



SPRING 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!



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Dear Friend of Next Step,

It always amazes me how very pro-life so many people are without them even realizing it. No matter what you call it: pro-life, life-affirming, right-to-life, it all means the same thing – we are **for** survival. In the very earliest and rawest form. And not only do we all propel ourselves to survive, but a lot of us, not all, but a lot, inherently protect the “weak”, the “innocent”. Like our children, the elderly, and those who cannot protect themselves. Defending life is instinctive, especially for a mother carrying a child.

Last year I watched a movie that was streaming on Netflix. Yes, I know, still not the world’s greatest outlet for morally sound entertainment, but sometimes a true gem is found if you look (read: scroll) long enough.

It was called “Mixtape” and starred a few unknowns and was not on any top 10 lists. Its synopsis reads, “When a young girl accidentally destroys the mixtape that belong to her mother, she sets out to track down each of the obscure songs on the cassette.”

Ok – not too catchy. I admit it caught my eye because it was set in the 90s and boasted a soundtrack of some little known 80’s and 90’s tunes. Being a Generation Xer and a devotee of 90’s music, I was intrigued.

It turned out to be a very well done, poignant, humorous and yes, pro-life, film. I was pleasantly surprised and nostalgic (it did have some superb music). The main character, is a 12-year-old girl, played by Gemma Brooke Allen, who lives with her grandmother because her



Heather M Vasquez
Executive Director



(Continued inside)

Reproductive Loss Grief Care by Barb Millett RN



Did you know that miscarriage and abortion account for nearly 2 million losses per year in this country? Reproductive loss surrounds us – yet we rarely ever talk about it! This type of loss often goes completely unrecognized by our society despite it causing real and often times significant pain and grief. While circumstances surrounding the reproductive loss can differ greatly (which also includes stillbirth, domestic infant adoption as well as infertility) the grieving process itself is similar.

Life Perspectives is a California based non-profit organization that has developed 2 amazing websites to help facilitate the healing process for women, men, friends and family members.

Both miscarriagehurts.com and abortionchangesyou.com are well worth checking out.

I recently received my Reproductive Grief Care Certification from Life Perspectives and am happy to meet with women **AND** men at Next Step who are struggling with this type of loss. We need to let women know they are not alone!

Life Perspectives®

[miscarriage hurts®](http://miscarriagehurts.com)  [abortion changes you®](http://abortionchangesyou.com)

Next Step Pregnancy Services is growing!

We are currently
seeking additional
medical personnel...

Could it be you?

- ✓ Per diem position with the plan to move to part time depending on patient volume.
- ✓ All work is done remotely
- ✓ No previous obstetric experience necessary.
- ✓ Training is provided

Thank you to our unfailing supporters as we speed into 2022!

Mountain Goat Roofing

TransBlue

Northlake Christian Church

Chick-Fil-A Alderwood

Glimmerglass Photography

Jared Burns Photography!

GLIMMER
GLASS PHOTO
GLASS PHOTO

Jared M. Burns
PHOTOGRAPHY



And thank you to our two churches who hosted Baby Bottle Campaigns this year so far

**Blessed Sacrament in Seattle
and
St. Brendan Church in Bothell**

If you are interested in learning how your church can host a Baby Bottle campaign of drive, please email Heather – heather@nextstepnw.com

Accreditation Progress

Next Step Accreditation is in full swing. Please offer your prayers for us as we slog our way through loads of processes and policies on our path to greater quality care for our family.

Dear Friend of Next Step...

(Executive Director message continued from cover)

young parents, Kim and Zach, were killed in an automobile accident while she was an infant. She finds an old cassette tape that belonged to her parents and figures she can listen to it on her Walkman player (remember those??) to get to know them better. Being old and used the tape breaks down and even a pencil could not save it! I know some of you know what I mean.

Her parents had left the cassette with a handwritten list of the songs on the tape, aptly titled *The Kim Loves Zach Mix*, so 'Beverly' sets out to track down the songs.

