

# Pregnancy Matters

Making a Difference • January 2010



## *A Passion to Serve...A Vision for Life*

Just down the road from our Carbondale office, the traffic was lining up — the streets filled with last minute shoppers. It was just a few days before Christmas. Parents had been stopping by our office to pick up coats for the kids — and whatever else could help with the colder weather approaching. And that afternoon, one hour before closing, another mom was walking through our doors.

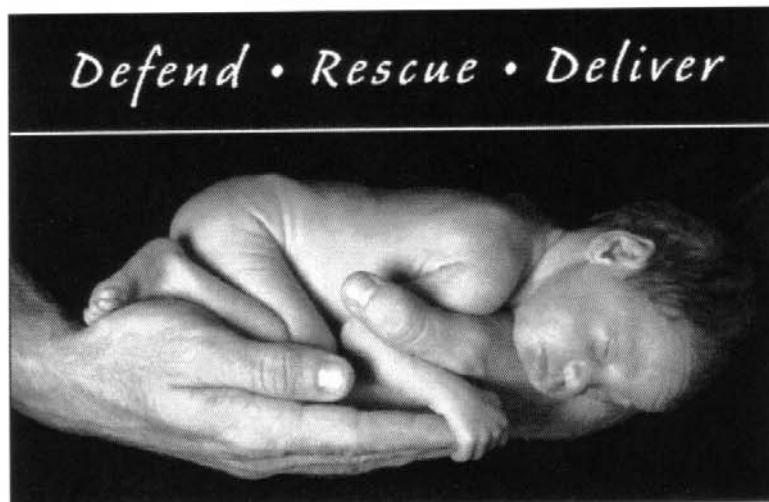
She was not worried about what to get her 7-year-old for Christmas... her concern was for her younger son, who would be born in 4 weeks, and how she could possibly make it on her own with 2 children. At one point in time, she had been in the military — was focused — and had her needs met with the benefits of serving in the army. But now, one year later — out of work, husband recently incarcerated, her closest relative telling her he could do no more for her — she was entering the holiday season with different concerns than most other families.

She walked in with tears in her eyes. She said she didn't think she could do this anymore. It wasn't just the aches and pains of the last month of pregnancy — she was overwhelmed with the overshadowing of how her life had changed. She felt hopeless. I had seen this before from time to time. The daily struggles build up to become gigantic roadblocks that seem to be in the way of the simplest tasks. There they were, weighing her down, her shoulders slumped and her arms clinging tightly to her coat to keep it wrapped around her belly.

She gave me the gift of one hour of her time. And we began to put everything in perspective... Her options for the future — she did have family in Texas and a friend in Oklahoma — were there more job opportunities there? More support? If she could go back to school, what would she study? What programs could help her do that? How will her son benefit from this new life, a new sibling in his world? And how will that child bless her? I encouraged her to not get bombarded by looking at 'the big picture' — at what needs to be accomplished in the next 18 years... but to look at today, this hour, and take things one day at a time.

We made a list of her goals, and then broke it down into a monthly plan — and her face lit up as she realized that it was do-able. She realized that it wouldn't always be this difficult. We made a life plan. She left with a hug and a smile.

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Some new moms, and even fathers, walk through our doors needing a pack of diapers. Some young girls ask for a pregnancy test. Yet often, just being there and listening makes a world of difference. The expectant mom I saw that morning would come back the following week to let me know how things were going. She sounded better. She talked about the baby — positively. And she will be coming to our next group workshop on 'stress management.'

*The common thread amongst all our staff is the passion to serve and the vision for life. If you share these values with us, we hope you will get involved in the events and opportunities that are discussed throughout this newsletter.*

Your contribution makes sure our doors are open — it makes sure someone is sitting behind the desk and greets those that are scared with a smile and an extended hand. So I thank you for helping me make a difference — to this new mom, her newborn son, and to all of those we encounter in 2010.

