

HEARTBEATS

Service From the Heart Since 1984



From the Director...

Greetings! I hope you and your loved ones have a blessed Christmas! Thanks to all of you who have helped us make this holiday season special for our moms! Many of you have responded to our request for gift certificates for our "Bridges" girls, and we know that they are blessed to be able to purchase gifts for their babies. We're also grateful to East Lake Community Church for the Thanksgiving baskets they put together and delivered to our neediest clients - THANK YOU!

During the past few weeks, everything I've read in the Word, and heard on sermon tapes, has reminded me of how unique and awesome the claims of Christianity are. That God would love us so much as to send His only Son to earth - in the form of a helpless little baby - knowing that He would suffer and die for our sins just 33 years after His miraculous birth - knowing, too, that many would reject Him as the Messiah - that He is alive, seated at the right hand of God Almighty - and that He continues to offer forgiveness of sin - is a message offered by no other religion. As I prepare to return to India next year, I marvel at the goodness of God, and the lengths to which He has gone to draw men and women to Himself - and I sorrow for all those who have no hope of ever being forgiven, or of having an eternal future with God.

I hope that in all the hustle and bustle of the Holidays, you will stop and reconsider the true meaning of Christmas, and all the blessings Jesus' birth has brought to your life. May He be high and lifted up in your hearts and home.

Merry CHRISTmas -



Sharon Pearce/Director

Please Pray for our Trip to India/Zambia...

Stephanie O'Connor (President of our Board of Directors) and Sharon will be leaving for India and Zambia on February 1 - they will return to San Diego on February 21. Please pray for them as they make all the necessary plans for this trip. Stephanie and her family especially need your prayers, as she will be leaving behind her husband and three daughters (all of whom are being home-schooled).

We will be providing additional training in India, and bringing encouragement and support to Barbra and her family in Zambia. We covet your prayers for our time in both countries, but especially for our time in India, as it is illegal to attempt to convert anyone to Christianity. Since we will be doing training for post abortion counseling, we will have to be sharing from the Bible and about having a personal relationship with the Lord Jesus. We know one of the women being trained is Hindu - and there may be others. Sam (our contact in India) has also set up counseling times for us with women who have experienced abortion, and they will most likely come from Hindu backgrounds as well. We cannot compromise - yet we don't want to put Sam and his staff in jeopardy of reprisals from the government, either, so please pray for divine wisdom and guidance.

Natural Family Planning...

Sharon has recently completed a course offered by the San Diego Catholic Diocese for people who want to become Natural Family Planning Instructors. Most of our international offices teach NFP, and questions have come up when we've been visiting that we haven't been equipped to answer, so we thought this class would be an additional way we could support our offices overseas. After completing the class, Sharon believes that this is a service we should offer here through Silent Voices (to married and engaged couples - NOT to our teenage clients!), as there are many benefits to using NFP. Here are some interesting things she has learned:

- ♥ The efficacy of NFP, specifically the Billings Ovulation Method (BOM), is endorsed by the World Health Organization, which has conducted years of research in 5 countries to see if this method is effective in postponing pregnancy. They have concluded that if used properly, the BOM is as effective as the birth control pill in preventing pregnancy, without any of the health risks and side effects the Pill can cause.
- ♥ This is not the "rhythm method" used during the 40's -60's, which often resulted in an unplanned pregnancy because the theory behind it's method had serious flaws. The BOM has had decades of scientific research, and the method - if used properly - is an effective means of postponing pregnancy. It is not based on a calendar, where the woman "guesses" when she is fertile, rather on the clearly recognizable signs and symptoms of fertility that any woman can learn.

While divorce rates among married couples in the US are at 50% (regardless of religious affiliation), couples who are using NFP have a divorce rate of around 3%. This is probably due to the fact that these couples are talking about significant issues on a regular basis, and they are learning and practicing non-sexual ways of expressing their love and affection (NFP requires short periods of abstinence during the woman's fertile days).

- ♥ NFP is a good option for those who are concerned about the abortifacient properties of the Pill and other hormonal forms of birth control.

In order to become a certified NFP instructor, Sharon must follow 10 couples for 3-4 months as they learn to use the Billings' Ovulation Method (this will be done under the direct supervision of an instructor who is already certified). If you have any questions about NFP, or if you would be interested in using the BOM, please call Sharon and let her know!

