



2024 Highlights and Annual Reports



Serving Women and families in need since 1998
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Below: Another one of Next Step's beautiful 2024 Babies – Serena!



“All the darkness in the world cannot extinguish the light of a single candle.”

~ St. Francis of Assisi

A Word from our Director

“The world’s thy ship and not thy home.” –St. Therese of Lisieux

The morning after the election I remember coming into the clinic and sitting down to work. It really was just like every other Wednesday. Except - it wasn’t, was it? There was something different about it. A sense of being on the brink and then being pulled back. The fluctuations of the world are neither here nor there, for our ultimate home is elsewhere. But while we are here, we do battle. *“The Devil never runs upon a man to seize him with his claws until he sees him on the ground, already having fallen by his own will.” ~ St. Thomas More*

Despite the defeat of the most pro-abortion presidential ticket in history, for which we are grateful, here in WA State, the urgency for places like Next Step Pregnancy Services to remain open is heightened. Our newly elected Governor is not an advocate for those who offer alternatives to abortion, and he will not allow clinics and organizations like ours to continue unhindered. Therefore, we remain watchful and equipped for engagement.

Part of that strategy is shoring up our programs, moving forward with new services, and standing faithfully beside each other. I’ve been ardently sharing about our Abortion Pill Reversal (APR) program in several of our publications in the last half of the year, and there was a very purposeful reason for that. Given the current and presumed 2025 climate here in WA with regards to chemical abortions and our elected Governor’s plans for places like Next Step, I am actively kicking the hornet’s nest.

Chemical abortions (use of the 2-pill process to end a child’s life) made up 63% of the total number of abortions in 2023. It’s highly likely that the percentage was even higher in 2024, since it’s advertised as “easy, comfortable, and non-invasive”. I have every reason to believe that APR will be a more sought-after service here in WA and not only that, it will continue to be a highly criticized practice by many here in WA.



My hope is to equip you, our voice of support, with the confidence to share about this service and to ensure that its availability is widely known. A number of APR calls we get are from quite a distance away, as there are very few providers in our area who will prescribe progesterone for this cause. We are proud of our Dr. Stephanie - who wholeheartedly believes in

“doing no harm” and is fearless at the attacks of her doing otherwise. But many times, the distance between Next Step and the client requires them to seek follow up ultrasound elsewhere (somewhere closer to their home).

Our last call, however, was from a local gal. This has been really special because we get to continue to stay in touch with them; and see them more often! (we typically see them every 1-2 weeks throughout the first trimester). Our client is a young mom who is working AND going to school to get her associates degree. This most recent pregnancy was unexpected, and while the client’s boyfriend was excited, the Mom just felt overwhelmed and unsure that she could manage everything. She does not have a whole lot of support. She didn’t WANT to have an abortion, but she really didn’t see any other option. She immediately regretted her decision after taking the first abortion pill and sought help right away. Thankfully, it was a Friday morning, and we were able to get her the progesterone within hours. Her little baby had a heartbeat 3 days later and continues to grow as anticipated with a good heart rate!

It’s been a blessing to see this Mama and her little son who came with her to the last ultrasound visit. It’s a blessing to be able to provide some help to this family – diapers, pj’s and even a winter

coat. This is not an easy journey – but at least this Mama has found a little extra support and help along the way. Abortion Trauma wounds can be profound and insidious, often enduring a lifetime with transgenerational consequences.

Unfortunately, I do not believe that abortions will cease to happen in WA State in the near future. They may in fact increase as a result of so many states enacting restrictions. And Next Step spent 2024 preparing our services and training our staff to provide alternatives for the abortion-vulnerable women in our community to consider.

We took numerous calls from women who were seeking reversal. Sadly, a lot of those calls were just that - calls. Although our nurses took the calls, gathered the needed information, and sought to get prescriptions in place, a lot of times the women failed to pick up the medication and were unable to be reached again. We assume that they continued with the abortion process after all, though there is no way to be sure.

All this leads me to believe women do not want to abort. The instinct to preserve life is there. The anxiety is real. The isolation is far-reaching. The window of opportunity to conserve life is so very narrow. But it's there. Filling in the gap we are there.

