

She's a Child...
...not a choice.



I KNEW YOU BEFORE I FORMED YOU IN YOUR MOTHER'S WOMB - Jeremiah 1:5

Dear Reader,

As Christians, we agree that each human life is a sacred gift from God.

But in today's culture, Christian values are increasingly under attack—the value of life is up for debate. So it's not enough to say "God loves you and your baby" to help young women and men experiencing unexpected pregnancies.

We must engage our neighbors, friends and family members with the truth about the humanity of the preborn child, women's health and the gruesome realities of abortion.

Inside *She's a Child, Not a Choice*, you will find information to help you become comfortable discussing these topics with someone you love.

Perhaps your daughter, granddaughter, or other young woman in your church is struggling with an unexpected pregnancy. While circumstances surrounding a pregnancy may give us cause for concern, the existence of a new human life is always a blessing.

So how do we help young people and their families experiencing unexpected pregnancies embrace the life of a child in the womb and make Godly choices? We start by sharing these important truths with each other.

After reading this magazine, you may have additional questions or even challenges about some of this information. Give us a call at Human Life Alliance. We're willing to listen, discuss and answer your questions.

Have you or someone you know already had an abortion? If so, please feel free to contact us or any of the resources listed in this magazine for help and healing. We are here to serve you.

It is my hope that you come to love and embrace the beauty of God's creation in all human life.

Jo Tolck
Executive Director
Human Life Alliance



Pregnant? Need Help?

Optionline:

1-800-712-4357 – English and Spanish
www.optionline.org (email & chat)

Rachel's Vineyard: 877 HOPE 4 ME
(877-467-3463)

National Hotline for Abortion Recovery:
866-482-LIFE (866-482-5433)

Had an abortion? Need Help?

Project Rachel

1-888-456-HOPE (4673)
www.hopeafterabortion.com

Need more copies?

Contact Human Life Alliance (HLA), a non-profit, educational organization dedicated to protecting human life from fertilization to natural death. Human Life Alliance has distributed publications in 84 countries on all seven continents, reaching more than 192.6 million people.

humanlifealliance

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When you do everything **RIGHT**, but it still goes **WRONG**



Nobody's perfect, but I thought I did many things right as a mom of five. I raised my kids in church, even home-schooled them. I taught them all about abstinence and the value of saving sex for marriage. All of my children waited—except Emily—the youngest.

Our problems began when Emily joined a youth group aimed at reaching the “unchurched” in the community. She was 17 and members of the group were engaging in sexual activities. Emily felt pressured to join her peers and ended up pregnant by a much older man.

When I found out Emily was pregnant I was really upset. I did things in anger, even against my belief system. Emily was raised Catholic and taught life begins at conception. Dealing with her lies and deceptions about this situation clouded my judgment to the point where I refused to call my future grandchild a baby—I called him an “it.” I wanted to help my daughter have an abortion.

It's taboo in my church community to say I contemplated those things, but it came to mind even when I talked to other Christian women. Now I under-

stand why people think there are no other answers.

I was in the fight of my life to hear from the Lord on this matter and finally, He was faithful to me. I considered the role of God the Father in my life and decided to be like Him. I pursued Emily with a new mindset. I committed with my whole heart to share with my daughter spiritual wellness and health.

After that, Emily chose love instead of rebuke.

Today, I have a wonderful grandson named Titus—he's Emily's son. His presence brought me and my husband new life. We are now well into our 50s and Titus is almost three years old. God created even greater good through this experience. I now teach classes at the Stanton Healthcare Magic Valley Pregnancy Resource Center, share my story and counsel others in similar situations.

This is Madlyn's story, written by Daphne Mallory, Sexual Integrity and Leadership Development Coordinator for Stanton Healthcare Magic Valley Pregnancy Resource Center.

Stanton Healthcare Magic Valley Pregnancy Resource Center provides counseling and support, free ultrasounds, free pregnancy tests, free STD tests and more.

I Chose Love

I just wanted to make new friends. The youth group at our church looked promising. The irony was that I was the “good little Christian girl” while my peers were having sex. It was the cool thing to do. As the odd one out, they let me know I wasn't cool enough for them. So I decided I wasn't going to be made fun of anymore.

One day, as my sister and I were checking out at a store, a man just ahead of us caught my eye. He flirted with me the entire time and let us checkout before him. So I decided to wait for him in the parking lot. That conversation started my sexual relationship.

I kept a lot of secrets. I told him I was 18, when I was 17. I lied about being in school. I would skip class to meet with him. As the affair progressed, I got pregnant and lied to my new boyfriend about it. I strung him along six months, trying to keep him in the relationship. He wouldn't talk to me anymore and it drove me crazy. I even lied about doctor's appointments. Mom worked and my boyfriend didn't show up to appointments, so I got away with it.



Finally, one appointment changed everything. When I told my mom, abortion entered the picture. We discussed it as an option. Later, an ultrasound appointment helped us make a different choice.

I finally confessed to everyone. During that appointment, with my baby's father, we heard a heartbeat. I cried. I now understood I was carrying a real person. I thought, this baby deserves a chance and needs somebody that loves him, even if it's just me.

I chose love and not abortion.

Emily shares her powerful testimony today with others to help them make choices that promote life and sexual integrity. She and her mom (Madlyn) have a relationship that reflects love and healing. They contribute their time and testimony to help other women who are clients at the Stanton Healthcare Magic Valley Pregnancy Resource Center. Her sister, Melissa Kennedy, is the executive director.

To book Madlyn or Emily as speakers, please call 208-734-7472 or visit www.pregnancytf.org.

