

# Winter Newsletter

## LIFESPING PREGNANCY CENTERS

Thank you for everything you have done this year for this amazing ministry! Learn about the impact of YOUR support to our ministry and what's to come for LifeSpring!

Thank You!



## THOUGHTS FROM THE EXECUTIVE DIRECTOR

As we close this remarkable year at LifeSpring Pregnancy Centers, our hearts overflow with gratitude for you—our dedicated supporters. Your generosity has breathed life into every aspect of our work, from our cherished annual Walk-for-Life, to our milestone 40th Anniversary Banquet, which we celebrated alongside Lisa and Al Robertson. We were blessed this year with the funds to continue our reach and save the lives of many precious babies!

Over the last year, you donated your time, talents, money, and supplies, and many volunteer groups lovingly worked to revitalize our spaces. It is worth mentioning that we welcomed new staff, volunteers, and board members into the fold. Each of these contributions and endeavors, large and small, has equipped us to serve women and families with critical resources, compassionate guidance, and the love of Jesus.

Looking forward, we are stepping into the new year with exciting plans to expand our reach and a deepened commitment to serving our community even more effectively. Our focus will be on growing our marketing budget, improving our resource programs, and increasing ultrasound availability. This latest chapter holds so much promise, and we want you to be part of the impact we're building together. Your monthly partnership can help us reach more families, offering hope, healing, and practical support through life's most challenging moments.

***Galatians 6:9 reminds us, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*** Your faithfulness and support ensure we can continue this work with renewed strength and vision.

Thank you for being at the heart of this ministry.  
Read on to see the lives that have been touched by your generosity—stories of hope and transformation that are possible **BECAUSE OF YOU!**

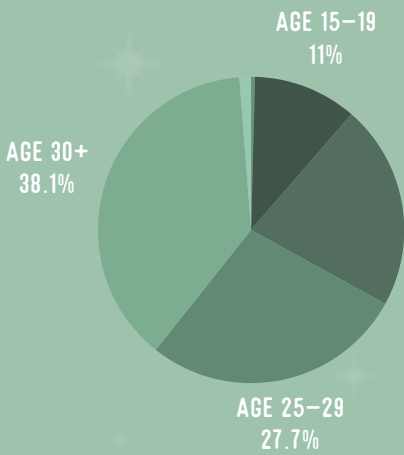
Jacob Dunn  
EXECUTIVE DIRECTOR





# LIFESPING STATS

FROM 9/30/2023-9/30/2024



97 BABIES BORN



335 PREGNANCY TESTS



222 ULTRASOUNDS



97 STI TESTS



428 SPIRITUAL  
CONVERSATION

## 162 CLIENTS CHOSE LIFE



## STRONG DADS

LifeSpring is devoted to developing strong families. To that end, we know that dads have a very real impact on the lives of their children. Studies indicate a supportive, present dad reduces infant mortality and likelihood of a child's life in poverty. He can lower rates of psychological distress, lower rates of teen pregnancy, lower incarceration rates, and reduce the likelihood the child will be sexually abused. Just being present as a dad markedly increases graduation from high school and improves kids' behavior with their peer group.

As the fatherhood ministry evolves at LifeSpring, it is becoming increasingly evident that beyond encouragement to continue the pregnancy, the male advocate is promoting successful fatherhood. We do this by initially meeting the father when they first arrive at LifeSpring to witness the first sonogram of their baby. We get to know their attitude towards the pregnancy, the nature of their relationship with the mother, understanding their vocation, and most importantly, what their faith background is. Given the opportunity to speak, these men uniformly are engaged and effusive in their sharing of their lives. We follow-up the meeting with a phone call or text, and seek to meet them for a meal to further encourage them.

During the coming year, we plan to initiate a lecture series based upon Brightcourse content that educates men on topics such as: taking care of her during pregnancy, birth, and postpartum; baby care basics for dads, being present for your child, how to lovingly discipline and showing love and encouragement.

We welcome your prayers and your financial support for a successful year ahead.



*Peter Rothschild, MD*

**MEN'S MINISTRY VOLUNTEER**



# A NOTE FROM OUR BOARD CHAIR

If I told you that LifeSpring's mission to **"provide services and abortion alternatives that empower mothers to choose life"** may be even more critical now than BEFORE the 2022 Dobbs decision, would you believe me? Let's take a look. It's been about 2 ½ years since the Dobbs decision held that there is no constitutional right to abortion. However, Dobbs didn't end abortion in America, it merely returned the issue to the states, resulting in a hodge-podge of approaches. According to the National Right to Life, about 14 states fully protect the unborn child throughout gestation; whereas, about twenty-four states still allow abortions through at least 22 weeks, and even beyond. Other states are in between, such as Florida and Georgia, which protect the unborn child at six weeks under their "heartbeat" laws. As for Virginia, things remain the same. Virginia allows abortions up to 26 weeks 6 Days.

