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FALL 2021 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

Catholic Cornerstone Conference

Saturday October 30th and Next Step is there!
Are you? Come see our "Booth!"

<https://www.wacatholics.org/cornerstone-2021>

New Brochures and Informational Posters!

We have some new ways to spread the word about Next Step – please let us know if you would like to have some cards, brochures and/or an 11x17 poster with tear-off cards for your home, church, business, organization. Word of mouth counts!



Does your church participate in a Giving Tree or Jesse Tree Christmas program?



Next Step can offer wonderful Christmas baskets of baby bath, stuffys, toys, and more, through the generous donations on Giving Tree tags this Christmas. Please let us know if you would like your church to add Next Step to the list for tags! Your support through the holidays is such a blessing for our families.

Dear Friend of Next Step,

The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; 'tis dearness only that gives everything its value. ~ Thomas Paine

Are we a medical clinic or a social services organization? Or can we be both? If you answered both then you would be spot on! There are two schools of thought on pregnancy resource centers (aka pregnancy care clinics or crisis pregnancy centers) and their uses, missions, and effectiveness.

One understanding is that our mission is to welcome girls and women who are facing unplanned pregnancies with compassion, patience, and understanding and to offer guidance, empathy, and up to date, accurate information on pregnancy, prenatal care, abortion, and miscarriage precautions. To offer medical recommendations for a healthy pregnancy and offer help and prayer for those who are uncertain and facing tough choices in less-than-ideal environments. We offer counsel regarding sexual health and even talk about chastity and care for our bodies. We have resources for those who simply want to acquire proof of a viable pregnancy for work, school, other medical care, etc. We do all of this and more.

Another perception is that we care for families who are not necessarily expecting but are nevertheless in need. In need of diapers, formula, clothes, baby supplies, coats, shoes, blankets and more. We have a myriad of supplies for families with newborns or who are expecting as well as supplies for children upwards of 5 and 6 years old. Emergency help when all you need is diapers and formula to get you to your next paycheck. We have resources and contacts for housing and domestic violence concerns, mental health counsel, and even parenting classes and support. We do all of this and more.



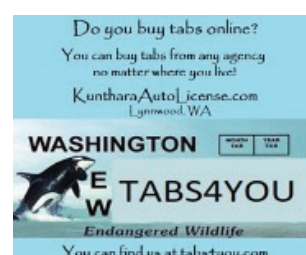
Heather M Vasquez
Executive Director



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(Continued inside)

Volunteer Highlight Meet Vicki!

I have always been pro-life ever since I can remember. I feel like it is a self-evident reality and a commonsense position for anyone with eyes to see. However, I do not know what I would have done if I had become pregnant as a promiscuous teenager. When an unplanned pregnancy happens to you, sometimes conviction is not enough to fight fear, panic, and pressure. For whatever reason, I was spared that choice. But my heart goes out to those vulnerable women who have had to face that life-altering decision.

Over 10 years ago, my neighbor invited my husband and I to pray for an hour at our local Planned Parenthood as part of a 40 Days for Life campaign. I just could not say no even though I may have wanted to. It was a big step for me to go from a passive pro-lifer to doing something about it, especially something so public. Over the years we took part in various campaigns when we had time. I would often think about getting more involved, but I always had good reasons to say no. Then the pandemic hit, and all our lives came to a screeching halt. I had no more excuses. So, at the urging of my conscience, I said yes to God and led my first 40 Days for Life campaign last fall at the Lynnwood Planned Parenthood. As I drove past Next Step on my way to pray on the sidewalk, I decided to go in and introduce myself to Heather and let her know about the campaign down the street. From there it was an easy "next step" to get more involved by helping the women we were praying for who chose life. I have enjoyed my experience so far working behind the front desk doing whatever is needed. The facility is so nice and inviting and the staff is friendly and professional. It is nice to see so many parents come in and get the help they need for the children that are here because wonderful places like this exist. Many thanks to everyone who contributes to keeping Next Step open and running smoothly!



News & Shoutouts!



Great fun was had at the St. Pius X Picnic – thanks to all who stopped by and Jennifer, Nancy, Marilyn, and Pat for helping out!

Thank you to the following for hosting our Spring and Summer Baby Bottle Campaigns:

Blessed Sacrament (Seattle), A New Day Church (Lynnwood), St. Alphonsus (Ballard), St. Thomas More (Lynnwood), and St. Mark (Shoreline).