The *Life* of a Child

When my first-born son arrived, he weighed only 2.1 pounds. I was told his chances for survival were low, lowering and severely limited at best. My son was too small, too early and too weak to live.

In the hospital preemie ward, I watched family after family cry over their empty crib, so when the doctors called me in to talk about the future, I already knew what the conversation was all about. My son was going to die.

After talking with the doctor, I clearly understood medical science had done all it could do, and all it would do. So in the quiet of my heart, I vowed to trust a “Greater Physician” (Luke 4:23). That night I prostrated myself and prayed to God for the life of my son. I received no answer. That morning I visited my son—he had dropped down to 1.9 pounds and I thought I was holding him in the palm of my right hand for the last time. But I wasn’t.

This is when God spoke to me and Psalm 8:2 (NLT) became a reality. “You have taught children and infants to tell of Your strength, silencing Your enemies and all who oppose You.”



My son was born prematurely at less than six months and God was using him to teach me the truth about abortion. In the palm of my right hand, I saw and felt my son move and at once I understood who dies in an abortion. Yeah, I finally understood who the baby is, what abortion does to him or her and that God, completely understanding the circumstances surrounding my life and the life of my son, gave my son life.

Legalized abortion on demand is not a merciful or a beneficent act of love. Legalized abortion on demand dismembers and destroys the God-given life of a baby boy or baby girl in the womb of his or her own mother. God used my son, who would later drop to 1.6 pounds, to teach me the truth about abortion. Perhaps when you look into the eyes of your child now, you’ll see what I saw thirty years ago and still see in the eyes of my son today. God bless.

Walter B. Hoyer II is both Founder and President of the Issues4Life Foundation, the California Civil Rights Foundation, Founder of the Frederick Douglass Foundation of California, Core Member of the National Black Pro-Life Coalition, Board Member of The Morning Center, which provides free full-service maternity care for women in under-served areas, author of “Leadership from the INSIDE Out” and serves as a leadership consultant. Visit issues4life.org or call 510-225-4055 for more information.

Is ABORTION a Lesser Evil?

When a woman faces overwhelming circumstances in bringing a new child into the world, some people begin to view abortion as “a lesser evil.” It seems to them that ending a child’s life would be somehow “less evil” than allowing the child to be born into an impoverished or difficult life.

Ecclesiastes 4:14 says, “Such a youth could rise from poverty and succeed. He might even become king, though he has been in prison.” (NLT) As King Solomon demonstrates, the potential of a human life cannot be predicted. In my own life, I was not born into poverty, but the divorce of my parents found me in a very poor home at a very young age. That could not have been predicted, but it also did not change the value of my own life. I certainly have not attained greatness (by the world’s standards), but I have come

to know the value and sanctity of a single human life, including my own, through God’s mercy and redemption.

In fact, many people who have been born into incredibly difficult situations have achieved great success in their lives and greatly impacted the world we know today. People like Oprah Winfrey, Steve Jobs, JK Rowling, Abraham Lincoln, Celine Dion, Ben Carson, Booker T. Washington – all conquered overwhelming circumstances, and each one of them would be targets of abortion today, if we bought into the argument for “a lesser evil.”

Abortion is not the “lesser evil,” it is the greatest evil of our lifetime, destroying the potential good and wonder innate in every human life.

Father Terry Gensemer served for 20 years as a pastor for the Charismatic Episcopal Church in the Birmingham, AL area. He now serves full-time as the International Director of CEC For Life and is a Board Member of the National Pro-life Religious Council. For more information, contact Fr. Terry at www.cecforlife.com, 205-798-8209 or info@cecforlife.com.

MY *Child* WOULD HAVE BEEN 29 THIS YEAR

When I became pregnant at 18, my first thought was to have an abortion.

The abortion would allow me to continue teaching ballroom dance and training for competition.

I expected to feel relieved when the abortion was over. I thought it would erase the pregnancy. I thought I could move on with my life.

I was wrong.

Although I didn't feel this way before the procedure, it was now clear to me that the abortion ended the life of my child. I felt guilty and desired punishment.

I deserved to suffer.

Afterward, the mere presence of my boyfriend caused deep hurt and pain.

I found it difficult to work.

In between student lessons, I'd retreat to the staff room and cry.

I soon found myself in a cycle of self-destructive behavior that included an eating disorder.

Desperate for a fresh start, I broke up with my boyfriend, quit my job, and moved from the Midwest to Hawaii.

Although Hawaii was breathtakingly beautiful and bursting with life, I felt dead inside. It didn't take long for me to realize I couldn't escape from myself.

About two years after the abortion, I was living in Southern California when I began experiencing periods of intense anger followed by periods of profound sadness.

For weeks and sometimes months at a time, I was too fatigued to do more than eat a meal and shower during the day.

There were also periods when I seemed able to pull myself together and lead a normal life—at least outwardly.

This downward spiral continued until suicidal thoughts began to scare me. That's when I finally went to see a therapist.

With the help of counselors and supportive friends, my time of self-condemnation and self-punishment came to an end.

I was finally able to enter into a healthy grieving process.

As I grieved the loss of my child, I slowly became aware of how my choice to abort had impacted my family—a choice they only learned about when I decided to go public with my experience.

I was surprised and saddened that my parents, my sister, and even my living children struggled to deal with the loss of a family member through abortion.

In addition to coping with the fallout that my abortion caused in my family, there are still times that are painful for me.

After all, healing doesn't mean forgetting.

Mother's Day is particularly difficult.

If my child had lived, she may have had children of her own by now.

There will always be a hole in my heart—a hole in the fabric of our family and our community.