What does this mean for pro-life pregnancy resource centers such as LifeSpring, and your efforts to support us? Well, because we are in Virginia, our area offers something that the "pro-life" states don't have much of; namely, abortion clinics. Would it surprise you to hear that pro-abortion groups in the pro-life states actively seek to fund the costs for pregnant women to travel to states such as Virginia to obtain abortions? That's where LifeSpring comes into play. We have the ability to respond quickly and compassionately to abortion-minded clients who experience doubts and seek additional information and services (such as ultrasounds), even women who travel here from other states! When you heard about the Dobbs decision in 2022, did you think about this "out of state" possibility? I know I didn't! **But praise the Lord, because of your faithful support, LifeSpring has the ability to respond.** What a blessing! Thank you for all that you do, and for every day that you do it!



Jeff Sexton

BOARD CHAIR

## WHY I VOLUNTEER...

"I applied to volunteer at LifeSpring at the beginning of last summer in 2023. That decision came after my second year in college following a lot of meditation about "my calling." For as long as I can remember, I have been passionate about the topic of abortion. I felt indignation at the injustice of killing our most vulnerable but also compassion for the mothers who had been so confused by the world. I had so many opinions on institutional preventions, interventions and policy, yet in my daily life, over the things I could actually control, my actions in no way reflected this passion. When I became self aware of this I learned that God's "calling" is not always an epiphanic moment where a voice in the wilderness calls me to a specific ministry. I found the place I am supposed to serve God based on the people that weigh heaviest on my heart. The Lord has already given me my calling in **Isaiah 61:1 "The Spirit of the Lord God is upon me, Because the Lord has anointed me to preach good tidings to the poor; He has sent me to heal brokenhearted, to proclaim liberty to the captives, And the opening of the prisoner to those who are bound."**

Hannah McInturff

ALBEMARLE CENTER





# A LOOK BACK AT 2024

As we approach the year 2025, it is remarkable to reflect on how quickly a quarter of a century has passed since the turn of the millennium. Having spent six and a half years at LifeSpring, I have witnessed significant changes in our organization and community during this relatively short period. **What remains constant is our unwavering commitment to our mission and vision—the very foundation of our existence.** The theme for 2024 has been “Celebrating 40 Years of God’s Faithfulness,” and this sentiment rings true. This year has seen tremendous growth in our organization. Our men’s ministry has expanded, fostering meaningful relationships with key figures in the lives of the women we serve. Clients seeking truth and the Word of God have engaged in Bible studies with our Center Directors. Our Walks for Life has energized the community, raising awareness of our mission and services. The Baby Bottle Campaigns have involved new churches, enhancing our outreach and deepening donor engagement. Our banquets not only exceeded our fundraising goals, but also brought blessings to countless individuals. Additionally, our golf tournament highlighted the importance of our fatherhood ministry, while local churches have supported us by building essential shelving and organizing diaper and resource drives. It is evident that God is actively working within this ministry. His presence is felt in the lives of our clients, our donors—including churches, organizations, and individuals—our volunteers, and our dedicated staff. **We believe that it is Jesus who transforms hearts, and our role is to serve as His hands and feet.** My prayer is that we will continue to uplift those who enter our doors daily. Even in the most challenging circumstances, we are equipped to share the hope and truth of the Gospel with our community. Thank you for being an integral part of this journey. We pray for continued growth as a ministry and as individuals, committed to serving those in need.



*Amanda Nelson*  
**ASSOCIATE DIRECTOR**



## FUNDRAISER TOTALS

WALKS \$48K

GOLF TOURNEY \$20K

BANQUETS \$168K

BABY BOTTLE \$61K



# WHY I DO WHAT I DO...

Ideally in life we get to do something that capitalizes on our skill set and gives us a sense of purpose.

Being at the Downtown center of LifeSpring touches on both those points. As a nurse, I am able to meet one-on-one with women who may be dealing with a pregnancy or STI, potentially impacting their life, health and entire identity as a woman. It is a privilege to come alongside them.

Our clients may be from an urban, immigrant or university community, or from one of the surrounding rural areas. It is rewarding to share some of their lives and to be able to provide perspective and resources. Individuals and families benefit. Besides the work with clients, the internal support is notable. Morning devotions and check-ins help our small staff communicate and process between all three locations. There is a tangible leaning upon one another and God, which makes this job worthwhile and different. Our Executive Director is intentionally encouraging and takes time to be a good leader while staying focused on the mission and people. I guess it could be said that I truly feel supported from “the top”; and like what I do as well.