~ Heather Vasquez



Jesus promised his disciples three things—that they would be completely fearless, absurdly happy, and in constant trouble. - GK Chesterton



We finally got our Christmas lights up thanks to our



newest board member, Byron Meseroll!

2024 Highlights, Challenges and Growth

2024 started off with a whoop and a bang! Next Step Pregnancy Services saw an **incredible increase** in client families seeking assistance. In 2024 alone your gifts for direct patient supplies for our non-medical clients totaled \$29,618 – That includes purchases of diapers, wipes and formula.



We saw an increased number of women experiencing miscarriages, sometimes multiple. We implemented **Grief Boxes** and cards from our staff as a way to embrace our clients and assure them we are here, and that their loss did not go unnoticed.

We welcomed a new nurse to our staff, **Carrie Hill**, who has been a huge blessing. Her US training begins in January!



We also now have **Halyna Naumenko** in our reception area. Hers is the first beautiful smile our client families see!



We welcomed students from **Chesterton Academy of St. Michael** to sort donations.

Classical Catholic High School? Parents and Grandparents check this out!

<https://www.chestertonstmichael.org/>



*We were nominated and became finalists for not **ONE** but **TWO** City of Lynnwood awards for Best Non-Profit under the Health and Safety category and the Chamber Leadership Award for Outstanding Non-Profit!*



We showed off our green thumb beautifying the clinic with new plants and flowers! Board member **Kim Cummins** took the lead in plant selection and directing a work party of Next Step friends!



Year 2 of our accreditation process was completed with flying colors!



There were some unexpected but ultimately joyous moments!



Our Mission

Next Step Pregnancy Services is dedicated to serving with compassion and dignity the immediate and long-term needs of those facing unplanned pregnancies. We promote the sanctity of human life in a non-judgmental atmosphere filled with love and compassion. It is our goal to empower those we serve to make healthy lifestyle choices now and in the future.

Our Services

In order to promote the sanctity of human life and to respect the dignity of our clients, Next Step Pregnancy Services provides the following services free of charge:

Medical Pregnancy Testing

Early OB Diagnostic Ultrasound with licensed Nurses and Sonographers

STI (sexually transmitted infection) Testing and Treatment

Prenatal Resources and Vitamins

Abortion Pill Reversal (APR) with Progesterone Therapy

Distribution of Maternity Clothes and Supplies

Distribution of infant /toddler clothes and layettes

Distribution of miscellaneous baby supplies including diapers, wipes, formula, breast pumps, books, bouncers, playpens, toys

Reproductive Loss Grief Care (i.e miscarriage, abortion, stillbirth)

Comprehensive community resource referrals

Power of Prayer through a well-organized prayer chain

Peer Counseling on the following:

- ❖ Abortion procedures and associated risks
- ❖ Fetal development
- ❖ Adoption and associated benefits
- ❖ Parenting
- ❖ Chastity, relationships, and dating
- ❖ Sexually transmitted diseases (STD/STI)
- ❖ Contraception and associated consequences
- ❖ Natural Family Planning (NFP)
- ❖ Post abortive assistance

Nurse Reflection



We often hear how “the family” is under attack. People may or may not believe this is true or believe it to a greater or lesser extent. Despite growing up in a less than perfect family, with parents who divorced in my teens, I definitely understood the love and warmth a two-parent household provides. I benefitted *immensely* from having both a mother and a father in my home.

*pictured little Ricky Nino with mom and dad.

Today, sadly, this is the exception. And our children – in addition to many of the women we serve - are suffering because of it. It is not easy to raise a child under the best circumstances. And yet it has become common to see women pregnant, with no care at all that the Dad is nowhere in the picture. After all, they didn't have a father growing up and they turned out ok. It is hard to counsel women who in some instances never even had a mother themselves. I have some young women texting me after birth, asking advice and in some instances asking for help as they try to navigate motherhood while trying to finish school or go back to work. I am thankful Next Step is here to offer the tangible supplies and general care we can. But we cannot replace the family. Whether from without or within, forces are working against God's intended unit of love.

Young mothers and fathers need our help. If you see a mom or dad in your neighborhood, or at work, or at church, who seems to be struggling – please offer them some help. Just lending them an ear to listen to or providing some encouragement that they're doing a good job – can really make a big difference.