My child would have been 29 this year.

— *Michaelene*

Have you or a loved one been touched by abortion?

AbortionChangesYou.com
is a confidential space to begin the healing journey.

You are not alone.

Healing is possible.

I often wonder....

WAS THERE SOMETHING I COULD HAVE DONE TO HELP HER?

My wife and I found out she was pregnant shortly after we were married. Even though we were having some difficulties adjusting to our new life together, we were both very excited!

We were making plans for the baby, going to doctor appointments, and smiling over ultrasound pictures. We believed the baby was going to be a little boy. We were going to name him Trevor.

Tracey started suffering from severe morning sickness. When she was very sick, she'd curse the pregnancy. I was worried about her—and about the baby. As the morning sickness continued, Tracey began saying she couldn't go through with the pregnancy.

One day she announced, "I'm going to get an abortion. I know how you feel about abortion, but I don't care. I'm having one no matter what you say or do."

Wow! What could I do? I realized in an instant that I was powerless.

I didn't argue with her; rather, I stayed calm and tried to support her decision. I secretly hoped that my compassion and prayer would change her mind. However, when I think about it now, I think I could have reached out to others to seek their advice and resources. But I didn't do any of that. Instead, I drove her to the clinic. The staff at the clinic was upbeat and personable, but I felt terribly depressed.

When Tracey came out after the abortion, she looked worse than before she went in. It looked as though the life had been sucked out of her. I tried to grab her hand to help her to the car. She glared at me and said, "I don't need your F---ING help."

I took her home, and went to the pharmacy to fill her prescription for the bleeding and the pain. I did what I could to make her comfortable. I often think back and wonder if there was something I could have done to help her. Maybe there was—but I'll never know.

Tracey and I divorced, and we soon lost contact with each other. When I talked to her many years later, she brought up the abortion and started crying. She said she'd gone through therapy. It took me a long time to come to terms with what happened. When I see little children, sometimes tears spring up in my eyes and I envision Trevor—my son who never got a chance.

— Brad

Abortion can produce troubling emotions. You are not alone.

AbortionChangesYou.com is an anonymous place to:

Participate in healing exercises

Read the stories of others touched by abortion

Connect with local support resources

ABORTION RHETORIC

My Body My Choice

Abortion is not simply about a woman's right to do as she wishes with her body. It affects the life of another human being. From the moment of fertilization, a preborn child is a unique individual possessing her own complex genetic makeup. Even though the baby may grow inside her mother's body, she is not a part of her mother's body. Shouldn't we protect the rights of all people, including those in the womb?

Rape a. d I. cest

Rape tragically violates another person's body and rights. So does abortion. Abortion takes the life of an innocent child. Many people assume women who are raped choose abortion. In truth, the majority of rape victims choose alternatives to abortion. One study shows 75-85% of pregnant rape victims chose alternatives.¹ In addition, justifying abortion for rape victims based on demand disregards current statistics which show less than 1% of abortions in the United States are due to rape or incest.²

I'm perso. ally opposed, but...

What if U.S. citizens had been willing to accept this justification for tolerating slavery? Our forefathers took away the "rights" of slave owners in order to give freedom to African Americans. Today our youngest and most vulnerable are still slaves to the life and death decisions of others.

It's just a blob of tissue

Simple tissue does not have a beating heart, brain waves, fingerprints, or unique DNA. Only 12 weeks after fertilization, every system of a preborn child's body is in place and functioning.³ Nothing new is added after the moment of fertilization except oxygen, nutrition and time.

What about quality of life?

Some say abortion is justifiable for reasons such as fetal deformity or poverty because these people have a "poor quality of life." Quality of life is subjective. Someone may look at another person and determine his or her life is not worth living. This is a form of discrimination against the poor or handicapped. Instead of killing those less fortunate than ourselves, shouldn't we try to lift them up to a better life?

Overpopulatio.

Overpopulation is a myth. Every person on earth could live in his or her own home fitting on a landmass the size of Texas.⁴ People suffering from hunger could be lifted out of malnourishment on less than a quarter of the wasted food from the US, UK and Europe. Additionally, contrary to what some believe, the world's population is no longer increasing at an exponential rate. Though the world's growth rate remains positive, it continues to decrease. The population of earth will peak in 30 years and then begin to drop.⁵

Rhetoric supporti. g abortio. has bee. repeated so ma. y times it just seems to roll right off the tongue without a. y thought behi. d it.

So...who made it up, who's sayi. g it a. d why do you believe it?

Wome. 's Health a. d Safety

Abortion is not healthy for women. It bears lasting physical and psychological complications. Some of the physical complications that arise from abortion include hemorrhaging, perforation of the uterus, endotoxic shock, serious infection, convulsions, cervical laceration and death.⁶ A recent study found women who abort have a 60% higher risk of miscarriage in future pregnancies.⁷ The psychological effects of abortion can also be severe. Pregnant women who abort have a six times higher rate of suicide than women who carry their babies to term.⁸ Other psychological effects from abortion include sexual dysfunction, alcohol and drug abuse, eating disorders, post-traumatic stress disorder and chronic relationship problems.⁹

¹ Mahkorn. Pregnancy and Sexual Assault. 1979.² Allen Guttmacher Institute. Reasons U.S. Women Have Abortions: Quantitative and Qualitative Perspectives. 2005.³ Johns Hopkins Medicine. Health Library: The First Trimester. 2014.⁴ Population Research Institute. Debunking the Myth of Overpopulation. 2013.⁵ Ibid.⁶ Hern, Warren. Abortion Practice. 1990.⁷ BJOG: An International Journal of Obstetrics and Gynecology, Dec. 2007.⁸ European J. Public Health. 2005.⁹ American Pregnancy Association. Abortion Emotional Side Effects. 2013.