On her journey to track down songs, she meets with any number of fun characters from a gruff record store guy who has a heart of gold to a washed-out singer her mom used to be in a band with. It's when she meets this man that her journey, thus far touching and life-affirming, turns sour. She is told by this man that she is the reason her mother, a promising singer and artist, had to put her burgeoning career on hold because she found herself pregnant, and that she, Beverly, had ruined her young mother's life. Needless to say, this crushes the girl's spirit leaving her questioning her own worth and value and wondering if she were a mistake.

Staring tearfully at a polaroid of her young parents she debates whether or not to continue tracking down the songs from their tape. There is one more song on the tape, the last one, called "The Wrong Song" and it's in fact, an original written by her parents. Beverly finds the lyrics in her mother's journal and it's clear the song was written when her mother was pregnant with her.

"You are more than worth the struggle, we'll always be your home" "All you go through, you might get things wrong, but nothing is wrong with you." "You came and life got better, in love before we met ya, the missing piece that made us three, who knew how good life could be together." - Who knew how good life could be, she writes.

The lyrics paint a very different picture for Beverly. She was unexpected, yes. She was unplanned for - true. But from the moment she was there she was wanted, she was right, she was worth it, she was the missing piece. How powerful words can be! The knowing that you are wanted and loved is a profound need that I believe everyone has. And the will to survive and protect is something that is innate to a mother carrying her child. No matter the unexpectedness, the uncertainty, the fear - it's there.

Volunteer Highlight EMILY

Motherhood has been such a gift in my own life. My attitudes and lifestyle were not always godly, but when the Lord in His goodness drew me to Himself and began to redeem my life, He graciously gifted me a loving husband. Then He further blessed us with two precious sons. God literally fulfilled Psalm 113:9 in my life: "He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!" Pregnancy and motherhood awakened in me a deeper understanding of God as the Creator and Sustainer of human life. I wept knowing that the womb, designed to be a safe and sacred space, so often isn't in our broken world. I also wept knowing that many find themselves in circumstances that make it nearly impossible to welcome or rejoice in motherhood. Next Step is such an amazing organization because it affirms the value of human life starting at conception while simultaneously recognizing that new parents often need real-time support (practical, emotional, spiritual). Choosing life in a culture where other options are presented as easy and appealing requires courage and strength. I am proud to be part of an organization that offers hope, help and a bridge to new possibilities...because, with God, all things are possible!



Dr. Mildred Fay Jefferson became the first African American woman to graduate from Harvard Medical School in 1951. She was the first woman to be a surgical intern at Boston City Hospital and the first woman admitted to membership in the Boston Surgical Society. She is, however, best-known for her longtime support and involvement in the "right-to-life movement" in America. She helped to establish the National Right to Life Committee and served three times as its president. Her quote here is as inspiring as it is telling.

"I became a physician in order to help save lives. I am at once a physician, a citizen, and a woman and I am not willing to stand aside and allow the concept of expendable human lives to turn this great land of ours into just another exclusive reservation where only the perfect, the privileged, and the planned have the right to live."



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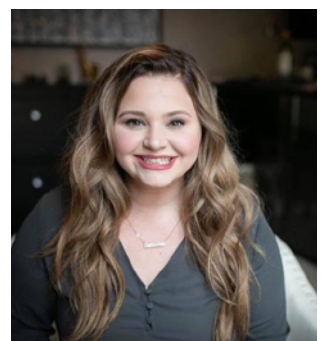


Gala and Silent Auction September 24th Holy Rosary, Edmonds

Rebekah Hagan



Rebekah Hagan is one of today's youngest speakers on the issues of teenage pregnancy, abortion, and abortion pill reversal. Raised in a Christian home where abortion was never discussed,



Rebekah's life in pro-life ministry was unplanned and fueled, instead, by her first-hand experience. She became pregnant at seventeen with her son, Eli, and again with a second child while in her first year of college. Feeling ashamed and fearing that she would lose her family and be forced to drop out of school, Rebekah thought that raising two children alone would be impossible. At just over seven weeks pregnant, she began a medication abortion that changed her life; however, her story did not end there. Come and hear Rebekah's compelling and life-affirming story!

Silent Auction Items, Programs, Sponsorship Opportunities, Invitations and Tickets available soon!! You do not want to miss this enjoyable night out!

Interested in donating an Auction item or experience?
Email me heather@nextstepnw.com