



August of 2009

Dear Brothers and Sisters in Jesus Christ: We believe we serve a God of restoration and healing. Part of what we do here at PCC is to encourage the women we serve to seek a deeper level of intimacy with Jesus Christ. It is with much excitement that we want to share with you how one of our clients, recently incarcerated has been impacted by Christ's love.

**Client Feedback:** Being behind bars the last four months, I have experienced more freedom on the inside than I have on the outside. On the outside there are so many things that are holding people prisoner. Sex, money, work, drugs, alcohol and food are just to name a few. Life on the outside can get rather fast paced and stressful. I need to do this, I need to do that. Racing to get things done on a certain time limit. It starts to get rather exhausting. Stress kicks in. Oh, it's time to go get a drink, I just can't handle it. One drink, two drinks, three drinks. I start to feel better but the harsh reality of it is only temporary. Things start to go down hill and I begin to get hopeless. Next thing I know I find myself sitting in an 8' by 8' cell block room with nothing but me and God. I call out in desperation to break me away from not only the prison I'm sitting in, but the prison that is holding my mind captive. Slowly a sense of indescribable peace and contentment come over me, and the chains break away! I surrender my life to God saying, "God, I can't do this anymore on my own, I need your help." He lifts my soul out of this dark hole and He begins to carry me. I feel as free as the eagle soaring high above. I begin to walk in the light even in the darkest circumstances. It is amazing. People around me see this light and begin to move closer asking me what it is. I tell them, after months of deep soul searching, that if I can take this peace with me and not allow circumstances of the world to hold me hostage. I can learn to live life freely anywhere I go. Even behind bars.

**Life Chain:** Please join PCC and other pro-lifers in the life chain to be held October 4, at the corner of 23<sup>rd</sup> & Iowa (Lawrence) from 12:30 to 2 p.m. Our prayer is that those witnessing the life chain will have their minds opened to the fact that many of their neighbors are trying to draw attention to the holocaust going on in our nation, and they will join us in praying and taking action to stop abortion and help pregnant women!

**Post-Abortion Bible Study (SaveOne):** In order to help meet the need for post abortion healing, we currently offer the SaveOne Bible study at the Pregnancy Center. This is a 12-week study. For more information visit: <http://www.saveone.org/>. Beginning September 8 of 2009, we will offer the same study in a home setting to make it more private. Call the Center (842-6499) to register.

If you or someone you love had an abortion in the past, you may be suffering from what many professionals are recognizing as Post Abortion Syndrome (P.A.S.). In the aftermath of an abortion, women may struggle with unusual levels of stress, trauma, and long lasting effects that require resolution. Here are some common symptoms; these will vary in degree by individual.

- Physical Symptoms:** • eating disorders • sterility • sexual problems • miscarriages • cervical pain • tubal pregnancies. **Behavioral Symptoms:** • promiscuity • eating disorders • sleep disorders • workaholism • substance abuse • sexual dysfunction • unhealthy desire for subsequent pregnancies to "replace" the child. **Emotional Problems:** • guilt/shame • uncontrolled weeping • emotional shutdown • self-hatred • sadness • low self-esteem • mistrust • anger • sense of loss • dreams/flashbacks • depression. **Spiritual Symptoms:**

**To our generous friends:** Thank you for all the ways you are encouraging and supporting the PREGNANCY CARE CENTER. We continue to see God's blessing as we work to honor Jesus Christ. Please pray for us and the women we serve for wisdom and direction. We want to see more lives transformed by the power of Jesus Christ.

There is a great way that you can be active in this ministry. Due to the number of women we have been serving we could use your help in keeping our friendship room stocked. Items that we need are: Formula, diapers sizes newborn-5, baby lotion, wipes, powder, and wash. If you could help us with these items it would be a huge blessing to us. Thank you for your consideration.

*Isaiah 35:10 ~ ... "And the ransomed of the Lord shall return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.*

In the Master's service ... *Barbara Watkins* ~ PCC Director