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FALL 2020

NEWSLETTER

We have been dedicated to serving with compassion and dignity the immediate and long-term needs of those facing unplanned pregnancies for 21 years!



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knowledge • confidentiality • support

Next Step is on the Radio!!

Check us out on Sacred Heart Radio's Life Talk NW for the full interview with me - Heather Vasquez - as I talk shop with Dan Kennedy, former CEO of Human Life of Washington, and Noreen McEntee Hobson, President of the Washington State March for Life.



Check out the show on <https://sacredheartradio.org/project/lifetalk-nw/> and from there click on Life Talk NW Podcast on Podbean to find the interview which was recorded on Friday August 28th 2020.

Recent Support Blogs

Breastfeeding Awareness, Social Media Life Battle! Next Step Resources beyond Babies, Why Do I Feel This Way? (PPD)



Remember to visit us at nssupport.org for all the news, blogs, and resources on Life and Beyond!

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Hello Dear Friend of Next Step!

From the Executive Director....

"So do all who live to see such times, but that is not for them to decide. All you have to decide is what to do with the time that is given to you." - Gandalf to Frodo in LOTR when Frodo wished the time of darkness had passed him by.

I think back to - what was it, February? - and I remember the sheer normalcy of the days. The beauty of simply working, shopping for groceries, worshiping together at Mass, attending school meetings and sports games, meeting with extended family for dinners, and going to rock concerts! Little could any of us know what was to come!

And here we are some six months or more later, missing family and friends, peeking out of windows before quick walks, keeping our heads down, sitting in front of our computers and phones to order groceries, some to work, and some to watch Mass. And some trying to keep our kids busy and engaged at home or by our side at our places of business if we were lucky enough to be able to remain open. On occasion, still foolishly smiling under our masks before remembering no one can see it. The days, I admit, seem endless.

Here at the clinic we are all masked up and handing out diapers, wipes, formula and clothes and the books which are my favorite to share. There is still so much need. So much!

There are still many neighbors coming in and sharing donations, and each time we get low on wipes it is you - our friends of Next Step - who supply us. The generosity of our community of supporters is unmatched. Inspired by your example, I choose to use my time well and decide to focus on the beauty of service. I cannot change what has happened or guess where this will go or



Heather M Vasquez
Executive Director

(continued inside)

2020 GALA WRAP UP

Well, we did it! We had our first ever **virtual gala** on June 20th, and it was a success of sorts. We'd like to thank everyone who attended via computer or phone, and we're so very grateful to those of you who made a donation to Next Step. To date we have raised just over \$64,000.

We also want to thank those who helped us create our virtual Gala: Kevin and Denise Mullins, Marilyn and Teresa Thornton, Deacon Craig Lundberg, Tim Leahy, Marc and Anna Buenvenida, and the staff at Next Step. We'd love to say it was a one off, and we're ever hopeful we'll be able to get together in 2021 for a lovely dinner, companionship, and an auction all in support of our families and our fight for the unborn.

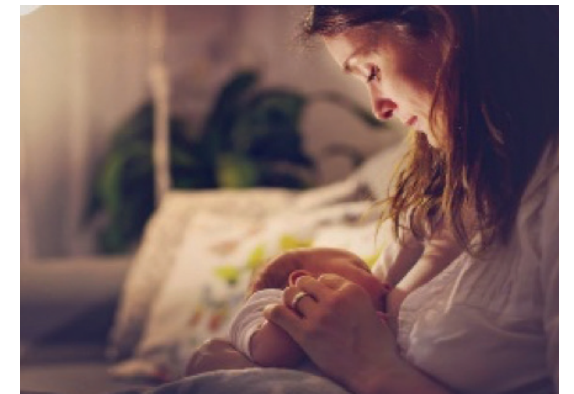
If you weren't able to join us back in June, you can still watch the Gala by going to the link which you'll find on our support site - nssupport.org - on the home page! One of the highlights of this year's Gala was a video tour of our clinic. Even if you don't have time to watch the entire Gala, we encourage you to watch the first 9 minutes so you can "take" this **video tour**. You'll get to see our beautifully-remodeled clinic, meet our staff, get an idea of the work we do, and hear from one of our grateful clients.



when it will end, but I can give an outward sign to all who come through our doors that we are humbled to serve and open to what God has in store.

Here are some numbers to show you just what your gifts have helped accomplish during the first half of this most challenging year!

- We had 144 pregnancy tests of which 97 were positive. That is 97 babies!
- Our nurses performed 59 ultrasounds. We welcomed a new little person 59 times!
- And we had 1,292 visits from clients asking for supplies ranging from diapers, wipes, formula, food, clothes, bottles, and baby accessories like strollers, bouncers, pack-n-plays, and toys.



That is a lot of help Next Step was able to give because of you. Every time we are able to welcome a family into our doors and provide for them - even if just a little - is a gift. Every time we share with a young woman that she is with child - is a gift. Every time we are able to be in the room and experience the first moment of a mother seeing her baby on the ultrasound monitor - is a gift.

We do not always know the next part of the story. We do not always see that mother again. We do not always know if what we did made a difference. But we walk boldly. We speak boldly. We love boldly. We are on the side of truth and that is enough.

ULTRASOUND TRAINING PROGRESS!

Both our Nurse Manager Kim Berry and our nurse volunteer Barb Millett have gone above and beyond training to be ready for Ultrasounds Five Days a Week! We had a wonderful blessing by the name of Barbara

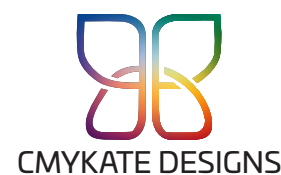
Grace (standing by the window of our ultrasound room), a volunteer Registered Diagnostic Medical Sonographer. She and Rosa Ortiz, our other lovely volunteer RDMS, have been faithfully training our nurses twice a week since June. Thanks to them, Kim and Barb are just a handful of signed-off scans away from being fully trained and able to offer early OB ultrasounds all day and all week!



SHOUT OUTS!

Ever wonder about our newsletters, postcards, and invitations? Well the fine design work is done by a local graphic designer, Kate Rappé, creator of CMYKate Designs. You can explore her website at cmykate.com

Our printing is all done by Evergreen Printing and Graphics Inc. in Everett. Always good work, always a fair price. Check them out! epandg.com



VIRTUAL BABY BOTTLES EVERYWHERE!

Baby Bottle Campaigns have been a growing part of our fundraising efforts over the past several years.

Perhaps your parish or church has hosted one of these easy fundraisers for Next Step, and you've been able to see firsthand how they work. An announcement with information about the mission of Next Step

Pregnancy Services is placed in the host church's bulletin a few weeks before the start date of the campaign. After each Mass or Worship Service on the designated Sunday, volunteers hand out empty plastic baby bottles after each Mass or Worship Service to anyone who wants to participate. Participants agree to return their bottles a Sunday or two later filled with a check or cash - sometimes even coins from their spare change jar! Gifts of any amount are welcome!

One of the best things about our Baby Bottle Campaigns is that they introduce the work of Next Step to people who have never heard of us and don't know about our efforts to help women choose life for their preborn children. Some churches invite us back year after year because of their commitment to pro-life action. But we're always looking for new churches willing to host a Baby Bottle Campaign, so let us know if you think your Pastor would be willing to consider it.

October is Respect Life Month and brings us our first Virtual Baby Bottle Campaign. In the month of October, we'll be working with St. Brendan's in Bothell and Holy Rosary in Edmonds. Please prayerfully consider how you can help Next Step, and thank you to those parish families for their generous gifts and for welcoming Next Step back!

