



Life Support

July 2016

THE PREGNANCY SUPPORT GROUP OF WOODLAND

Committed to Providing Positive Alternatives to Abortion

Thank You Testimony

It is a blessing to Pregnancy Support Group when someone opens up and expresses how happy they are that we are around. There are many different ways we are able to share the love and support of our ministry to many different women and families in our community. The testimony below is just one of the ways that we get to be a blessing to others. After reading this testimony, I was reminded of what a blessing it is to help others and as God would have it, the blessing goes both ways. A win, win situation across the board just the way our God loves to work. I hope that this testimony blesses your heart as much as it did ours. ~ Carol Duty, PSG Director

To Pregnancy Support Group: I wanted to thank you for your work and reaffirm that your prayers go farther than you will ever know. I am witness to the importance of your ministry. As of December of 2015, I was a mother of 3, with a good career, and life was going very smoothly. My husband and I had talked about having 4-6 children when we married, but with life, finances, and the difficulties I had after my third child was born, we decided to stop there.

My husband and I are both extremely responsible individuals. I have tried to use hormones as birth control in the past, but they always make me sick. As a result, my husband and I have used condoms as birth control for the majority of our marriage. As I stated, we are extremely responsible individuals. However, in December we threw caution to the wind and did not take any precautions. That night my husband asked what we would do if I was pregnant. I double checked my calendar and let him know I didn't think I would ovulate for at least 5-6 days. I also reminded him that with each of our previous very well planned pregnancies it took at least 3 months after trying before I got pregnant. In that moment, while I knew it was a possibility, I honestly felt it was virtually impossible.

By the next morning my feelings had changed. Call it intuition or discernment, but I had a sinking feeling that I was pregnant. Even now, it is hard for me to think about the days that were ahead because they were filled with so much doubt, fear, and anxiety. I did not discuss any of this with my husband and anxiously waited until I could take an at-home pregnancy test. Three days before my next menstrual cycle, I bought a two pack of pregnancy tests. I bought two because I knew it was still early and if it came out negative I could still be pregnant. I never had to use the second test.

When I saw the results I was numb. Then my mind started racing; how would this impact our finances, my career:

June 2016 Outreach

New Clients..... 8

Client Visits.....100

Births.....11

+ve Pregnancy Tests.. 3

-ve Pregnancy Tests .. 0

Ultrasounds 5

Diapers 1,156

Men's Classes 1

**Meet Carol Duty,
PSG Director**

What were we going to do for childcare? I was too old. What if I miscarried or the baby had any disabilities? I am embarrassed to admit that in that moment the thought of a miscarriage was both heartbreaking and relieving at the same time.

Then I felt guilty that it would be a relief if I wasn't pregnant or the pregnancy wasn't viable. I was confused, overwhelmed, and felt very alone.

I told no one about the results, and set a doctor's appointment for about a week later. I wanted it to be far enough past my menstrual cycle that the doctor would be able to be sure. I was not surprised when the doctor confirmed I was pregnant. I remained composed in his office, but when I left, the thoughts started all over again. How could I tell my husband about this? I suspected he would probably be happy, but I wasn't sure. How could I tell my parents? They provided our childcare and the conversation of late had been that my Dad, my primary childcare provider, was having some health issues and wouldn't be able to care for another baby.

Although my husband was happy for us and very supportive, over the next few weeks, I experienced shame, regret, fear, self-loathing for such an irresponsible act, and guilt at not being happy. Over those next few weeks I also found myself contemplating what I would do if I did not know that life begins at conception. Would I consider abortion if I had not been raised and internalized the words of the Psalmist that I was known by a living creator in the womb? Adoption would have never been an option for me. If I did not know that my baby's heart was already beating, and that even though he or she was an embryo that his or her gender was already determined, what would I do? Those thoughts scared me, saddened me, and made me feel so guilty.

In those crazy moments I found myself thinking of PSG, a safe confidential place where I could go to talk and pray. I stored that idea in my back pocket just in

case I became too overwhelmed. Although I never went into PSG, just knowing it was there gave me a tremendous amount of comfort.

Pregnancy Support Group would like to thank... Steve & Claudia Balukoff for fixing our clothes closet shed after the destruction of an attempted break in. We count on the generosity of folks like them to help us through difficult circumstances when they arise.

A few weeks into these crazy emotions, I was in my car again rehashing my thoughts, fears, guilt, and shame, when Danny Goeke's song, "Tell Your Heart to Beat Again" came on. It instantly had my attention. Every word of that first verse hit me to my core. It was where I was:

"You're shattered
Like you've never been before
The life you knew
In a thousand pieces on the floor
And words fall short in time like these
When this world drives you to your knees
You think you're never gonna get back
To the you that used to be

I broke into tears. Then the second verse began:

Just let that word wash over you
It's alright now
Love's healing hands have pulled you through
So get back up, take step one
Leave the darkness, feel the sun
Cause your story's far from over
And your journey's just begun"

I was hanging on every word and began to feel a sudden peace. Then came the bridge;

"Let every heartbreak
And every scar
Be a picture that reminds you
Who has carried you this far
'Cause love sees farther than you ever could
In this moment heaven's working
Everything for your good"

I instantly knew that was a promise just for me. God had used this incredible song to bring me peace and a promise. That day, for the first time, I was excited about being pregnant. The fears, guilt, and shame were still there, but now I also had a promise. Anytime

I struggled I would tell my heart to beat again and was excited about the heart beating in my womb.

I am a planner and I began working on a business plan that would address some of my financial fears. It was an idea I had had for years, but never took the time to really bring to fruition. Now I know that it was a God thing because one door after another has opened. I am praying this plan will both provide financially and allow more time with my babies. I don't know where it will lead, but I am optimistic. Is it overwhelming to be 6 months pregnant, running a business, trying to

essentially start a new business, raise 3 very active kids, remain faithful in my church, and stay civically engaged? At times, it is also incredibly exciting and I

know that in this moment, every moment of my past, and every moment of my future, God is working all things for my good.

So thank you for your ministry. Know that your prayers go farther than you

will ever know. And I know that no matter the setbacks or obstacles PSG may face, God already has it covered.

In Memory Of Donations:
Patricia Imus in Memory of William Imus
Tim & Gayle Neimeyer in Memory of
George Weick

Baby Bottle Boomerang: We would like to thank the following churches who have helped with our Baby Bottle Fundraiser so far this year:

Outreach Church of Christ
 Calvary Baptist Woodland
 Calvary Chapel Zamora
 Davis Christian Assembly
 Calvary Baptist Esparto
 First Baptist Church of Davis
 Holy Rosary Church
 St. Paul's Lutheran Church



Thank you from the bottom of our hearts! You have been such a blessing to us!

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Volunteers Needed!

If you would like to volunteer at the fair booth please call the PSG office at 530-661-6333

Save The Dates!

As in years past, we will have a booth at the Yolo County Fair, August 17-21st.

Mark your calendars for our annual Run/Walk/Rock on Saturday, October 15th.