WHAT ABOUT BIRTH CONTROL?

Scientific research shows hormonal contraceptives can work in an abortifacient capacity. Hormonal contraceptives use three methods to prevent ongoing pregnancies: attempt to prevent ovulation (the release of an egg from the ovary), thicken cervical fluids to prevent fertilization, and thin the uterine lining to prevent implantation. The first two methods are contraceptive; the third method can abort a newly conceived child since it acts after fertilization.

Hormonal contraceptives do not always stop ovulation. When breakthrough ovulation occurs, fertilization may occur. Studies show ovulation rates in women taking oral contraceptives range from 1.7 to 28.6 percent per cycle, ovulation rates for women using progestin only pills (the minipill) range from 33 to 65 percent.¹

When hormonal contraceptives fail to prevent ovulation and stop fertilization, by design, they make it difficult for an embryo to im-

plant in the uterus. Birth control manufacturers insist their products do not terminate existing pregnancies. However, the industry has simply redefined "conception" and "pregnancy" to mean implantation rather than fertilization (implantation happens 7-10 days after fertilization²).

Fifty-one percent of women who obtain abortions in the U.S. used a contraceptive method the month they got pregnant, most commonly condoms or a hormonal method.³

¹ Archives of Family Medicine, "Postfertilization Effects of Oral Contraceptives and Their Relationship to Informed Consent" Walter L. Larimore, MD; Joseph B. Stanford, MD, MSPH Arch Fam Med.2000;9:126-133. archfam.ama-assn.org/cgi/content/full/9/2/126. ² American College of Obstetricians and Gynecologists. Sept. 1965. ³ Jones RK, Frohworth L and Moore AM, More than poverty: disruptive events among women having abortions in the USA, Journal of Family Planning and Reproductive Health Care, 2012, 39(1):36-43. (from http://www.guttmacher.org/pubs/fb_induced_abortion.html#7)

A New Human Being



FERTILIZATION



6 WEEKS



8 WEEKS



10 WEEKS

Day 1: Fertilization

The sperm joins with the egg to form one cell. This single cell contains the complex genetic makeup for every detail of a new human being—the child's sex, hair and eye color, height, skin tone, etc. After fertilization, nothing new is added but oxygen, nutrition, and time.¹

1st Month (1-4 Weeks)

The first cell divides in two, and cell division continues as the newly formed individual travels down the fallopian tube to the uterus. More than 500 cells are present when this tiny embryo (the blastocyst*) reaches the uterus 7 to 10 days after fertilization.² Foundations of the brain, spinal cord, and nervous system are already established, and by day 21 the heart begins to beat in a regular fashion with a blood type often different from the mother's.³ Muscles are forming, and arms, legs, eyes, and ears have begun to show.

**The blastocyst is the stage at which many researchers want to destroy the embryo in order to harvest stem cells.*

2nd Month (5-8 Weeks)

By six weeks, brain waves can be detected by electroencephalogram, and the brain is controlling 40 sets of muscles as well as the organs.⁴ The jaw forms, including teeth and taste buds.⁵ The baby begins to swallow amniotic fluid, and some have been observed hiccupping.⁶ During this time, the stomach produces digestive juices, and the kidneys begin to function.⁷ Fingers and toes are developing, and at seven weeks the chest and abdomen are fully formed.⁸ Swimming with a natural swimmer's stroke in the amniotic fluid, she now looks like a miniature human infant.^{9,10}

3rd Month (9-12 Weeks)

Unique fingerprints are evident and never change.¹¹ The baby now sleeps, awakens, and exercises her muscles by turning her head, curling her toes, and opening and closing her mouth. Even though mom cannot feel movement yet, the baby is very active. She breathes amniotic fluid to help develop her respiratory system. The gender can be visually determined, and family resemblances may appear as well.¹² By the end of the month all the organs and systems of her body are functioning.¹³

4th Month (13-16 Weeks)

By the end of the fourth month, the baby is 8-10 inches in length and weighs about one-half pound. Her ears are functioning and she hears her mother's heartbeat, as well as external noises like music. Mom begins to feel baby's movement—a slight flutter at first that will become stronger.¹⁴ Lifesaving surgery has been performed on babies at this age.

5th Month (17-20 Weeks)

If a sound is especially loud, the baby may jump in reaction to it. Thumb-sucking has been observed during the fifth month.¹⁵

6th Month (21-24 Weeks)

Oil and sweat glands are functioning. The baby's delicate skin is protected in the amniotic sac by a special ointment called vernix. She grows rapidly in size and strength while her lungs become more developed.¹⁶ In a recent study, 70% of babies born between 22 and 26 weeks lived past age one, thanks to modern medicine.¹⁷

7th Month (25-28 Weeks)

The baby can now recognize her mother's voice. She exercises by stretching and kicking as she grows even bigger. She uses the senses of hearing, touch, and taste, and she can even look around with open eyes at her watery home.¹⁸ If the baby is a boy, his testicles descend from the abdomen into the scrotum.¹⁹

8th Month (29-32 Weeks)

The skin begins to thicken, with a layer of fat stored underneath for insulation and nourishment. The baby swallows a gallon of amniotic fluid per day and often hiccups.²⁰ Though movement is limited, due to cramped quarters, the baby's kicks are stronger, and mom may be able to feel an elbow or heel against her abdomen.²¹



11 WEEKS



12 WEEKS

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. - Psalm 139:13-16

9th Month (33-36 Weeks)

Gaining one half pound per week, the baby is getting ready for birth. The bones in her head are soft and flexible to more easily mold for the journey down the birth canal.²² Of the 45 generations of cell divisions before adulthood, 41 have already taken place. Only four more come before adolescence. Ninety percent of a person's development happens in the womb.²³



"EACH OF US HAS A VERY PRECISE STARTING MOMENT WHICH IS THE TIME AT WHICH THE WHOLE NECESSARY AND SUFFICIENT GENETIC INFORMATION IS GATHERED INSIDE ONE CELL, AND THIS IS THE MOMENT OF FERTILIZATION."

