

SPRING 2026



# NEWSLETTER

*The vision of Next Step is to affirm the intrinsic value of both mother and child by connecting women with the resources they need to choose life.*

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FRONT DESK RECEPTION

## Dear Friend of Next Step,

“Who Are You?”

I was recently at a church event for people in their “2nd half of life”. I am 50 after all and plan to live to be 100. Anyway, the speaker shared a small portion of a Baccalaureate speech made by Howard Thurman in 1980 and it touched a spot.

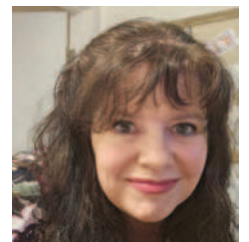
“There is in every person, something that waits and listens for the sound of the genuine in herself. Nobody like you has ever been born. And no one like you will ever be born again. You are the only one. Who are you?”

It really made sense. And I thought of our clients. The young, the defiant, the weary, the uncertain. The mom juggling 4 kids who has run out of diapers, the teen nervously awaiting the result of a pregnancy test, the pregnant woman who has no supplies because she left an abusive relationship with the clothes on her back, the young woman being told she is expecting and is absolutely flabbergasted, the woman who is pretty sure she wants the abortion pill, the young couple realizing its a miscarriage, again.

Each person has their own story. Their own hopes. Their own voice. And each person is bombarded by the noise and disorder of the world around them. The confusion and voices poking and poking at her until it all becomes just too much.

“There are so many noises going on inside of you. So many echoes of all sorts. So much internalizing of the rumble and the traffic, the confusions, the disorders. I wonder if you can get still enough to hear the rumbling up from your unique and essential idiom, the sound of

*(Continued inside)*



**Heather M Vasquez**  
Executive Director



# SAVE THE DATE!

The 2026 Next Step Gala will be held on Saturday September 19th.

Our speaker this year is Evie West! Former L.A. gang member and two-time teen mother who was faced with the decision to terminate her second unborn son. Through God's amazing grace, a story of intrigue, tough love, and miracles, Evie's life is now a passionate picture of redemption and abundant life. More details to come!



SPEAKER THIS YEAR:  
EVIE WEST



## Suzy Petrucci – Glimmer Glass Photography

### PARTNER SPOTLIGHT



Why would a photograph from Glimmer Glass Photography be a worthwhile service to offer to Next Step newborns? As an experienced newborn photographer, when I caringly and expressively comfort and pose a newborn and especially with his or her new mother, the connection is so powerful to see through my lens. It inspires me so much to believe in my craft. Capturing images in this way create incredible memories for mom every time she looks back at them because these sessions are intentional experiences. The experience is truly an unexpected delight, and the good memories will last long after the diapers and car seats are gone. Families who choose to have these stylized images created with me may find that they become an important piece of their child's history because it is in a location where anxious nerves were soothed over a perhaps unexpected but welcomed pregnancy.



I am grateful to Next Step for trusting me to do these photos for newborns because I believe there is still value in the art form of newborn photography. It is important to show to new moms that we all enjoy their newborns for the miracles that they are in that short span of time when they are at the very smallest stage of life.

## New Service! *teen*FEMM

Next Step is now offering FEMM (Fertility Education and Medical Management) to our clients! Comprehensive Menstrual Cycle Education and Support is one of the most powerful ways we empower young women to make informed, healthy, and morally grounded choices. We are truly blessed to offer this life-changing support. We know it is an effective tool — providing guidance that helps young women see themselves as true Daughters of Christ, capable, worthy, and deeply loved.

## Accreditation News

Please keep Next Step in your thoughts as we approach our 3-year Accreditation Deadline. Since being awarded AAAHC Accreditation in 2023 we have kept up a steady stream of medical and ethical excellence! **Our inspection is this Summer!!**

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

the genuine in you.”

What is Next Step to this person or that? A safe place. A restful place. A place to ask questions and get answers. A place to share without judgment. A place to make plans. A place to accept that your plans may not happen as you thought. A place of new plans and new paths.

“And if you cannot hear the sound of the genuine in you, you will, all of your life, spend your days on the ends of strings that somebody else pulls.”

Next Step can bring the kind of quiet clarity where she can think. Where she can listen and still hear the genuine in herself and what can yet still be possible.

~ Heather Vasquez



Nancy Tribble (pictured with grandson Zachary)

## Nancy Tribble

About me! I have lived in Mountlake Terrace for almost 40 years now and raised 6 kids and now have 12 wonderful grandkids. I was raised in Ballard and St. Alphonsus was our parish and my primary school. This is where I first worked in pro-life activities with my mom in a group called "Voice for the Unborn" where at 8 years old I was able to help stuff envelopes of material informing and encouraging people to vote against legalizing abortion in our state the year before Roe v Wade. This and other activities with what became Human Life of Washington taught me at a young age how to dialogue with others about abortion and to actively oppose it. My kids attended St Pius X Catholic school, and this is where former Director Kathy Dizard and I got to know each other. She offered me a job at, what was then known as, Angelorum Pregnancy Services. At that time there was Kathy and I, a volunteer nurse once a week, a volunteer accountant, a board of directors and a vision of what this organization could accomplish. Having a paralegal degree made me comfortable with the task of getting us our own 501c3 and we were off and running. Today we are realizing that beautiful vision with the amazing prayers, support and hard work of so many people. As with so many of us, this job is more than just a job, but a passion to create a loving compassionate answer to the horrors of abortion and its impact on all our lives.

## AAPLOG

On the last weekend in February Heather had the honor of representing Next Step at the AAPLOG (American Association of Pro-life Obstetricians & Gynecologists) Conference held in downtown Seattle. Seeing so many medical professionals in once place celebrating life and stepping out from the mainstream narrative and living out their Faith and their vow to Do No Harm was awe-inspiring!



## Did You Know?

We are blessed to have Spanish and Ukrainian speaking staff. For many other languages, we have been using a platform for years called Propio, which offers over 350 languages! Everyone has a voice and everyone deserves to be understood, especially at their most vulnerable and when asking for help. Thanks to you this is just another of the many services Next Step offers.



Mom Maria and baby Victoria

## Business is Booming!

In the first two months of 2026, our ultrasound nurse performed 48 scans and our nursing team served 131 clients. We distributed three Held In Hope prenatal loss kits and provided counsel to several abortion-determined women. During this same time, our team also prepared for inspections and implemented a new communication tool designed to better prioritize appointments and reach women at highest risk for abortion.





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## Spring Cleaning – Have a green thumb?

We will be hosting our annual Spring Cleaning and Planting soon and would love the help! Email Heather to join!



## Next Step is Hiring!

**Are you being called to step into meaningful pro-life service?**

Next Step is seeking a compassionate, mission-driven, part-time Registered Nurse for our clinic. This is a **paid, part-time role** with paid training provided to become our second Ultrasound Nurse, serving women with compassionate, life-affirming care. For more information, please contact Heather Vasquez, Executive Director [heather@nextstepnw.com](mailto:heather@nextstepnw.com)



Baby Amillio

## Thank You...

to the following Churches and Organizations that hosted Baby Bottle Campaigns, Crab Feeds, Baby Showers, and Diaper Drives!  
St. Brendan/Council 6686 Pancake Breakfast Bottle Campaign / St. Mark Bottle Campaign / Holy Family Crab Feed / 40 Days for Life Baby Shower / Edmonds Food Bank Diaper Drive / St. Mark Ladies Guild / Holy Rosary Bottle Campaign / Blessed Sacrament Bottle Campaign / St. Theresa of Calcutta Bottle Campaign