☆☆☆ Silent night ☆☆☆

Silent Voices believes that God is the Author of life, that all human life is valuable - born and preborn - and that abortion is never the answer to an unplanned, "crisis" pregnancy. We are dedicated to giving compassionate, practical assistance to women experiencing unplanned pregnancies, providing accurate information about the realities and possible consequences of abortion, and offering help, hope and healing through a personal relationship with Jesus Christ to women already struggling with the trauma of abortion.

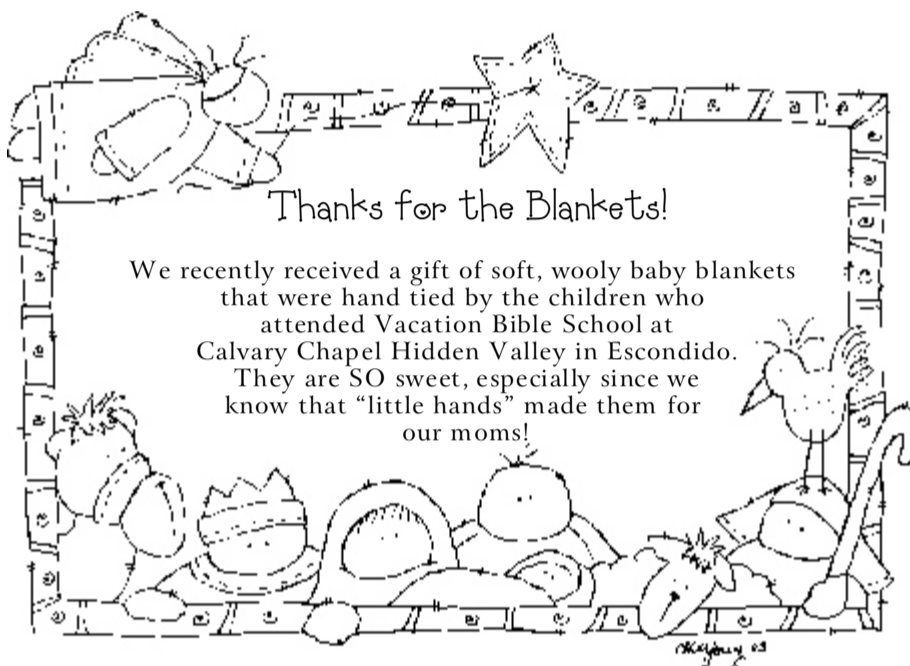
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Prayer and Fasting Team Needs a Few Righteous Men (or women)...

We've had a great response to our Prayer and Fasting Team, but we still have a few days left to fill. If you would like to participate, we're asking that you pray and fast one day/month. We know that fasting can be a challenge for many - and an impossibility for some - but that doesn't mean that you can't do this. Fasting doesn't have to be giving up all food - it can be a "Daniel's Fast" (vegetables and fruit), or a juice fast, or you can fast from TV, radio, chocolate, coffee, etc. - anything that will be a sacrifice and will remind you to pray for Silent Voices. We know that God is going to bless us (and you) in ways we can't even imagine, and that we'll see Him move on our behalf like never before!

Bridges to Motherhood Needs Volunteers...

We really need a few more volunteers for our Bridges to Motherhood program. This is a great way to have a lasting impact on the lives of girls who are preparing for motherhood, most of whom do not come from stable homes. If this is something you've considered doing, please pray about getting involved now. The meetings are held on the 2nd and 4th Wednesday of each month, from 6:00-9:00pm. We really need your help!



Silent Voices invites you to participate in The World's Largest Baby Shower!

We (as well as the other Pregnancy centers around the County) will be open extended hours (8 am - 6:30pm) to receive your baby shower gifts of diapers, new clothing, crib sheets, gift certificates and financial contributions, etc.. Stop by the center for a tour of the facility and encourage our staff and volunteers!

January 12 - 16, 2004

We will conclude the week long shower with an open house on Sunday, January 18 from 11 - 2

Post Abortion Support Group...

Our next PAS Healing and Recovery group will be held January 23-25, 2004. If you've had an abortion, or know someone who has, this group is a safe place where God is able to do an awesome work of healing and restoration. The women who come through our groups find that they are able to "move on" in their lives in new and healthy ways. If you're interested in attending the group, give us a call, and we'll send you all of the information you'll need to register.

If you don't need to attend the group, you can help by praying for us that weekend!