– World renowned genetctist, the late Dr. Jérôme Lejeune

"Every human embryologist in the world knows that the life of the new individual human being begins at fertilization. It is not belief. It is scientific fact."

– Ward Kischer, Ph.D, Human Embryologist, University of Arizona

¹American Baby. 1989. ²Mayo Clinic Family Health Book. 2003. ³Moore and Persaud. The Developing Human. ⁴JAMA. 1964. ⁵Langman's Medical Embryology. 1995. ⁶Early Human Development. 1985. ⁷The Gale Encyclopedia of Medicine. 2nd ed. ⁸Mayo Clinic Family Health Book. 2003. ⁹Valman & Pearson. British Medical Journal. ¹⁰Mayo Clinic Family Health Book. 2003. ¹¹Moore and Persaud. The Developing Human. ¹²Flanagan. Beginning Life. ¹³Cunningham, MacDonald et al. Obstetrics. ¹⁴Flanagan. Beginning Life. ¹⁵Clinical Reference Systems Annual 2001. ¹⁶The Gale Encyclopedia of Medicine. 2nd ed. ¹⁷JAMA. 2009 ¹⁸Ibid. ¹⁹Clinical Reference Systems Annual 2001. ²⁰Ibid. ²¹Ibid. ²²Ibid. ²³Sassone, Robert L. The Tiniest Humans, Second Edition. Based on interviews with Professor Jerome Lejeune and Professor Sir Albert William Liley. www.all.org/article/index/id/MjQ3Mw

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For extensive information on the development of a child in the womb, visit EHD.org



16 WEEKS



20 WEEKS



LEGALLY PROTECTED

THIS IS ABORTION

"MEDICAL" ABORTIONS

Emergency Contraception - Plan B (The Morning-After Pill)

Emergency Contraception (EC) contains synthetic progestogen (not to be confused with naturally occurring progesterone) and is a large dose of the common birth control pill, designed to be taken as a single dose within 72 hours after "unprotected sex."

EC works in three ways. First, it attempts to stop ovulation. Depending on where a woman is in her cycle, ovulation may or may not have already occurred before EC was taken. Second, EC attempts to stop fertilization by impeding the transportation of the sperm to the egg. Third, EC tries to stop implantation by altering (thinning) the lining of the uterus (endometrium) so the embryo cannot implant and receive nourishment from the mother.

The first two methods are contraceptive, but if they fail, the third method causes an abortion because it occurs after fertilization.¹

ella - Ulipristal Acetate (UPA)

Ella is a selective progesterone receptor modulator (SPRM). SPRMs block the action of the hormone progesterone, which is necessary for ovulation and implantation to occur. Progesterone also maintains the lining of the uterus and supports the embryo. Currently, the only other legal SPRM drug available in the United States is RU-486 (mifepristone). Although ella acts similarly to RU-486, it is being billed as an emergency contraceptive.² ella is designed to be taken as a single dose within 5 days of "unprotected sex." It is thought to inhibit and delay ovulation, attempting to prevent fertilization. However, ovulation may or may not have already occurred before ella was taken. ella also alters the lining of the uterus, which, if fertilization occurs, can prevent an embryo from implanting, causing an abortion.^{3,4}

RU-486 - Mifeprex (The Abortion Pill)

Mifeprex blocks the action of the hormone progesterone which is needed to maintain the lining of the uterus and to provide oxygen and nutrients for the baby. Without it, the baby dies. Mifeprex is used in conjunction with the drug Cytotec (misoprostol), which is taken two days after Mifeprex, causing uterine bleeding (sometimes profuse), strong contractions, and expulsion of the baby.

The pregnant woman first visits the abortionist to obtain the Mifeprex pills, returns two days later to receive misoprostol, and returns a third time to verify that the abortion is complete. The failure rate of this method is about 8 percent if the pills are taken within 7 weeks and up to 23 percent at 8-9 weeks. If the baby survives the abortion, there is a high risk that he or she will suffer mental and/or physical birth defects from the misoprostol.^{5,6}

SURGICAL ABORTIONS

Vacuum Aspiration

In this first trimester procedure, the abortionist inserts a hollow plastic suction tube into the dilated cervix. The uterus is emptied by either a manual syringe or a high-powered suction machine. The baby is torn into pieces as he or she is pulled through the hose.^{7,8,9}

Dilation and Suction Curettage (D&C)

This is similar to the vacuum aspiration but is generally used after 14 weeks. After the baby is suctioned out of the uterus the abortionist inserts a curette, a loop-shaped steel knife, into the uterus. With this the abortionist cuts the placenta and umbilical cord into pieces and scrapes them out into a basin. The uterus is again suctioned out to ensure that no body parts have been left behind. Bleeding is usually profuse.¹⁰

Dilation and Evacuation (D&E)

