

WINTER 2022



NEWSLETTER

We have been dedicated to serving with compassion and dignity the immediate and long-term needs of those facing unplanned pregnancies for 24 years!

nextstepnw.com • nssupport.org • 425.329.4569

knowledge • confidentiality • support

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Dear Friend of Next Step,

Blessed New Year to you! Next Step reached a huge milestone this last year. Being able to offer ultrasounds on demand four days per week, we are scanning like gangbusters! As I shared in an earlier post - we have been so incredibly blessed to see so many women and be in the presence of their little ones in the form of the Diamond Ring! The ring being the yolk sac lining, the diamond being the beautiful, unique life growing within. Our scan slots are booked solid as we welcome new life, help new moms and dads meet their new little ones, listen to the hard stuff, and pray for guidance for ourselves and the parents. We always pray that those who visit us leave here with lighter hearts and minds in the knowledge they are not alone, and they are stronger than they know! As always, all this goodness is only possible because of your prayers, gifts, and donations. You are our essential good!

I was asked about a month or so ago a question about our client website (www.nextstepnw.com). It was not an uncommon question and had been asked before. I would like to take this quick opportunity to share. Next Step Pregnancy Services serves a multitude of people in our community. Different ages, different races, different circumstances in each person's life. Some are new moms, some are on their 3rd, 4th, 5th child or more! Some were born here, and some have come from faraway countries and are navigating a new place - while pregnant! Some are without their partner, and some are fleeing perhaps a dangerous relationship. Some are sitting in the pews beside you on Sunday and some have yet to meet Christ. **All are welcome here!** Next Step is about the truth and about helping those to help themselves. About empowering those who feel helpless. About arming them with facts, confidence, and resources.

One of the hard facts we address is that the barbarous abortion procedure is in fact an option that exists in our community. It's there and cannot be ignored. It may not be the option you chose when you were faced with pregnancy, and it was not the option I chose when I was faced with an unplanned pregnancy at a young age, but it is an option some consider. And pretending it is not is a



Heather M Vasquez
Executive Director



(Continued inside)

Dear Friend of Next Step... (Executive Director message continued from cover)

disservice to those who come to us with questions and uncertainties. Not everyone has been blessed to have their faith in Christ to guide them. Not everyone knows they have other options!! Not everyone is as strong – yet. Next Step Pregnancy is a place where truths are given.

We share the effects of an abortion procedure on the mother and the father. The physical and the emotional beating that takes place. The dangers of chemical abortions that the promoters of these pills rarely speak about. The precautions they are not given. The truths about grief and loss that will come – maybe months or years later – but they will come. These are truths Next Step must share, in person, and on our client website. Our client website is designed to welcome and inform those who are searching for answers to what they see as a ‘dilemma’. Abortion is an option. It is talked about. Next Step does not perform or refer for abortions **at any time**. Nor does Next Step promote, encourage, or

place that ‘option’ on the same level as parenting and adoption – the other two “options”. But we do talk about it – we must. Ignoring it means our client is left to make decisions, huge decisions, with only half the information. We need to control the narrative. We need to change the culture. We need to work towards a time when abortion is no longer an option for anyone. But we are not there yet. Rest assured our client site was designed carefully and truthfully for those who need it.

Incidentally our other website, our “Support” site, is where any and all should visit who want to truly know the heart of Next Step. Stories, Prayers, Events – nssupport.org
Check it out.



Volunteer Highlight Meet Lizeth!

I have been a volunteer at Next Step for almost two years. I found Next Step after I watched the movie Unplanned by Abby Johnson. I felt in my heart an increased desire to do more for moms and the unborn babies. I have always been pro-life; I grew up in a Christian home with Christian values. How can I not be, right? However, this was not enough for the reality of abortion to show its ugly face in my life through a close family member and friends. I was 14 when I came in agreement with it by being silent when a close relative decided to go through an abortion. I like her wanted to believe this was the right thing to do, she was only 15 years old, so young, full of fear, hurt and couldn't possibly be a mom or afford to be one. After all she was just a High School student. After that, I found out that other friends had found themselves in the same situation and believed the same lies. It was so heart breaking to see each and everyone of these

beautiful, strong young girls become so vulnerable, fragile, and lost. Then I knew that I never wanted to be silent again and to always stand for life! My heart goes out to every woman who must face this decision that affects the rest of your life.