Understand that while we can't fix everything – not even our own families sometimes – Christ calls us to love our neighbors, and by extension, Himself. In this way we can bring about some small amount of healing to the brokenness in this fallen world. ~ **Barb Millett**



Reflections from our Medical Director~ Stephanie Stoke MD.

“Cast yourself into the arms of God and be very sure that if He wants anything of you, He will fit you for the work and give you strength. - St. Philip Neri

This is one of my favorite quotes from a saint. As I was reflecting on this quote, I thought it applicable to our work. Do we spend time thinking about the loving arms of God? The great saints did!

St. Therese - “Jesus, your arms are the elevator which will lift me to Heaven!”

St. Faustina - “When the burden of the battle becomes too much for me; I throw myself like a child into the arms of the heavenly Father and trust I will not perish.” Diary 606

There is comfort in knowing that despite our clients’ often difficult circumstances (and our own), God is gently cradling all of us and calling us to embrace Him.

“If he wants anything of you...” St. Philip’s choice of words here is interesting. He didn’t use “something,” he used “anything” which is, I believe, an invitation to continuously trust God in all challenges and circumstances.

“Fitting” and “providing strength” call to mind, molding, shaping and forming ourselves to be like Christ with the grace provided to do so! How comforting, that He is taking all our fears and concerns and transforming them into action. We need not fear; let our desire for supporting life and helping our community be a start, and God will do the rest!

May we all find ourselves in the Father’s loving arms this year, trusting Him to provide us with fortitude and courage.

~Stephanie Stoke MD

“Our earthly and eternal happiness depend on following our vocation without faltering.”

~ Gianna Beretta Molla

Our 2024 Gala!

On September 14th, Next Step held our annual fundraising Gala and Silent Auction.



<Clinic staff
(L-R Halyna,
Nancy, Heather,
Marta, Barb,
and Dr. Stoke)
Missing is our
awesome staff
nurse Carrie!!!



Oh, what a night!
Lots of laughter,
food, and celebration
of life and family!





2024 was a record year for Baby Bottle Campaigns, Drives, and Giving Tree Goodies!

Thanks to the following churches and organizations that made 2024 such a blessing and enabled Next Step to serve well:

- ~ Blessed Sacrament Parish Campaign
- ~ St. Brendan Bottle Campaign and Pancake Breakfasts by their Knights of Columbus Council # 6686
- ~ St. Alphonsus Parish Bottle Campaign and Giving Tree Gifts
- ~ Biella Foundation Christmas Grants
- ~ St. Mark Parish Bottle Campaign and Giving Tree Gifts!
- ~ St. Pius X Knights of Columbus Council # 9605 Gifts!
- ~ Chesterton Academy of St. Michael students Sorting Crew!
- ~ Laura McVickar and family and The Landscape crew!
- ~ St. Thomas More Parish Knights of Columbus Council # 5816 Bottle Campaign
- ~ North Sound Church Bottle Campaign
- ~ Holy Rosary Bottle Campaign and their Knights of Columbus Council # 12591 Pancake Breakfast
- ~ MapleWood Foundation Diaper Bags and Gifts
- ~ North American Martyrs Bottle Campaign and Giving Tree
- ~ Open Bible Northgate Bottle Campaign
- ~ St. Monica Knights of Columbus Council # 11642 Pie Sales
- ~ Knights of Columbus Council # 676 Gifts and Support
- ~ St. Paul Orthodox Church Giving Tree
- ~ Binky Patrol beautiful homemade quilts
- ~ Glimmer Glass Photography
- ~ Costco Giving Campaign
- ~ Little Bipsy Gifts
- ~ Abundant Life Ministries gifts, prayers, and sponsorships



We are excited to announce another opportunity for you to see us in action! A Spring Open House is in the works. Light refreshments, tours, and more. Stay tuned for more. Date to be announced soon!

***pictured baby Jackson**

“Extremely warm front office, very caring nurse, remembered personal details, kind compassionate...above and beyond!” ~ J.R.

