

Abel Letter

Spring 2017

A publication of the Abel Pregnancy Resource Center: A place of hope for those making pregnancy decisions



Caring, one client at a time... Jessica* called and made an appointment after taking a home pregnancy test and reading the results as positive. She stated that she was not ready to be a mom and couldn't afford to have a baby at this time. She was stunned by the possibility of being pregnant and appeared scared and alone upon arrival. After filling out paperwork, Jessica was directed to one of our counseling rooms where her patient advocate began the process of connecting with Jessica, building trust, and getting to know her as Jessica began to share her story.

Since Jessica requested medical services, one of our nurses administered a pregnancy test and an ultrasound to confirm a viable pregnancy. Our staff spent considerable time discussing her pregnancy options, the milestones of her baby's development, and the center and community resources available to her. When Jessica left the center that day, she was undecided—no longer thinking about abortion as her only pregnancy option—and was visibly less stressed, even smiling.

Our staff continued to keep in touch with Jessica by phone and eventually learned that she had decided to continue her pregnancy. She is now enrolled in our Earn While You Learn program and is preparing for motherhood.

* Name changed to protect confidentiality

A Peek into a Peer Counseling Session...

"I can't continue this pregnancy." "I couldn't afford another child." "I'm not ready to have a baby." These statements were made by some of the women that have sought services from us this year. Most of the women that we see intend to continue their pregnancy. Many enroll in our Earn While You Learn education program in order to prepare themselves for motherhood. But for some of our clients facing an unexpected pregnancy, they can't see a way forward because their sight is obscured by fear. These are the women that our peer counselors are especially called to serve, and do so with compassion and humility. Each story is different and that is where the counseling session begins—helping her feel comfortable and safe so that she will open up about herself and her situation. By asking appropriate and thoughtful questions, our peer counselors seek to gain insight into her thoughts and feelings; her support systems; her relationship with the baby's father; her spiritual beliefs and how they impact her decision making. The process of building a trusting relationship with her is not hurried—it takes time. The first session will often last two to three hours. This usually includes a pregnancy test, limited obstetrical ultrasound and consultation with a nurse as well as peer counseling with a patient advocate.



As the session continues, she will most likely want to discuss her pregnancy options. This is an opportunity for the peer counselor to sensitively communicate the truth about abortion, parenting and adoption. When working with an abortion-vulnerable woman, the peer counselor shares what happens during an abortion procedure; the inherent risks an abortion poses to her; the estimated stage of development of her baby; the hope and courage she can find in God, and the wealth of resources and support that is available to her through the center and community.

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Patient Advocates Needed

Have you considered getting involved with the pregnancy center but up until now the timing has not been right? Maybe you've felt inadequate about yourself, thinking that you wouldn't have what it takes to be a peer counselor to a woman facing an unplanned pregnancy. On the other hand, maybe you've experienced an unplanned pregnancy or had a daughter who did. During that difficult time for you and your family, you didn't know how your family would get through what, at the time, seemed like a mountain of confusion, fear and

*If God Calls,
He will Equip!*

uncertainty. In either case, we want you to know that if God calls, He will equip. For some of you, He has already prepared you to comfort someone facing an unplanned pregnancy because you have been there and experienced it first hand. You've been comforted by God and are now in the best position to share the comfort you've received with someone in need of it. Others of you, God has given you a heart of compassion for women that are hurting and who need to feel and hear of the love that God has for them.

Currently, we are in need of volunteer Patient Advocates. We are looking for women who are followers of Jesus Christ, who love people with compassion and unconditional acceptance. You must be able to sign-off on our Statement of Faith and Code of Christian Conduct and be committed to the sanctity of human life as well as God's plan for human sexuality. You must exhibit strong interpersonal skills, be willing to be trained and sense God's calling to come alongside women facing an unplanned pregnancy to offer God's love, hope, help and guidance.

If you sense God is calling, He will equip you! We'd love to hear from you.

Peer Counseling...

Continued from page 1

The counselor will also seek to diffuse the reasons, often driven by fear, the client has given for considering abortion. "Fear is never a good counselor."

The peer counselor will help the client slow down and consider all of her options and have her ask herself questions like: "What will my life look like if I parent this baby? Who will help? What will my life look like if I choose adoption? An open adoption? What will my life story look like if I choose abortion? Will I be able to have children later? Will this really make my boyfriend stay and love me? Will I regret my decision?" As the session draws to an end, the client usually gives the peer counselor permission to follow-up with her in a few days to see how she is doing and to pray over her before leaving the center.



