



embracing
OPTIONS

January 2018 – Focus on Sanctity of Human Life

Serving Rochester and Webster

342 Arnett Boulevard
Rochester, NY 14619
(585) 235-0690

35 Curtice Park
Webster, NY 14580
(585) 545-4690

www.EmbracingOptions.org



Embracing Options

Advisory Committee
members:

- Becky Bauman
- Sonia Brown
- Terry Fantigrossi
- John Gramlich, Chair
- Pastor Rick LaDue
- Bill Pifer
- Tom Zumbo

Center Needs

With the addition of another center and the aging of our current computers, Embracing Options is in need of five new laptop computers (approximately \$2,500).

If you can help meet this essential need with a donation, please send in your check with "computers" written in the memo section. Thank you in advance for helping us to grow in 2018!

Forgiven and Set Free

by Dawn Landers

Over 33 years ago I made an uninformed decision that would affect me in such a negative way that it left my life destroyed for most of my adult life. At 21, I became pregnant; numbly and ashamed I walked into a PPH center for help. No one ever told me that I was actually carrying a life inside of me and not just a 'blob'. Nor did they offer me alternatives other than abortion. So, I made my appointment, did not tell a soul, and walked in by myself to get things 'taken care of'. Once it was done, I knew in my heart that I had done the most horrific thing, and that I was never going to be able to live with myself... until now!

I had given my life to Jesus Christ 15 years ago, but the guilt, shame and unforgiveness - of myself - never left me. I spent most of my walk with Jesus feeling so unworthy because of what I had done. I knew in my head that He forgave me, but I just could not forgive myself.

Then one day I heard about Embracing Options and the PACE (Post Abortion Counseling Education) course. I so badly wanted to help other women not make the same decision I had made. In order to serve with Embracing Options, I was instructed to take the PACE course, and I praise GOD for that instruction! The most beautiful class fell on my birthday, and I cannot think of a greater gift than my healing! I really had no idea what was buried so deeply within my heart, yet today I am completely healed and set free from my poor decision made so long ago. I no longer punish myself for that mistake, and know within my heart that I will one day see my daughter in heaven. This has given me such peace and joy in my heart. Now I want to give back and help other women become set free by helping out in the PACE course.

Come join our team! VOLUNTEER TRAINING STARTS IN FEBRUARY!
If you want to know more about volunteer opportunities at Embracing Options,
call Diane at 585-235-0690 or email dbraun@hisbranches.org.

We praise the Lord for His abundant blessings. Over the past year we have seen an increase in clients in every service area, as well as the addition of Sexual Risk Avoidance classes for youth.

2017 Services Provided:

- 54 Free Pregnancy Tests
- 53 Free Limited Ultrasounds
- 130 Parenting Classes
- 126 Material Support
- 167 Sexual Risk Avoidance Classes
- 588 Total Client Visits

Your prayers and support are making a difference for life!

Thank You

Learning to Lament

by Crystal Cutting

In January 1984, former President Ronald Reagan began a solemn tradition in our country – Sanctity of Human Life Day. Each year on the Sunday closest to January 22nd, we have the opportunity to collectively mourn the tens of millions of lives that have been lost since the *Roe v. Wade* decision in 1973. This year, Sanctity of Human Life Sunday will be held on January 21st, and we have the opportunity to come before God as the body of Christ to mourn and cry out to God.



Taking time to stop, mourn and pray has long been a spiritual practice and discipline. We see many examples in Scripture in the Old and New Testaments of lament, and our participation can be powerful. One definition of the word lament is “When we hurt physically, we cry out in pain; when we hurt religiously, we cry out in lament.” Lamentation can be described as a loud, religious ‘Ouch!’

Currently, four in ten women who have had an abortion are actively attending a church. Therefore, the abortion issue directly affects each of our churches. Our lament *should* be loud! This is a way that our hearts are able to be formed and brought into God’s heart - to feel what God feels.

Please join Embracing Options and the many Rochester-area churches as we bring awareness of the moral evil of abortion and the multiplied impact it has on the lives of those affected by it. Let us learn to lament together. In doing so, we will find something important: God’s love and mercy can lead to forgiveness and healing from the deep wounds caused by abortion!

Abortion Recovery Ministry at Embracing Options

by Cheryl Murphy

Feelings of guilt, shame and unexpressed grief keep one out of three women in silent suffering from the wound of abortion. And for every woman who has had an abortion, there is also a man. At Embracing Options, we are blessed to offer Bible studies to help these men and women find hope, help and healing.

The “Forgiven & Set Free” Bible study helps women gain freedom from the bondage of guilt and shame of their abortion experience. The safe and confidential environment, coupled with the study of Scripture, offers help with issues of relief, denial, anger, forgiveness, depression, bondage and acceptance.

“Healing a Father’s Heart” Bible study (led by men) frees men from the same experience. It provides men comfort and encouragement on the way to freedom from the emotions that impact their relationships with others - and with God.

And a new Bible study, “The Path to Sexual Healing,” will be introduced in 2018. Sexual sin leaves in its wake hurting people and scarred lives. Men and women alike need healing from their wounds. This study will help them to discover a deeper knowledge of their standing before God, as well as the grace through which each of us can face the sexual sin that drives us away from wholeness.

To learn more about these studies, please call Embracing Options at 585-235-0690.

—save the date—

His Branches Banquet of Blessing

Friday, April 13, 2018

Burgundy Basin Inn, Pittsford

EMBRACING OPTIONS IS EXPANDING! *Is God Calling YOU?*

In Spring 2017, Pastor Jose Rodriguez from Bible Baptist Temple invited us to consider opening a pregnancy center in his church on South Avenue in Rochester where there are four abortion providers within two miles. After prayerful consideration and meetings with church elders and our advisory committee, we are stepping through this open door!

Jesus told the church of Philadelphia in Revelation 3:8 “See, I have set before you an open door, and no one can shut it; for you have a little strength, have kept My word, and have not denied My name.”

One of our greatest needs right now is for volunteers – men and women just like you! All it takes is a little time, a little strength and a lot of passion. Jesus will take care of the rest! The simple gift of your time can make a life-changing difference for a baby in our community and her family. And you’ll be among the more than 30,000 volunteers nationwide who put their faith into action.

In February, we are offering training classes to equip new volunteers. If you want to learn more about volunteer opportunities at Embracing Options, call Diane at 585-235-0690 or email dbraun@hisbranches.org.

We appreciate your prayers as we continue to seek God’s guidance and provision for this new center.

