

spring 2016

Hitesh, Megha & their twin joys, Mantram & Mysha

In this issue

- no regrets
- a deep look into a pregnancy decision
- create your fundraising page
- upcoming events
- from Linda's desk
- Relay 2016



Pregnancy Care Centre

You are not alone



no regrets

Justin and Siwa visited PCC's downtown location in May of last year. They came for information about abortion. Their beautiful baby boy was born at the end of December. Here is the story of the monumental decision that brought a little baby into the world.

What was your reaction to news of the pregnancy?

Siwa – Throughout my life, I'd watch pregnant women in the movies – some were happy, some unhappy. I'd often think, what if I were her? Last year however, the imagination became reality and the reality threw me into confusion. I was scared, sad and shocked - sadder than any character in a movie and not described by all the negative words in the dictionary. I wished it was a dream, just a bad dream...

I couldn't tell anyone – not even my family or my boyfriend Justin. Justin had just lost his job so I didn't want to make him scared. I wasn't going to tell anyone if I aborted this baby. I searched the internet about abortion first: what is it exactly, where and when can I get the surgery, how much does it cost? It was really sad. Something inside me had just begun to live but I was beginning to get rid of it.

Justin – When I first found out that we were pregnant, I was worried and extremely confused. The more I thought about it, the more worried I became. For a few weeks I tried to put it out of my mind and hoped that the answer would find itself. There were only two directions to take –abortion or having the baby—and both options seemed terrible. We were not ready and didn't want a child at this stage in our lives.

The one thing I did know was that I wanted Siwa in my life and I did not want to take her choice away from her or force her. That was a scary thought as well: convincing her to choose a direction and then living with the weight of that decision solely on my shoulders.

How you can help

1. **PRAY:** Pray for women and couples facing unexpected pregnancies - pray that they would hear the truth and have the courage to choose life.
2. **ACT:** Distribute PCC brochures to churches and youth programs in your neighbourhood. Call 416-229-2607 for more information.
3. **GIVE:** Donate today by mail or online at PCCfriends.ca

Board of directors:

Clara Addo-Bekoe	Jennifer Francis
Tim Challies	Nancy Varga
Ewan Goligher	Bill Weiland

Staff:

Linda Baartse	Jaimie Lintag
Karen Hamilton	Paulette Smalling
Neida Hernandez	Ruth Tchobanian

416-229-2607
PCCfriends.ca | IAmNotAlone.ca
info@pregnancycarecentre.org
638a Sheppard Ave. West | Suite 213
North York ON | M3H 2S1

What made you afraid?

S – My main concern was my future. I had just graduated from college, but I had no job experience, was an international student and had little confidence about finding a full-time job. And on top of that, I was pregnant!?

My second concern was money. I didn't have OHIP, and I had spent all I had on education. But if I aborted the baby, could I have another one later? Would I feel guilty all of my life? I was SOOO scared and confused.

You visited PCC several times as you worked through your decision about the pregnancy... What was helpful?

S – Above all, people's support was very helpful. It was amazing because it changed my life. Since I came to Canada, I've had to do everything by myself. I thought I was alone here, so I had to figure out what I should do without any help.

The reason why I called PCC was for information about abortion. When we came, the worker listened carefully to our story. At her suggestion, I met with some women who have had experience with abortion or parenting in difficult circumstances. How brave they are. They didn't know me and I didn't know them either but they made time to share their story with us and told us to call anytime. Before coming to the PCC, we just thought about all of the negative worries, but through these conversations, we began to know what we wanted and what we could do to keep the baby.

J – Visiting the PCC was very helpful. The non-judgemental approach was welcoming and we instantly felt like the PCC was empathetic to our situation. Initially we were firmly on the side of abortion and were looking at ways to deal with it emotionally and physically.

The struggle with the situation put great strain on our relationship. Having the chance to sit down with a PCC worker and chat openly about our relationship gave us a chance to work things out between us.

My mind changed first towards keeping the baby: there was something deep down that said even if I did not plan on a child, this was something that I had to do... I can't fully explain it but one morning I woke up and I had made up my mind. I believe being able to speak to others that had been in our situation was pivotal in the internal battle I was going through.

How do you feel now about that decision?

S – When I see PCC's website, I see the words as "You are not alone." I was desperate and scared because I thought I was alone... but I was not alone and I am not alone. It took a while to realize that.

Actually, I've gotten so many things from the pregnan-

cy: firstly, I received our precious son. Secondly, I got the title "MOMMY" Thirdly, I found the right guy for me and became a member of a big family. Through this process, we saw how much we cared about and loved each other. I strongly trust that Justin will be a good husband for me and a good father for our son. Lastly, I met people who have warm hearts and beautiful minds.