Once the cervix is dilated considerably farther than in first trimester abortions, the abortionist inserts a narrow forceps that resembles a pliers. This instrument is needed because the baby's bones are calcified, as is the skull. The abortionist inserts the instrument into the uterus, seizes a leg or other part of the body and, with a twisting motion, tears it from the baby's body. The spine is snapped and the skull crushed. Body parts are then reassembled and counted to make certain that the entire baby has been removed and that no parts remain in the womb.^{11,12,13,14}

Induction or Prostaglandin Abortion

Labor is induced using prostaglandin drugs, and the cervix is dilated. To ensure the baby will be dead upon delivery and to start uterine contractions, the abortionist may inject saline (salt water) or urea (a substance found naturally in urine and blood). To guarantee against a live birth and legal complications, doctors will inject the drug Digoxin or potassium chloride directly into the baby's heart to kill the child before delivery. Other times the baby is delivered alive and left without medical intervention until he or she dies.¹⁵ This method is used in the second or third trimester.¹⁶

Dilation and Extraction (D&X)

After the mother undergoes two days of dilation, the abortionist performs an ultrasound to locate the child's legs and feet. The abortionist then uses a large forceps to grasp one of the baby's legs. He pulls firmly, forcing the child into a feet-down position.

Using his hands instead of forceps, the abortionist delivers the baby's body in a manner similar to a breech birth. The baby's head remains inside the birth canal. The abortionist uses surgical scissors to pierce the child's head at the base of the skull. The scissors are forced open to enlarge the skull opening. The abortionist then inserts a suction catheter into the brain and vacuums out the child's brain tissue with a machine 29 times more powerful than a household vacuum.¹⁷

¹archfami.ama-assn.org/cgi/content/full/9/2/126 (Also see citations from "What About Birth Control?")
²Food and Drug Administration. May 2010.³HRA Pharma. 2010.⁴Ibid. 2009.⁵National Abortion Federation. 2006.⁶RU486Facts.org. 2008.⁷American Pregnancy Association. 2006.⁸National Abortion Federation. 2008.⁹Ibid.¹⁰American Pregnancy Association. 2006.¹¹National Abortion Federation. 2008.¹²National

Abortion Federation. 2007.¹³American Pregnancy Association. 2006.¹⁴Web MD. 2006.¹⁵Testimony of Jill Stanek, RN. U.S. House of Representatives. 2001.¹⁶WebMD. 2006.¹⁷American Pregnancy Association. 2006.

What about Rape & Incest?

My mother is the youngest of 5 children, and at 16 — she was raped and I was conceived.

My mother's two oldest sisters and her sister-in-law offered her drugs to abort me, but she refused. With the support of my grandmother (I called her Granny) and her closest sister, my mother graduated from High School after I was born — 4.0 and class Valedictorian.

Granny was the center of my universe. She is the reason I have the self-confidence I have and am not defined by the likes and dislikes of other people.

My mother married a man who was very violent. He abused her, he abused me, and he molested and sexually assaulted me when I was 10 years old.

But that did not define me.

I held on to what Granny had taught me, that she loved me unconditionally and I was her special angel.

School was my saving grace. I was an excellent student, and mathematics was my favorite subject. When it came time to go to college, I had a lot of scholarship offers and grants that paid for any college (e.g. Tuskegee, Harvard, Yale, Boston College, etc.) I wanted to go to. There was no one in my family that would even help me pick a college, let alone support me on my choice of major.

But that did not define me.

I decided to go to San Jose State to study Electrical Engineering. In 1984, one of my summer school classes was cancelled. I went home, got my workout bag and I opened the front door and ran into my mother and sister. My sister looks hurt. She's got a hospital band on her wrist, her skin color was gray and she literally looks like the life has been sucked out of her. When I went to step towards my sister to help her, my mother stepped in between us and said, "I didn't want her life RUINED the way mine was."

But that did not define me.

I realized right then and there that my mother had forced my sister to have an abortion and had taken the life of her own grandchild, and my nephew. I realized how much my mother hated me just for existing. I got out of their way and let them go by. I went to the gym, sat in the steam room and just cried. I felt responsible for the death of my nephew. It was just unfathomable to me that I was the ruination of someone else's life.

But that did not define me.

God moved me from this painful situation and enabled a co-worker of mine (who is now my husband) to lead me to saving knowledge of Jesus Christ and I accepted Him as my Lord and Saviour. As I grew in Christ, I realized that it was not my relationship with others ("any others"), but my relationship with Him that defined me.

Praise God! For the last 25+ years, God has had me on a journey. He has healed my hurts, habits and hang-ups and He has allowed me to help others to heal.

My life verse is Jeremiah 32:27 — "Behold, I am the LORD, the God of all flesh: is there anything too hard for Me?"

Lori Hoya is the wife of Walter B. Hoya II, Founder and President of the Issues4Life Foundation and the California Civil Rights Foundation. She collaborates closely with her husband in his mission to protect the civil and human rights of the preborn child, and raise awareness of both the impact of abortion and the biblically immoral implementation of biotechnology in the Black American community. Visit Issues4Life.org or call 510.225.4055 for more information.

If you have taken the the abortion pill and have changed your mind, please call the Abortion Pill Reversal nursing team immediately:

877-558-0333
24/7 patient line

www.abortionpillreversal.com
apreversal@gmail.com
619-577-0997 office
619-692-8147 fax

It may not
be too late to
Save a life.



Sex is Good

Yes...you heard that right.

Many people think the reason we have an abortion problem is because we have a sex problem. They think if people didn't engage in premarital sex, abortion would simply go away.

While that may be true, in a sense and to a degree, the root of the problem is not sex, itself, but rather our concept of *love*.