Volunteering at Next Step and serving the community has been an amazing experience and it has helped me be more compassionate, caring and giving. The atmosphere in this place is full of peace, love, and grace. I am so thankful to be part of this wonderful community that loves life! ~ Lizeth



Thank you to all who supported Next Step in 2021!

40 Days for Life • A New Day Church • Abundant Life • American Heritage Girls Troop 821 • Arrow Prep Academy • Archbishop Murphy High School • Beresford Booth, PLLC • Biella Foundation • Blessed Sacrament Parish • Cedar Park Christian Church • CMYKate Designs • Edmonds and Lynnwood Food Bank • Evergreen Printing and Graphics • Faherty @ U-Village • Holy Family Parish, Kirkland • Holy Rosary Parish, Edmonds • Knights of Columbus • Kunthara Auto License • Lions Club of Edmonds • Maple Park Foundation • Mary Beth Herold, CPA • Mary, Queen of Peace Parish • Mountain Goat Roofing • North American Martyrs Parish • NW Catholic Magazine • Positive Payload Program • Sacred Heart Radio • Shoreline Farmers Market • St. Alphonsus Parish • St. Brendan Parish • St. Elizabeth Ann Seton Parish • St. Luke Parish • St. Mark Church and School • St. Paul Orthodox Church • St. Pius X Parish • St. Thomas More Parish • TransBlue • Mission Bridge • UBS Financial • Vitae Foundation • Walmart Marketplace • All of our wonderful donors • All our faithful monthly commitment donors • All those who donated to our Silent Auction - Bless you!

Staff Highlight **Marta Matos!**

Change & Growth - Reflections on 3 Years

When I began working at Next Step in the fall of 2018, I was told of the pending move, a new logo, and our previous director's intentions to soon retire. Little did I imagine, though, how much would change over the next 3 years.

I saw us go from a small, poorly-located rental to a welcoming new building with plenty of space for clients. Our old logo was phased out for a new one we are all familiar with now. The less expected changes came when our nurse manager told us she would be switching to a new job and then our part-time nurse also moved on. We had a beautiful new building and were ready and willing to receive clients, but we were unable to do ultrasounds and only had a volunteer nurse one day a week for pregnancy tests. As usual, God had plans in formation, and in response to this, our volunteer nurse decided to come on staff as our nurse manager and to begin ultrasound training. Kim has now been our nurse manager for 2 years, and even through family complications, we have seen how she does not stop faithfully and lovingly serving our clients.

Right on time again, another nurse volunteer began to train under Kim and even decided to do ultrasound training as a volunteer. While Kim had to step back for a bit, this volunteer stepped up and came on staff. Barb has impressed us all with her commitment and heart to walk with women through uncertainty, grief, and difficult circumstances.

Amid this, our long-time director announced her retirement and the search for a new director also began. After months of looking, a woman who was hoping to volunteer was asked if she would be interested in the job and decided to apply. While we were all sad to see Kathy go, Heather came on full of passion for the pro-life cause and eager to take on all the responsibilities of Executive Director. The only thing that slowed her down a little was the entrance of a worldwide pandemic. Yet in the middle of it, with her direction, committed staff and a few volunteers, we were able to stay open through the first months of uncertainty and through all the changing rules and regulations over the past 2 years.

We now find ourselves at the beginning of 2022. We currently have nurses here to do pregnancy tests 4 days week and ultrasounds happening 3-4 days a week. We are beginning the process of accreditation and considering how to add on services to support the Abortion Pill Reversal process and provide STI/STD testing in the future.

We've gone from having to turn clients away and refer them elsewhere for ultrasounds, to having mornings packed full of back-to-back ultrasounds and pregnancy tests. It has been a blessing to get to watch Next Step grow through these changes and see how God has faithfully shaped this ministry to make us more effective and able to love the women and babies that arrive at our door.

~ Marta Matos, Next Step's "Jill of all Trades"



What is Prepares and how are they different than a PRC (Pregnancy Resource Center)?

