



FOOTHILLS PREGNANCY RESOURCE CENTER

LIFEletter



FPRC NEWSLETTER • VOL. 1 • ISSUE 4 • AUGUST 2019



Are **YOU** the Match?

Every year as we begin planning and designing a night to remember, aka, our annual fundraiser, we try to imagine taking steps which would help to ensure that we are putting FPRC more and more in places to be noticed. In other words, we desire each year, in practically everything we do, to make it possible whereby more and more clients find out about us. We also long to have new donors added to our mailing lists, and so forth. The annual gala is a perfect event at which audience may attend and learn, quite possibly for the very first time, about this amazing place and ministry known as Foothills Pregnancy Resource Center! It's an incredible evening in an incredible setting full of incredible friends. Each gala, rather formulaically, reaches a climax as the person who makes "the ask" stirs

the audience to make financial donations. During a beautiful evening, our new and old friends have heard stories and testimonies and accounts from actual clients we serve. Friends have chatted around their tables as they met new friends and introduced them to our ministry. We, the Board and Gala Team absolutely LOVE to prepare this fabulous event!!! Of course, it's months of hard work and lots of determination. We, the Board and Gala Team, meet new partners and potential partners and thrill to tell them how much their partnership will affect lives for the good!!!

As the guest speakers share their words of encouragement and edification, we must simply always be finding new ways to express our desire to partner with each and every person in the room. We are gathered in our mutual support of the life-changing work of FPRC. The stakes are

Continued on page 2 →

EXTRA!!! EXTRA!!! READ ALL ABOUT IT!!!! A special SAVE-THE-DATE • 2019 Gala Fundraiser

**PATH
of LIFE
Gala**

Friday, November 8, 2019
6-9 PM
First Church of the Nazarene
Pasadena, CA

Please set aside this date, Friday, November 8, 2019 and help us raise funds, but greater still, help us raise awareness of Foothills Pregnancy Resource Center. Whether you attend each year, or you will consider attending—perhaps for the first time...now, more than ever, we invite YOU to be in the house!!!

First Church of the Nazarene in Pasadena has been the lovely setting of our "gala home" for the past several years! Our donors have come to expect...and rightly so...a stellar evening!!!

- Amazing ambiance
- Tremendous Dinner
- Top-drawer Silent Auction
- Beautiful Setting
- Moving Testimonies
- A Red Carpet Experience!!!

Program and details are shaping-up. Stay-tuned for more information and your personal invitations. As always, a special round of thanks to the FPRC Board of Directors, Staff, Volunteers, Gala Team and Steering Committee... and YOU...our donors and sponsors.

FOOTHILLS PREGNANCY RESOURCE CENTER

a State-Licensed Medical Clinic
(626) 358-2122

924 Buena Vista Street, Suite 202
Duarte, CA 91010

OFFICE HOURS:

Mon, Wed, Fri: 11am - 3pm
Tues, Thurs: 2pm - 7pm

MISSION

FPRC is a safe place where individuals and families are empowered with the tools and support to make healthy life choices.

ABOUT US

We recycle hope into every life that walks through our doors.

WAYS TO DONATE

Mail your gift to:

FPRC

P.O. Box 234

Monrovia, Ca 91017

Or give online at:

foothillsprc.org

Continued from page 1

Are YOU the Match?

so incredibly high each year as more and more persons are faced with the horrifying thought that they may be in a struggle, a struggle for life. Their lives and the lives of the unborn. How can YOU help us reach farther than we ever have before?

Our Executive Director is in process of contacting and reaching out to corporations, businesses and persons who may be interested in generating matching funds for the Gala event. Are YOU aware of a business or a person who may be interested to donate an amount of funds to be used as matching funds? A business or an individual may be attracted to the notion that their monies may be "matched" in order that we may double our effectiveness. Please ask your employer if your business has monies to be used for matching purposes. Then call Lori at the center, 626-358-2122. Also, let us know if you have acquaintances or names of those in positions to allocate such funds to community nonprofits. Let's make Gala 2019 one for the record books!!!! Thank YOU in advance!!!



"IT'S A WRAP!"