Sex is natural. Our sexuality, whether we are married or single, is part of who we are...who God made us to be. The gift of sexuality expressed in a Godly way is the closest thing we can experience, here on this earth, that mirrors God's love. It is both a physical and supernatural union between a man and a woman. (*Matt 19:6, Gen 2:24*)

There is a difference between *abstinence* and *chastity*. As Christians, we are called to live chaste lives—whether we are married and sexually active, or whether we are single and abstinent. Chastity is a matter of the heart. Abstinence is simply refraining from sex.

The real problem with sex outside of marriage is that it's not what God intended sex to be.

When we focus only on the fear of our children having sex outside of marriage and getting pregnant, we often fail to share with them God's vision for sexual intimacy. By trying to brow beat the natural desire for sex out of them by saying **NO NO NO**, we fail to build in them a healthy desire for authentic sexual intimacy.

Because of the world we live in, Godly models of sexual relationships are rarely seen. Many people can honestly say they have never seen an example of sexual intimacy the way that God designed it. Is it any wonder we battle abortion, perversions, sexually transmitted diseases, pornography, infidelity, divorce and myriad other problems?

We know our Creator designed us perfectly... and that His plan for us includes sexual intimacy. We also know that, like any gift from Him, it must be cherished, protected and practiced according to His design or it will become distorted.

If we want physical, emotional and spiritual health for ourselves and our children, let us ask God to give us a heart for Him, a desire to seek out and follow His plan, and the courage to be holy—set apart in our culture.



EVERY CHILD IS a *Blessing*... beginning in the womb.

New research is shedding light on ways pregnancy is a benefit to women. A preborn child is not a burden to a woman's body, but a synergetic blessing.

Studies show pregnancy changes the structure of the brain and increases efficiency, resiliency, motivation and emotional intelligence. Pregnant women have sharper "visual acuity" and an enhanced sense of smell. During pregnancy, symptoms of some diseases drop significantly. Pregnancy provides moisturizer for dry skin and thickens thin hair. The brain changes of pregnancy boost motivation, fearlessness, coping with stress, increased abilities for unconditional love and the ability to multitask. Maternity can increase maturity and the ability to be more giving to others and less self-absorbed. New research is indicating oxytocin, a hormone important to labor and breastfeeding, improves the mother's capacity for learning, memory and sociability, while promoting relaxation. Many women say pregnancy is the calmest and healthiest time of their lives.

The chemical conversation started in the womb does not end with pregnancy, but extends for a lifetime. Beneficial cells pass from baby to mother during pregnancy to help heal her for the rest of her life. This marvel is called microchimerism. Scientists are discovering many therapeutic effects of these fetal cells that become part of the heart, the brain, kidney, liver, bone marrow, and the blood of the mother. It is believed they can increase a mother's defenses against infection, some cancers and cause increased resistance to certain diseases. Fetal cells form new blood vessels to heal wounds, are often present at sites of maternal injury and function as stem cells converting themselves into new tissue to improve her survival. They are associated with substantially improved longevity and lower risks of Alzheimer's disease. They help recover tissue in case of a heart attack and have been known to repair Parkinson's Disease. The more fetal cells left in a woman's body, the less prone she is to have multiple sclerosis and rheumatoid arthritis. Women with more children tend to have fewer allergies compared to those who don't.

Babies are good for us and many babies are even better. They repair and rejuvenate a mother's body, especially when she is seriously sick. Women have always felt intuitively connected with their children, now we know this is a physical reality as the cells of our children stay with us forever.

Jeannie M. Hannemann is Co-Founder of Elizabeth Ministry International, a movement offering encouragement, hope and healing on issues related to childbearing, sexuality and relationships. Visit their website at www.elizabethministry.com or call 920-766-9380 for more information.



Sources: *Scientific American Book of Love, Sex and the Brain*, Judith Horsman, Jossey-Bass 2012. | *Fetal microchimerism: benevolence or malevolence for the mother?* | National Center for Biotechnology Information, U.S. National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20894 <http://www.ncbi.nlm.nih.gov/pubmed/21664033> | *Fetal cells in maternal tissue following pregnancy: what are the consequences?* Kirby L. Johnson and Diana W. Bianchi, *Human Reproduction Update* 10:6, 497-502, 2004. | *Cancer Research Center*, William Chan, <http://www.sciencedaily.com/releases/2012/09/120926213932.htm> | *Do Chocolate Lovers Have Sweeter Babies?: The Surprising Science of Pregnancy*, Jena Pinctott, Free Press; 2011. | *Behind Fetal Cell Research* <http://www.npr.org/blogs/kulwich/2006/02/08/5195551/babies-cells-linger-may-protect-mothers> | *Fetal Cells Traffic to Injured Maternal Myocardium and Undergo Cardiac Differentiation* | <http://circres.ahajournals.org/content/early/2011/11/11/CIRCRESAHA.111.249037> | *Pregnancy-associated progenitor cells differentiate and mature into neurons in the maternal brain.* | National Center for Biotechnology Information, U.S. National Library of Medicine 8600 Rockville Pike, Bethesda MD, 20894 USA <http://www.ncbi.nlm.nih.gov/pubmed/20707697>

ADOPTION

If you're not ready or able to be a parent, adoption can be a positive solution for you and your baby. You can research adoption without obligation and find out that adoption isn't "giving your baby away." It's vital to learn the facts about open adoption.

You might be thinking...

"I couldn't handle wondering about my baby the rest of my life."

With an open adoption, you have the opportunity to always know how your baby is doing. If you want, you can choose a family who will keep in touch with you through pictures, letters, email, websites, phone calls, or even visits. The contact arrangement of your adoption can change over time with your comfort level. Your baby can know who you are and how she was given a life through your loving choice of adoption.

