a risk factor in a woman's physical and emotional health.

Surrendering the Secret

Spring 2016

Our 9 week Abortion Recovery Bible Study starts in March.

Applications required.

Call **757-591-0303** to get started.

Symptoms of Post Abortion Syndrome

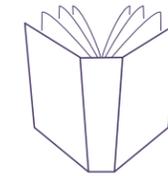
- Flashbacks to the abortion
- Outbursts of anger
- Marital Stress
- Crying spells
- Emotional numbness
- Sleeping disorders
- Drug or alcohol abuse
- Denial of feelings about the abortion

Year of Impact: 2015*



Met Sexual Health Needs of Women

- 467 Patient Visits
- 305 Pregnancy Tests
- 269 Ultrasounds
- 500+ Resources on Healthy Sexuality



Supported Women by Supplying

- 68 Six-Month Supply of Prenatal Vitamins
- 289 Brochures on Healthy Pregnancy
- 289 Resources on fetal development
- 80+ Adoption Consultations



Equipped Families

- 40+ Hours of Parenting Enrichment Offered Across 15 Courses
- 2000 Baby Items & Maternity Clothes
- 6700+ Diapers Distributed



Cared for the Whole Woman

- 200+ Spiritual Discussions
- 80 Gospel Presentations
- 15 Women Started a New Relationship with Jesus Christ

• Care Net provided over 1000 referrals to third party resources! •

*Estimate at printing for Jan-Dec 2015