



your life • your health • your choices

Pro-Life Pregnancy Counseling & Educational League of San Diego

Life Choices Pregnancy Center  
13412 Pomerado Road, Suite C  
Poway, CA 92064  
{858} 486-1738 or {858} 486-LIFE  
Email: lifechoicespoway@gmail.com  
Website: www.SDLifeChoices.org

www.LifeChoicesPoway.org

Please call or email us if you would like to be removed from our mailing list.

NON PROFIT ORG  
US POSTAGE PAID  
SAN DIEGO, CA  
PERMIT No. 2377

RETURN SERVICE REQUESTED



Blessings of  
2020

'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Matthew 25:40

# LifeChoices Newsletter

WINTER 2020

Each of us at Life Choices would like to say thank you. Without your prayers, support, and financial gifts these precious children might not be here. YOU made the difference between life and death. May God bless you for your perseverance in the protection of the unborn.

*Holly*  
“Life Choices has changed our lives. It has given us the confidence to know that our children will have everything they need which is very important to me as a parent. We are so appreciative!”

*Vanessa*  
“Life Choices is a blessing. They gave me help when I needed it the most. I know I can count on them and their prayers for my family. They opened the doors for me when I didn't know anything about how to raise my son. Thanks for everything Liz and Pam.”

*Keri*  
“Life Choices has made my partner and I feel better prepared as first time parents. The women are all so friendly and welcoming, and always assure me if there's anything I need they are here to help. I feel like a weight has been lifted and we can truly focus on our incoming twins!”

*Emma*  
“Life Choices has shed such a positive light in my life. Having found myself in trying circumstances I always found peace and trusted the guidance of the staff at Life Choices. Thank you for all you have done for myself and my family.”

*Chelsea*  
“Life Choices has helped my family out tremendously! We have never struggled to get our children what they need thanks to the generosity of all the donors. I am forever grateful to Life Choices.”

Website: www.SDLifeChoices.org | www.LifeChoicesPoway.org  
www.facebook.com/LifeChoicesPoway | Email: lifechoicespoway@gmail.com

# BECAUSE OF YOU, WE CAN STILL SAY

Yes!

As we sit here reflecting over this crazy year two things remain true. 1. Life Choices can still say “YES” to our clients and 2. We are abundantly blessed with faithful and prayerful donors.

2020 was off to a great start. Clients were coming in regularly for parenting education and financial planning classes. We had an inspiring speaker scheduled for our banquet at the Bernardo Winery in May. We were always ready to give a free pregnancy test and counsel a woman so she could make an informed choice for the future of her child. Our answer to every encounter with a client was “YES, we can help you!”

Then Covid-19 hit! We entered a new world full of changes, the likes of which we had never seen or anticipated. In the second week of March, we had to create a new way to reach our abortion-vulnerable clients and to continue to support our families.

Supporters of Life Choices know that there is no way a woman in an unplanned pregnancy would be told we weren't available to help.

We quickly educated ourselves about the virus and set safety precautions in place so we could serve women in their greatest time of need. Next, we began to address the needs of our clients who have already chosen life for their babies. These families are often working in industries that have been most affected by shutdowns. Due to this, we knew their needs would be increasing. Although we could only see crisis pregnancy clients in the office, we learned how to give material assistance through Instacart, Amazon, Walmart & Target home deliveries. In addition to material assistance, we anticipated that emotional needs would also be great. To address this issue we made sure to be in contact by text with every client so we could offer the emotional support young moms need.

We look back at 2020 with thankful hearts because none of our client's children had to go without food, clothing, or a warm home during this pandemic. We also celebrate that our young moms are feeling love and support from the staff at Life Choices.

Today we recognize YOUR FAITHFULNESS during this unprecedented time. Each of you has continued to support us through prayer and financial giving throughout 2020! It is because of your generosity and God's grace that we say “YES” to every client. May our Mighty God bless you and protect you as 2020 draws to an end and we begin anew!

## FROM THE Heart

The day I found out that I was pregnant with my fifth child I was devastated. I immediately made an appointment to end the pregnancy. My husband and I just were not in a place financially or emotionally to care for another baby. The day of my scheduled abortion something came up and I was not able to go. But I did text one of the ladies at Life Choices and she encouraged me to come in and I did.

I shared that I was just overwhelmed with the kids and that I could not afford preschool for the older ones and they were becoming more than I could handle. They were full of energy and we live in an apartment. The Life Choice's counselor told me to have patience and she would see if Life Choices could help out with paying for preschool. They did just that! The preschool then accepted my boys on a scholarship program. Not only are they still going to preschool there but we now attend church there as well. My husband who was raised in the Muslim religion has begun going with us.

In May of this year, Rebecca was born. She is a healthy baby girl and our family would not have been complete without her.

Rebecca would not be here without your support.

With heartfelt thanks,

Monica



## Update on Pam

Pam, the heart and soul of our center, is recovering from a brain aneurysm she suffered in September. We ask for your continued prayers as she recovers. With God's guidance, we are continuing her work until she returns to her Life Choices family.

## HOW CAN YOU Help US?

Life Choices is successful in this life saving ministry because of God's blessings and your support.

- 1 Prayer, first and foremost
- 2 Become a monthly donor. Donating \$25/month might not seem like much, but if 100 new monthly donors sign up together it adds up to \$2500/month!
- 3 Make a one-time donation. One-time donations often help with urgent client needs!
- 4 Purchase items from our Amazon Wish List @ <https://www.amazon.com/baby-reg/lifechoices-january-2021-murrieta/2WZNBOK1XJGK>

It's been quite a year for Life Choices. We have had to cancel our annual banquet, our annual ladies brunch and several of our Christmas giving trees. Other organizations may be troubled about the financial repercussions, but we see it has a FAITH BUILDING OPPORTUNITY. God has never let us down and He continues to put Life Choices on people's hearts every single day. If God has put us on your heart to prayerfully or financial support us we are providing a list of our greatest needs.

### WE ARE CURRENTLY IN NEED OF

Gift Cards for grocery stores,  
Walmart, Target & Amazon

Diapers, Pull Ups & Wipes  
(in sizes 3-6)

Clothing up to 6T



to go directly to our  
donation link



## Earn WHILE YOU Learn

During times of uncertainty, people are faithful and resilient. The last seven months have called us to find creative ways to reach out to those in need. That is exactly how we have continued to support the families at Life Choices.

Our Earn While You Learn program has continued with soon to be mothers and fathers picking up educational materials each week. They are able to study the material at home because the program is individually paced to accommodate each client's needs. We can work directly with them through technology like Zoom or FaceTime. Although we would prefer to meet face to face, this new way of educating our clients allows them to have more time with the materials and is tailored to their unique schedules.

In addition to providing education on pregnancy, labor, delivery, and newborn care, we have added more parenting, discipline, and financial information to our program. Since many of our families have toddlers and school-age children we have also started connecting families through Zoom and FaceTime, allowing them to share how they are handling online school and everyday needs during this difficult time.

With the help of donors like you, our mothers, fathers, and families are educating themselves to better their lives and the lives of their children.