J – No regrets: he's a cute, strong baby... I know there will be struggles, worries and stress but so far we've enjoyed our time with him and are glad we made the decision we did. It was a scary birth but I'm happy we're together, the three of us. We're working together and have had support. There are bumps ahead but we're looking forward to facing those as a team.

Tell us a bit about Nahmu.

S – Nahmu communicates with people by smiling, crying and making different faces. He can make people to love him with those three things. Even though I can't sleep, shower, or eat on my own schedule, I want him to know how much I love him... I am so happy to see him and feel his heart beating on my chest.

Nahmu means "tree" in Korean. There's a saying in Korea: a deeply rooted tree is not swayed by the wind. My wish is that, like a strong tree, he would not crumble or weaken when he comes upon hard times, and that he would be a shade to people who need help.

J – He poops loud, kicks hard and smiles big

You've shared your story with a couple in a similar circumstance – what was that like?

S – I was helped by others sharing their story with me, so I wanted to share my story with others. I couldn't tell the couple we met whether they should keep the baby or not. The only thing I could do was just tell them what I felt.

J – We had the chance to meet and speak to many people associated with the PCC. They didn't try to talk us into a decision one way or the other, but I know that these conversations really helped us both together and individually, internally. Without having the chance for open discussion and consultation, we would have struggled with the pressure of the decision.

I hope that we can help others know that they don't have to struggle with the decision alone – there are others who have experienced what they are going through. And perhaps with luck, we can help take some of that burden off their shoulders.

i can't fully explain it but one morning i woke up & i had made up my mind



from Linda's desk

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Psalm 16:11"

A pregnancy decision will change lives forever.

Our team has reflected much about the weightiness of pregnancy decision-making... especially over these busy first months of 2016, as our client load has doubled last year's opening months. We are grateful for God's blessing on the resources provided by our supporters and by the hard work of our volunteers. We are glad that with increased awareness of our services, we can extend help and hope to everyone who comes to us making decisions about an unexpected pregnancy. We don't want any woman to feel that abortion is her only choice. That's why we are here. Yet we feel such heaviness for the women and men who call or visit our offices believing that abortion will fix everything – thinking that abortion will ultimately bring them joy and life.

Participants who attended our Post Abortion Memorial service in March spoke of a different reality. In fact, some found it difficult to express themselves through words. They communicated through silence, through their tears and expressed the painful healing after an abortion through works of art. They regret their past choices. They wished they had more information and were offered support. If they could reverse the clock, they would have embraced their pregnancy and trusted God with future



 Linda Baartse

upcoming events

First Response Relay | Sat. May 7

For full information on the Relay, visit PCCfriends.ca/Relay2016. If you would like to serve at the event, contact us at Events@PregnancyCareCentre.org

Thinking Conference Toronto 2016 | April 22 - 23

This apologetics conference examines the reliability of Scriptures and how that speaks to major ethical issues in society today. PCC's Linda Baartse will lead a workshop.

Find more information at thinkingto2016.com



Create your fundraising page for the Relay

I am really excited about the PCC's First Response Relay coming up on Saturday, May 7! Many of you are familiar with the pledge forms we have used in the past which are available for download on our website... But I want to tell you about a new tool for friends that never carry cash or cheque books. This year the PCC has made it easier for you to collect pledges online. All you have to do is create your own fundraising page!

Collecting pledges through an Online Fundraising Page is a lot of fun and it's not that hard to do. Go online to our website, PCCfriends.ca/Relay2016 where you can find instructions on how you to create your own page. If you have any problems, feel free to give me a call at 416-229-2607 or write me an email at Jaimie.Lintag@PregnancyCareCentre.org. I'd be happy to walk you through it!

~ Jaimie Lintag



YOU CAN GIVE HELP AND HOPE
TO WOMEN AND MEN MAKING
LIFE-CHANGING PREGNANCY DECISIONS

LET'S WALK TOGETHER AND SHOW THEM WE CARE.

FIRST RESPONSE RELAY - SATURDAY, MAY 7, 2016 @ 9AM

For donations of \$20 or more receive FREE lunch & t-shirt!

HOW CAN YOU PARTICIPATE?

1. Register Online at www.pccfriends.ca/events or call us at 416-229-2607
2. Ask your friends for donations. For each \$500 we raise, one family will receive 12 months of pregnancy support
3. Bring your donations and walk together with us on Saturday May 7th

Event Location: Spring Garden Church
112 Spring Garden Ave., Toronto
www.pccfriends.ca/events



Pregnancy Care Centre

You are not alone