PREPARES is a state-wide initiative of the Catholic Bishops of Washington State and was launched in October of 2014. The new initiative would support Catholic



parishes to reach out and accompany pregnant women and children under the age of five. PREPARES provides basic essentials to moms leaving the hospital after giving birth. Items such as diapers, clothing, car seats, and strollers are supplied free of charge. Some PREPARES branches also provide parent support, family companions, and play groups. Beautiful support for families navigating life with new babies PREPARES is an essential partner to Next Step Pregnancy and other pregnancy resource centers.

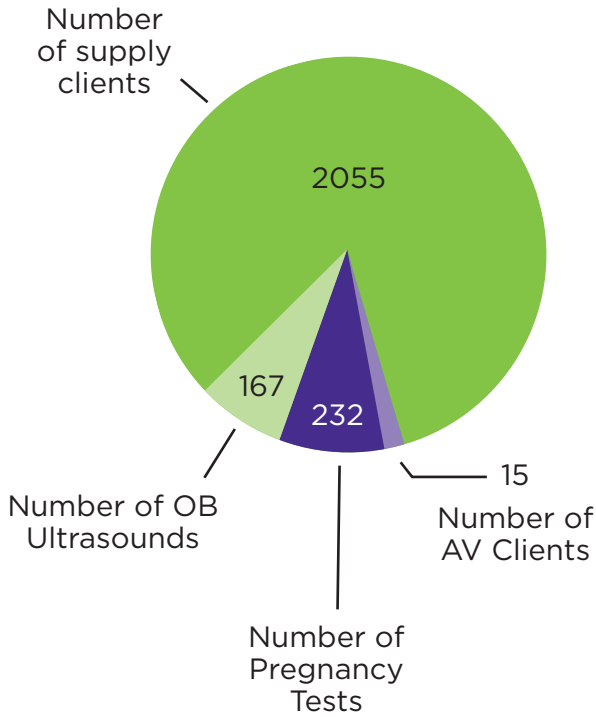
A pregnancy resource center (or PRC) is different than a program like PREPARES. Although we have the same mission and ministry to care for families in need, to provide much needed supplies for new babies and families, to promote the sanctity of life born and unborn - a lot of PRCs are licensed medical clinics (like Next Step Pregnancy Services) and perform essential prenatal care and counseling to those facing unplanned pregnancies. Care such as confirmatory pregnancy testing, early OB medical ultrasounds, prenatal care and vitamins, referrals for medical insurance for mothers and their infants, counsel following infant loss due to miscarriage or abortion, and other needed resources. Some clinics also provide STD testing and treatment and other women's essential care - all for free.

Both ministries protect, celebrate, and defend the life of the unborn child. Both encourage and empower the mother and the father in their sacred role of parenting. Both ministries are essential and need your support. Always.

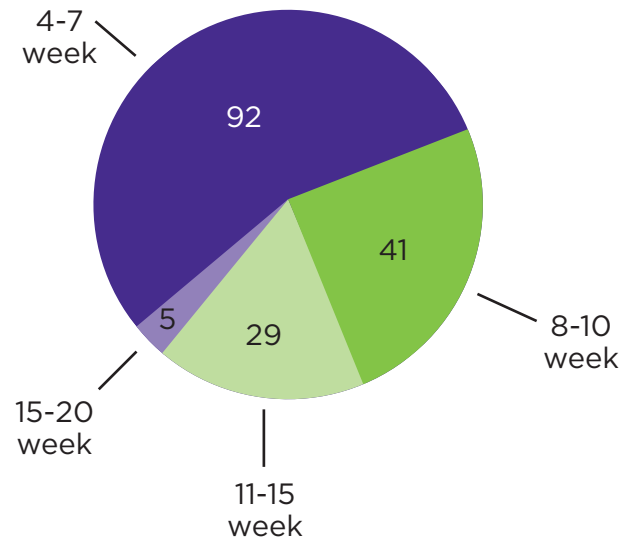
2021 Services, Donations, Operations, Trimesters