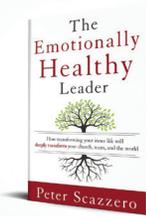
"Steel Magnolias", the timeless story of friendship and perseverance in the midst of life's uncertain circumstances, enjoyed a successful run at the David Schall Theatre in the heart of Hollywood. **A special thanks to those of our donors and friends who came out in support of FPRC at our recent night at the theatre fundraiser.** Several thousand dollars were raised for the center, all while donors laughed and cried their way through the 90-minute production, starring our very own Lori Berg. The L A theatre community loved the show and our donors would agree!

You weren't able to attend the Friday, April 26 theatre fundraiser??? No worries...you may still donate. After any event, we accept donations for said fundraiser. It all works for the good of the center in order that we may continue to do our fine work. Thank you for attending the night at the theatre, and in the event you were not able to be with us, your presence is certainly felt in your generous giving! Our most sincere thanks for the ways you give!

What it Means to be on the FPRC Board



Currently, FPRC is looking to grow our Board. The Board's role on a nonprofit like ours is critical. Board members meet almost every month, pray for the ministry, periodically attend special functions on behalf of our center, recruit businesses to sponsor a table (or more) for each year's gala events, support other events throughout the year whenever possible, and think outside of the box as to how to spread the word about one of our community's greatest assets! No small job!!! Those who serve do so with grace and humility. Our Board is small and we do not govern, but rather, as we like to put it... "we roll up our collective sleeves and pitch in whenever and wherever there is a need."



This year, the FPRC Board has invested time and energy in reading a book meant to grow and challenge us. That book is **Emotionally Healthy Leader** by Pete Scazzero. The book and our conversations which surround our reading of it, have helped us to view our roles as leaders and empowered us with tools with which to serve the center, each other, our donors, and our clientele.

Emotionally Healthy Leader connects our inner spiritual lives to core leadership tasks like: planning for our future, decision-making, team and culture-building, setting boundaries, navigating relationships, and exercising power. Your FPRC Board has learned much and been strongly affected by the book. It is our shared hope that from this point on, we will lead even better.

As stated at the beginning of this article, we are growing... **and we invite YOU to prayerfully consider being a part of this team.** We truly are a team. Please do not hesitate to reach out to Lori in order to learn more, a lot more than this small space affords. We welcome your asking the questions. Thank YOU as you consider...



A CALL TO DIRECT...

Ten years ago, in July of 2009, Lori accepted a rather usual "call". Lori had already been serving as a Board member, a client advocate, and spokesperson for the center; but, as Sheila Fleming was transitioning out of leadership, Lori agreed to "step into her shoes". At a farewell dinner held in Sheila's honor, Lori was announced as the center's new director. Dr. John Mastrogiovanni, Chairman of the FPRC Board at the time, said that while Sheila had the vision and the foresight to 'birth' the center and bring it into existence, Lori would direct the center into its future.

Only with God's help, assistance and support from an amazing staff (Mary Ann Graham, RN and Nony Haro, Office Manager), and a host of talented volunteers, Lori took her first steps in leadership. Over the years, staff and volunteers and Board have all changed, but the mission of FPRC still stands! Serving those in need of empowering information and assistance when faced with making crucial decisions pertaining to a pregnancy; helping to heal those who have been affected by abortion, and teaching a clear message of sexual integrity.

Lori sends a strong message of hope and thanks... *to all those who have pledged with their finances, prayers, and hard work! Together, we all make Foothills Pregnancy Resource Center the beacon to our community. Ten years serving the families and individuals in our communities.*

Post-abortion Healing

by Susie Mullen,
Director of Nursing, FPRC



Chloe is a 21-year-old single young lady, who when she called FPRC in March, stated that she would like to make an appointment for a pregnancy test and ultrasound. When asked the date her last menstrual period started, she responded, "November 13th". When I saw her come into the office, I was expecting a woman who was about 16 weeks pregnant. Chloe came in with her boyfriend, Michael who seemed to be very supportive. I then said to Chloe, "So from the date you gave me of your last period, you should be about 16 weeks along. Chloe then burst into tears and said "No, probably about 4 weeks." I asked her to clarify because November 13th was 16 weeks ago and she told me that she had an abortion on February 11th.

I did the urine pregnancy test which was negative. She then, through tears and sobbing, described for me the torment she had felt ever since she walked out of the abortion clinic. She told me that the abortion providers said she wouldn't feel a thing and it would be like a dental appointment but since that day she hadn't been able to sleep and has been very depressed. She said that she knew immediately that she had made a bad decision. She told her boyfriend that she wants to be pregnant again right now, thinking that having another baby would take away the remorse that she felt over her abortion.