2024 Income Statistics

In 2024, thanks to your generosity and fierce defense of life, Next Step raised a total of **\$469,414**

Here are some numbers ~

Baby Bottle Campaigns: **\$43,605**

Commitment Donors: **\$44,409**

Corporate Matching: **\$23,222**

Corporate Donations: **\$25,378**

Annual Gala: **\$128,395**

Individual Donors and Organizations: **\$175,451** (\$96,205 noted as year-end gifts)

Knights of Columbus; **\$4,804**

Grants: **\$21,750**

Public and Church Support: **\$2,470**

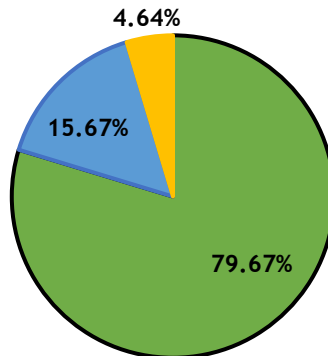
We had 135 First Time Donors

9 new Commitment Donors!

We had 3 new church communities reach out to us!

Cost Breakdown

*based on total functional expenses in the most recent 990 (2024)



■ Program ■ Fundraising ■ Administrative ■

2024 Client Statistics

25% of our pregnant clients were abortion-vulnerable at 1st assessment with our nurse.

93% of those clients intended to carry by the last assessment.

35% of all our medical clients are considered “at risk” for an unplanned pregnancy.

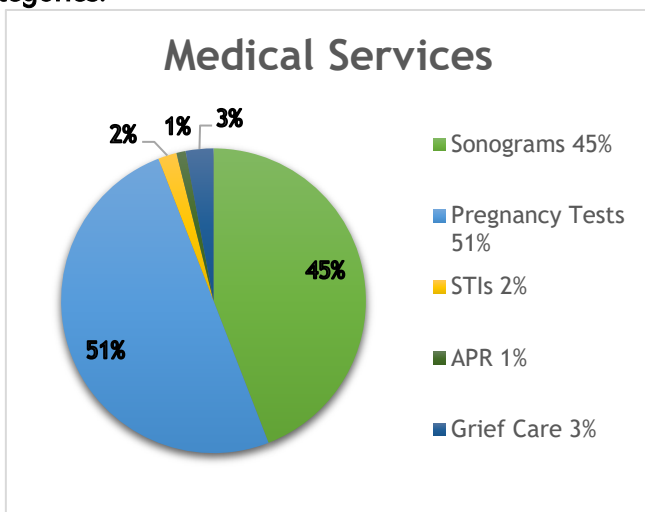
88% of clients need low cost/free services because they are unemployed, uninsured, or low-income.

➤ **5,010 Families and Clients Served**

➤ **609 total Medical Appointments**

A whopping 22% of our pregnant clients are under the age of 24 and 5% of those are under the age of 18.

***Grief Care clients overwhelmingly originate as pregnancy tests or sonogram appointments. Thus, some appointments fall under 2 categories.**



“What a great experience! Check-in was quick, the facilities were clean, the [fetal] models informative. I appreciated being walked through the paperwork and being asked if I had questions. The entire experience was positive, not rushed, and each encounter with a staff member was very warm and supportive.” ~ E.G.

Our Team



The beauty of Next Step Pregnancy Services is our **TEAM**, hands down. Their compassion, determination, and willingness to serve shone more than ever this year.

Thanks to our **Volunteers** -- Deborah, Beth, Kristie, Sherri, Rebekah, Jane, Ari, Mr. and Mrs. Farrow, Linda, Kevin, Jake, Steve, Jia, and Lizzy -- who come in consistently and

always with smiles and open hearts to all that can happen here! Huge thanks to our Nurse Volunteer-- **Elizabeth Gates!**

Thanks to our 2024 Board of Directors ---

Marilyn Thornton, President
Denise Mullins, Vice President
Julianna D'Angelo, Treasurer
Keleigh Muzaffar, Secretary

Josh Cummins, Board Member
Kim Cummins, Board Member
Nicole Forman, Board Member
Steve King, Board Member
Byron Meseroll, Board Member

For you created my inmost being; you knit me together in my mother's womb. ~ Psalm 139:13



***pictured baby Lyndsey and Joe Fides, Spes, et Ca**