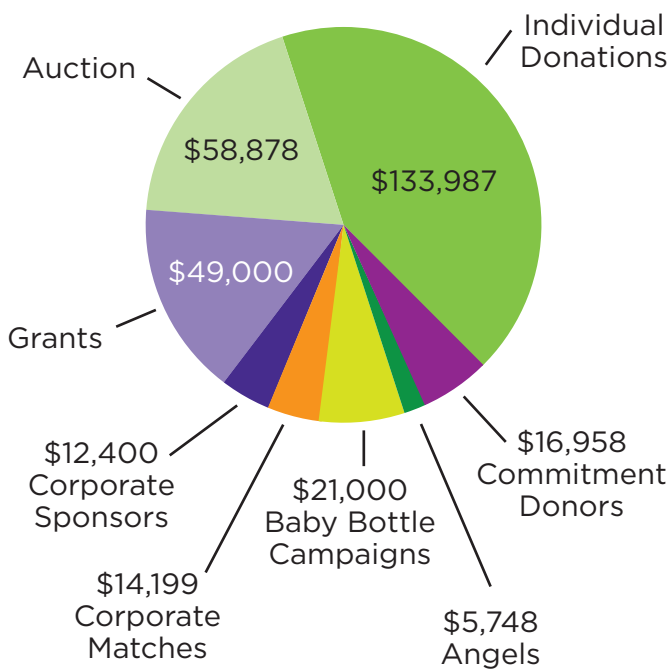
Services



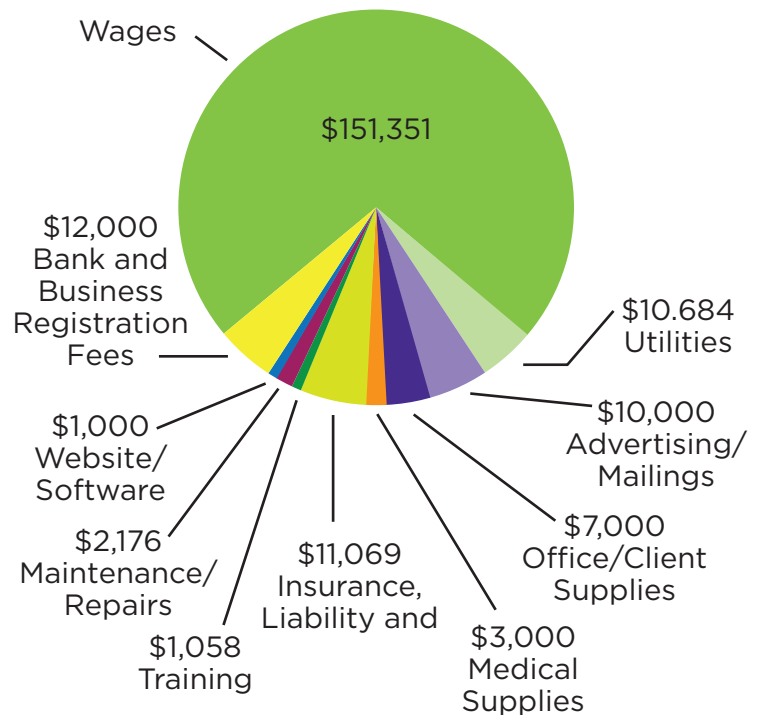
Trimester Statistics



Donations



Operations





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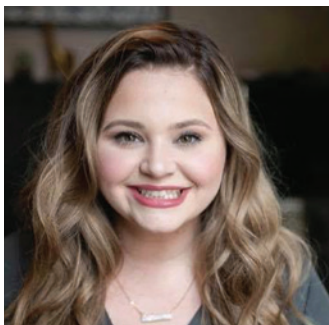
19526 64th Ave. West
Lynnwood, WA 98036

ADDRESS SERVICE REQUESTED



SAVE THE DATE!

The **Next Step Pregnancy Services 2022 Gala** will be held on **Saturday, September 24th** at Holy Rosary Church in Edmonds!



We will welcome powerful young speaker **Rebekah Hagan!**

Rebekah recently spoke at the Students for Life of America National

Pro-Life Summit on January 22, 2022 in Washington, DC.



Interested in Volunteering at Next Step or joining the Next Step Governing Board?

Both are great ways to support life and lots of fun to boot!

Email heather@nextstepnw.com

Are you an MD, a DO, a PA, or an ARNP?

Next Step Pregnancy Services is still looking for a second volunteer Medical Director to help us expand our services for abortion-vulnerable women - is it you?

Email heather@nextstepnw.com

P.S The time I met Abby Johnson!