I told her that there is no judgement here at FPRC and that God sees her tears and knows her regret. He is a forgiving God and knows that

we humans sometimes learn things a little too late to fix it but we can always start fresh. I told her about our post-abortion healing classes and immediately, her boyfriend said, "Yes, let's do that, we really need it." I gave her information to Lori Berg who does a lot of our post-abortion healing but when Lori called her number, there was no response.

Flash forward to the end of May. Into the clinic walks Chloe and Michael. Again, she requests a pregnancy test and ultrasound. This time the result of the pregnancy test was positive and they both seemed elated. The ultrasound revealed a seven-week-old fetus and she cried when she saw the heart beating. I again brought up the post abortion healing classes and showed them the workbook, "Living in Color". Michael said that he was very interested but Chloe said that she was not ready. Michael took a picture of the workbook and hopefully he will be able to persuade Chloe to get the help she needs to work through her feelings and to be able to grieve properly and recover from the loss they both are feeling.

This is not an isolated case. Chloe and Michael are typical of the reaction that we see in post-abortion clients. Men as well as women suffer great loss and we would gladly take either or both parties through the workbook for the healing that is needed.

Ready for a treasure hunt?



Ahhhh.... the challenge of walking into a thrift store and finding that piece that just calls that has your name on it. The search is a great treasure hunt! Several years ago, when Pastor Alena (First UMC of Monrovia) and Lori sat down over coffee to begin dreaming of a shop in the historic church at the corner of Ivy and Palm...who would've known that a handful of years later...it'd be going strong?! Thanks to our many friends who regularly donate their almost-new items; thanks to our supporters and shoppers, and thanks to our faithful volunteers. Together, we make United Thrift at First UMC of Monrovia a terrific place...to shop and volunteer! We are always seeking volunteers to help sort donations, serve the customers, and keep the space spiffy and desirable. Is that you???

Tuesdays and Thursdays from 9 am – 2 pm, United Thrift Shop is open for the public's shopping pleasure. Volunteers help sort items, decorate, clean the shop, and, of course, shop!!!! In our years of partnership, FPRC has sent clients' families there to be blessed when they are in need... we have enjoyed our Spring Teas for the incredible fashion Shows...and FPRC has benefited from monthly monetary donations! Interested in becoming a thrift shop volunteer? Call us at 626-358-2122, ask to talk with Lori. Happy volunteering!!!



SERVICES OFFERED:

- Urine Pregnancy Testing
- Limited Ultrasound (if you qualify)
- Options Counseling: Hear about ALL of your options
- Support after an abortion
- Groups and Classes: Support, Parenting, Mentoring
- Supplies for you and your baby

RESOURCES AVAILABLE:

- **Options Counseling** Explore your options, "Are You Pregnant? Emergency Contraception? Considering Abortion?"
- **Abortion Recovery**
Restoring Lives and Relationships After Abortion
- **Susie Mullen, R.N.**, Nurse Manager
Foothills Pregnancy Resource Center
- **Lori Berg**, Executive Director
Foothills Pregnancy Resource Center

POST-ABORTION CLASSES
OR ONE-ON-ONE
MEN'S AND WOMEN'S GROUPS

Abortion affects families. Through a ripple effect...one abortion...may touch the hearts of many.

A NEW SUPPORT GROUP IS FORMING IN YOUR AREA

Please call: **(626) 358-2122** to get all the information.

PARENTING SUPPORT GROUP

Are you a parent of young children?

Please join us as we discuss topics of discipline, structure, and healthy living. Enjoy the community of other parents. Your children are more than welcome to come along. Ask us for details!



FOLLOW US ON FACEBOOK & INSTAGRAM
TEXT US AT (626) 358-2122

Sometimes, do you just wish you had a "SAFE PLACE" to gather and get some HONEST ANSWERS? Do you have a safe place to go WHERE NO ONE WILL JUDGE YOU as you share your questions or thoughts?

We have support groups. We even have one-on-one mentorships for guys! Everyone could use a little support. WE'RE A SAFE PLACE.

If you need support or to share with another person for the first time, all our services are CONFIDENTIAL and FREE!



FPRC IS A SAFE PLACE



924 Buena Vista Street, Suite 202 • Duarte CA 91010
(626) 358-2122 • foothillsprc.org

a State-Licensed Medical Clinic
**Foothills Pregnancy
Resource Center**