Ultrasound Room Upgrade

**\$26,000 Goal Reached
Thanks to You!!**



We are so excited to share this wonderful news with you. On Thursday, April 20, the Skewes Family Foundation awarded a \$5,000 grant to the Abel PRC. This grant pushed us over our goal of \$26,000!! Beside this grant, we had previously received a \$16,000 grant from the Hugh I. Shott, Jr. Foundation, \$285.23 from the youth at Johnston Chapel Baptist Church and \$4,935 from you, our generous supporters!! We will now be able to purchase a new exam table and ultrasound machine which will provide our patients with extra comfort and an ultrasound of their baby with much greater clarity and resolution! We thank God for you and for these amazing gifts!!



Alpinion E-Cube 7
for \$24,100

Master's Open Golf Tournament

Fincastle on the Mountain

Friday, June 16

Sign-In 7:45-8:15 / Play begins 8:30 a.m.

Entry Fee \$300/Team

www.friendsofabel.org for tournament information and registration
(the course is filling up so reserve your place today)

Event Sponsors Welcome



We'd like to invite you to consider being

- one of our **tournament underwriters** for the buffet luncheon, award prizes, event give-away, or the \$15,000 cash prize hole-in-one or
- one of our **hole sponsors** for \$100/hole.

In appreciation for your sponsorship, the name of your business will be associated with the event that you underwrite. The name will be prominently displayed on an attractive sign designed and produced by the Mercer County Opportunity Industries and will be mentioned in

tournament mailings. To be an event sponsor, simply call or send in the completed form at the bottom of this page. You can also register your sponsorship on-line at www.friendsofabel.org. Thank you for your support!!



...supporting the Abel PRC is as easy
as swiping your Kroger Plus Card!

Our Goal - 100 Households!!

Here is an amazing thing...from December 1 through February 28, 51 supporting households shopped at Kroger and swiped their Kroger Plus Card at the checkout. This resulted in Kroger sending us a reward check for \$628.19!!

Just think, this happens every quarter!! This is such a financial blessing to the pregnancy center and *we'd love to see the number of supporting households*

reach 100. If your Kroger Plus Card is not yet linked to us, then please go to our website (www.friendsofabel.org) and follow the link to set up an account. When you link your Kroger Plus card to the Abel Crisis Pregnancy Center, you will become one more household that supporting the Abel PRC by simply swiping your Kroger Plus Card.

Pledge your support...clip and send with your gift.



Pregnancy Resource Center

Phone: 304.325.2000

E-mail: info@abelcenter.org

Web: www.friendsofabel.org



friends of abel prc

Here's how I would like to show my support

Spring 2017

☐ Pledge Monthly \$ _____ ☐ Share a One-Time Gift \$ _____

☐ Master's Open Golf Tournament Hole/Sponsor: \$100/sign (no limit) # _____

☐ Master's Open Golf Tournament Event Sponsor: ☐ Buffet Luncheon \$1000; ☐ Award prizes \$400; ☐ Event give-away \$500; ☐ \$15,000 cash prize hole-in-one \$400

Name: _____

Business Name: _____

(as you would like it to appear on signage)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

One life making a big difference!



Ethan, just 8 years old, wanting to help save the lives of unborn children, took on a huge project. He took 200 of our baby bottles to give to friends and family who would fill them with their loose change, bills or checks. On April 5th, he brought 81 bottles back to us which totaled a donation of **\$1,705.48!!** He plans to continue on with his project in hopes of raising more funds for the pregnancy center. You are a special young man, Ethan! We thank God for your kind and thoughtful heart!! Thank you!! ♥

Can you help with these NEEDS?

- 1) We are looking to update our client services areas and to replace the well-worn furniture (most pieces are 17-23 years old). If you are a business or individual interested in donating new or VERY gently used contemporary furniture (or making a monetary donation toward the cost), you may send a picture and message to info@abelcenter.org, through facebook or simply give us a call.
- 2) Also in the client areas, we are in need of new flooring, especially the carpeted areas where the carpet is buckling. If you are able to help in some way, please let us know. Thanks!!

"Praise the Lord" Corner

- Family Carpet for a generous price-break on carpet installed in the staff work areas
- For the very generous gift we received that enabled us to renovate our front office and work space
- For Silver Springs Baptist Church and their donation of 100 boxes decorated by the children each containing a handful of baby items and a New Testament!
- For our small team of faithful volunteers. Please pray that God will call more Patient Advocates into this ministry.

This colored edition of the *Abel Letter* is made possible by Clinch Valley Printing in Tazewell, VA 276-988-5410. Thank You!

Master's Open Golf Tournament
Friday, June 16th



Abel
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201 Sylvia Lane
Bluefield, WV 24701

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