"I can't afford this pregnancy."

Adoption services are FREE to you. If your insurance doesn't pay for medical care, you can get your pregnancy related expenses covered through the adoption process. When choosing adoption, it is also possible to get help with other expenses during pregnancy, if allowable by your state law.

"I don't want someone I don't know to raise my baby."

With open adoption you can choose from dozens of approved families waiting to adopt. You can get to know the family or families you like before your baby is born and decide how you want to keep in touch after the adoption. You can even plan future visits with your baby and the adoptive family, if you like.

"I don't want to deal with the father or worry about his role in the baby's life."

With adoption you can totally separate from your baby's father and provide a positive father figure for your baby's future. Your baby's father could participate in the adoption process, if you agree, and can take part in future communication with the adoptive family you choose, even if you don't want to stay in touch.

"I can't tell my family."

You can make a confidential adoption plan and hide your pregnancy. Only the adoption professionals you trust, the adoptive family you choose, and the loved ones you include will know about your pregnancy and your plans. If needed, you could even relocate temporarily to keep your situation private.



"There will always be a very special place in my heart for Anna, the lovely woman who is the birth mother of my nephew. The gift that she gave to my sister when she chose not to have an abortion, but to have her child and let him be adopted, is worth more than gold. My nephew has filled a place in my sister's life that would have been empty without him. He is cherished beyond belief, not only by my sister and her husband, but by the rest of the family, too...especially his 'Aunt B'. That's me."

—Barbara

"My husband and I were unable to have biological children of our own. We are so grateful to our son's birth mother for her wisdom in choosing to allow someone else to raise her child, knowing that it was best for him. I can only imagine what a difficult decision it must have been, but because of her loving and giving heart, my husband and I have a son to call our own...a son to love and cherish, and share with grandparents, aunts, uncles and cousins."

—Julianne

For the most recent information
about open adoption:

**1-800-923-6784 or
www.LifetimeAdoption.com**

Request a free book for all women
facing unplanned pregnancy at
www.FreeAdoptionBook.com



ATTESTING TO THE TRUTH – a public witness of *Faith*

Hold fast your faith, disciples of Christ.

Unified as Christians living out the Gospel of Life in a secular world with alluring attractions, we know the battleground well. We're not surprised to find people hopeless—shattered by the empty promises of a society obsessed with the culture of death. We cannot be surprised when we see that the more a society turns from God, the less willing they are to defend and hold a strong concept of human dignity. This is why publicly witnessing to our faith is necessary to combat the threats against human life from fertilization to natural death.

Our witness of faith gives hope. We are privileged to be given a faith that moves us to fully participate in the proclamation of the Gospel of Life. Such faith and the ability to proclaim the Truth is a gift from God. As disciples

called by Christ, we must be that beacon of hope for the spiritually marginalized—those obsessed with sin that is manifested in abortion, contraception, euthanasia, gender ideology, and cohabitation.

Faith, therefore, is not a private matter. Sharing the Gospel of Life is very much a public reflection of every disciple's trust, joy, and hope in the salvific promise of the risen Christ. We have discovered our true identity in Jesus Christ—the Way, the Truth and the Life—and we must pass this gift to others in all spheres of influence.

This is also why we trust in the Holy Spirit, the Counselor, to whom we should pray for guidance to assist those who have lost their spiritual compass. Animated by the gifts of the Holy Spirit, we have the ability to encounter those who may be hardened of heart due to sadness, despair, avarice, violence, and hatred.

Essentially, we must reach all who lack faith and a relationship with Jesus Christ.

Our pro-life discipleship should be one of public witness. Hold fast to the Truth in Christ Jesus, who gives us courage as we confront the Culture of Death:

“You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

(Matt 5:14-16)

Father Shenan Boquet travels the world spreading the Gospel of Life as president of Human Life International (HLI). His journeys encompassed 290,000 miles across 15 different countries, speaking at numerous international conferences and pro-life events. To contact Fr. Boquet at Human Life International call 800-549-5433 or visit their website at www.hli.org.

Hope & Healing in Christ

You alternate between denial and despair. Why? Because the pressures that once appeared to justify securing the death of your own preborn child now appear selfish and shameful. And that hurts. Shame burns. Guilt robs you of “music at midnight” — the gift of a clean conscience.

Hope and healing? You think, “It will take a miracle!” God agrees. So He sent one.

It arrived with a shout from the heavens. “Behold, I bring you good news of great joy.” The skies rippled with glory, like a rock dropped from above. The ripples continue. It's now your turn to behold.

By behold, I mean weigh carefully, trace out, lay hold of and stand fast upon the good news—the person and work of Jesus Christ as told in the Gospels, until his life and work of redemption works itself out in your life as great joy in being forgiven and set free.

Behold especially his cross-bearing work. Here Christ reconciles you to God and to yourself. For the miracle is this, confirmed by his own

resurrection: if you trust in the death of Christ for your own, God will honor the death of Christ as your own. “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” *(Romans 6:23)*

Have you wept over the blood you have shed? Then look also to the blood He has shed. Lay hold of the gift. Squeeze firmly and rejoice as you join in the stand for life.



John Ensor is the President of PassionLife, an ordained evangelical pastor and the author of several books, including “Innocent Blood: Challenging the Powers of Death with the Gospel of Life.” He and his wife, Kristen, have been married 34 years. They have three grown children and live in Roswell, GA. For more information contact Pastor Ensor at www.passionlife.org or call (617) 823-1302.



Choose Life

humanlife.org