Sincerely,

*Marsha,* Executive Director



### **\*Staff**

Executive Director: Marsha Perfetti, MS

Assistant Director:

Cathie Mieldezis, MS

Volunteers: Gayle Vandiver, Cathy Pyatt, Kim Benefield, Karen Having, Janet Lewis, Kristie Kuhnert, Hege Riise, Chase Abner, Beth Heren, Elizabeth Ziglinski, Elom Amuzu, Carla Brock, Joni Ward, Diane Thomas, Eloise Mc-Millin, Caroline Sangster, Ashleigh Bell, Cassie Walden, Colleen

Board Members: Sue and Tony Sena, Bill Sherwood, Doug Dorris, Dana Heren, Virgil Hannig, Dennis Hawkins, Marsha Perfetti, Chase Abner, Andrea Humphrey, Bill Gooch

Advisory Board: John Bigler, Carla Brock, Brooke Miller, Don Grammer, Cal and Christine Stearns, Glendall Toney, Rhonda Bodkin, Michael Schifano

### **\*30th Anniversary Banquet**

Saturday, August 14, 2010

Carbondale Civic Center

Keynote Speaker: Dr. Robert Weise  
of Concordia Seminary in St. Louis

Music by: Aaron Smith,  
Associate Pastor of Music

*More information coming up in our  
spring newsletter!*

### **\*Annual stats**

*January – December 2009*

Client related calls: 2082

Abstinence Program:

15 schools, 1220 students

Practical Support (baby/maternity items):  
1109 families

Pregnancy Tests: 510

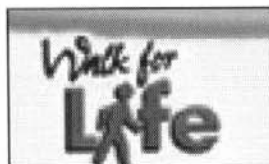
Medical Ultrasound services: 110

Impact area: 14 southern Illinois counties

## *Annual Walk for Life – March 20, 2010*

When we consider protecting life, there is an arena where we can — and must — be involved. It's a place where individuals make a true life or death decision regarding their children, every day. It is a venue where we have the opportunity — now — to make a difference. We are talking about Pregnancy Matters, and other pregnancy help centers throughout the nation. At our centers, women face extremely difficult decisions. They come looking for hope and answers. Our centers offer both. This is not possible without the support, generosity, and involvement of those in our area.

*As you look at ways to support the ministry of the center, why not take advantage of our annual fundraising WALK FOR LIFE! This event brings an important flow of funds at a critical time. Our grant reductions have meant cutbacks in several vital expense categories. It's a fun and simple event that helps bring in support to cover shortfalls and also lay the groundwork for a successful year ahead. You can sponsor yourself to start the process and from there — ask close friends, family members, and coworkers to sponsor your participation. The average walker across the country raises more than \$200 — so with just 10 sponsors of \$20 each, you have met your own personal goal! Once you walk and turn in your form/contributions, your work is done. And lives are saved through you making the effort to be involved. Some of us have large bank accounts, others of us are living month to month. **But regardless of our particular financial situations, each can make a difference.***



**TIME:** 8 a.m.

**DATE:** Saturday, March 20th

**LOCATION:** Illinois Centre Mall

**T-SHIRTS:** to each walker turning in \$100 or more

**BREAKFAST and MUSIC:** begin at 8 a.m.

**DRAWING:** 8:30 a.m.

**PRIZES:** awarded at 9:45 a.m.

Donations (in check form) of \$25 or more assist us in receiving a grant from the Human Life Foundation!

**SPONSOR FORMS:** available online at [PregnancyMatters.org](http://PregnancyMatters.org), or request one to be sent in the mail by calling 888-303-8859

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### **\*Mission**

Pregnancy Matters, founded on the Christian principles of service and love and life, is dedicated to educating, empowering, and encouraging individuals to make healthy choices about their pregnancy and their sexuality.

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### **\*Contact Info**

Mailing address: PO BOX 4001, Carbondale IL 62902

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Williamson County office: 1200 East DeYoung, Marion 997-2790

Union County office: 260 Lick Creek Road, Anna 833-7797

Perry County office: Pinckneyville Hospital (3rd Floor) 318-1187

Fax: 618-549-9305

Email: [info@pregnancymatters.org](mailto:info@pregnancymatters.org)

Website: [pregnancymatters.org](http://pregnancymatters.org)