Upcoming Campaigns! Holy Rosary in Edmonds is having a Baby Bottle Drive and St. Mark Catholic Classical School Grades K-8 is holding a 9-month Spiritual Adoption for Next Step – a new generation of Pro-Lifers! As always thank you to the Edmonds and Lynnwood Food Bank and the Binky Patrol for blankets and the Edmonds Lions Club for their donations of clothes and baby items.

Also, a huge thank you to Maplewood and Libby and Jeri for the beautiful diaper bags filled with essentials we have been handing out with our layettes for expectant moms!

Next Step Pregnancy Services is about to embark on a new adventure! **Accreditation!** It will be a long and arduous process no doubt but big picture we hope to increase our referrals from clinics and hospitals, we hope to be a serious contender for early pregnancy and STD care, and it will solidify our already robust policies and procedures and ensure Next Step is up to snuff professionally. It will improve quality of care, increase community confidence, better operational efficiency, gain recognition and credibility as a peer in the medical community and with federal and state law makers. It will only make us a better organization and better able to serve our families. **We are still very much in need of a second Medical Director and would ask you to prayerfully consider if you fit the bill! We would welcome your prayers and encouragement!**



Board Highlight Meet Jennifer!

I am honored to be a part of Next Step's Board of Directors. I joined Next Step as a volunteer in September 2020 - about six months after giving birth to my first child, Sophie. I am a lawyer but took a year off from my law firm to take care of my daughter. I attended a Missouri Synod Lutheran Church in St. Louis, Missouri growing up and considered myself nominally pro-life before my pregnancy. However, I did not fully appreciate the incredible development of preborn children in the womb or what a powerful gift children are until my own pregnancy and Sophie's birth.

Following her birth, I began to research the pro-life movement and learned how incredibly important it is and that I wanted to devote substantial time

to this cause. I also spent time during my maternity leave connecting more with my faith and considering how I could use my skills and talents to serve Christ.

I am thrilled that I found Next Step. As a volunteer, it was wonderful to see the impact that our organization has on the community, including providing substantial clothes, baby food, and supplies to new parents. Many families have been struggling during the pandemic and Next Step has and continues to offer invaluable support to them. I also loved it that I was able to bring my daughter on certain days while volunteering.

Now as a Board member, it is incredibly rewarding to play a part in Next Step's management and influence its direction and the services we provide. I look forward to continuing to support Next Step and hope for great strides in the pro-life movement in the coming years, including more babies saved!



Dear Friend of Next Step...

(Executive Director message continued from cover)

To date there are upwards of 4,000 pregnancy care centers in the United States. That is a good thing! As early as 2012 there were only an estimated 2,000 meaning that number has doubled in less than 10 years. The need is great. But do all pregnancy care centers offer the same resources? Both medical and social services? I have found that most will offer both if they are able but that a fair number are primarily one or the other.

Recently I was in a meeting with another Director in a similar field and the question was asked of me. Are you a medical clinic or a social services center? The idea being you need to pick one or the other. After thinking on it for only a moment I responded that we are both! We in fact, do function as a medical clinic but we also offer social services to our clients as well.

One can act without the other, but one can also shape our mission to fit both necessities as most of the women that come to Next Step are in search of both assistance with basic needs as well as basic medical care to determine if they are pregnant and what steps and decisions are needed following that confirmation.

The mission of Next Step Pregnancy Services is to protect the family in its entirety from conception to

A huge thank you to our steadfast volunteers – always here – always smiling – and always serving – we could not do any of this without them!

Rosa, Lizeth, Deborah, Kristie, Vicki, Alyssa, Barb G., and Patty!

birth and beyond. Providing compassionate service and knowledgeable advice on pregnancy, parenting, health, and empowerment. Helping mothers to take on their sacred parenting role with confidence and love.

That being said the services Next Step Pregnancy offers can cover a myriad of needs for mothers, fathers, children, expectant women, and women and girls who need a confirmatory pregnancy test, an early OB ultrasound, prenatal care and vitamins, and referrals to nearby OB/GYNs for follow up care. It all goes hand in hand. Next Step Pregnancy Services is a well-rounded care clinic welcoming women and families from all walks of life, and we will continue to offer top notch ultrasounds and medical care as well as basic needs our families rely on as they navigate these uncertain times.

We are always in need of volunteers! Its fun, easy, and a great way to give back and make a difference. nssupport.org