*Kim Breh, RN*  
**CENTER DIRECTOR**

The Bible states in Colossians 3:23-24 “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are”.

These are the words that inspired me to dedicate my life to help vulnerable women, and influence their life by providing support, guidance and practical resources during unexpected pregnancy. LifeSpring Pregnancy Center offers the platform to glorify God by preserving the life of newborns, and the mothers spiritual wellness. It is a joy to bring hope and compassion with the opportunity to utilize my bilingual skills to honor God and make a difference in the world.

*Erika Powers*  
**CENTER DIRECTOR**



I love what LifeSpring stands for-helping women and men to have the support and love when they need it. I love that we can share the Gospel with others and show them we do not judge them. LifeSpring is such a blessing to all who come to us for help and guidance.

*Shirley Wright*  
**GIFT MANAGER**





# MEDICAL MINISTRY UPDATE

2024 has been a good year for the LifeSpring Medical Ministry! It has been a year of both adaptability and consistency. We have grown stronger as a ministry as we refine and adapt to the changing needs and demographics of our patients and the maternity leave of our Medical Director. We have been blessed by volunteer sonographers, a volunteer medical director, and many more who have risen to the changing needs of this ministry. We have adapted and updated our medical policy, protocol, and standing orders to best protect the durability of our ministry and provide consistent care to our clients.

Our medical ministry consistently has become a more integral part of achieving LifeSpring's vision of: "Life assured for every baby, hope renewed for every family, and lives transformed through Jesus Christ." We have learned that to effectively provide life-affirming care, we must address a woman's past, present, and future. We must not only care for her current situation and needs, but help identify past issues that influence her present decisions. Furthermore, we look to the future, by encouraging healthy behaviors, providing referrals and resources, prayer, education, and support. One important part of reaching women at risk of unplanned pregnancy is our Sexually Transmitted Infection Services program. Through this program, we have been able to identify and minister to women who are often open to the Gospel and ready for a new direction. We have been able to introduce concepts of spiritual health as an essential part of physical health.

It is only through the consistent support of our donors and volunteers and the faithfulness of God that we can equip women to make choices that not only affirm the life of a current pregnancy, but that of future pregnancies, and the potential for abundant life for the woman and her family. The Medical Team is grateful for all of you!



*Gena Carrazana, RN*

**NURSE MANAGER**

## CLIENT STORY

A few weeks ago, a woman walked into our center with a stroller in one hand and a donation in the other. I commented on how precious her little baby was. As she looked at her baby she smiled, and with tears in her eyes, she thanked me for our services. The woman then shared with me that she had come to see us when she found out she was pregnant. At the time, she had been enjoying her career and really couldn't imagine having a baby. She visited with our Patient Advocate, Nurse and Medical Director. Finally, after her ultrasound visit, **she made a LIFE AFFIRMING decision to carry the pregnancy**. As we spoke, she kept thanking God for the gift of her daughter. We said a quick prayer and she was on her way.

I am not sure who was more encouraged after our visit. I was so thankful to God for letting me meet this precious mother and her child. It is so amazing to see the impact that this ministry has had on so many women over the past 40 years. God is so faithful!

*Hannah Fields*

**CENTER DIRECTOR**





# FROM OUR DEVELOPMENT DIRECTOR

As we approach the end of the year, we at LifeSpring Pregnancy Centers are reflecting on the incredible impact your support has made in the lives of the families we serve. With your help, we have been able to provide vital resources, education, and compassion to those facing unexpected pregnancies.

This year, we set an ambitious goal to reach and serve even more individuals in need. However, we can't do this without you. Your contributions have been essential in helping us provide support and a safe haven for those who need it most.

We invite you to join us in making a lasting difference by participating in our End-of-Year Giving Campaign. Every gift, no matter the size, brings us closer to our goal and helps us continue our mission of hope and healing. Together, we can transform lives and strengthen our community. Thank you for your support of LifeSpring Pregnancy Centers. We are deeply grateful for your generosity and belief in our cause.

***Life Assured.  
Hope Renewed.  
Lives Transformed.***

*Sara Manor*  
**DEVELOPMENT DIRECTOR**



**SCAN THE QR CODE  
OR GO TO LIFEVA.ORG  
TO DONATE ONLINE!**



**NEW  
TO THE  
TEAM**

We are so excited to introduce our new Marketing & Event Coordinator, Emma Deer, to the LifeSpring family. Emma joined us in November, we are thrilled to have her on the team!

**TENTATIVE 2025 WALK FOR LIFE DATES:  
CULPEPER | MARCH 15TH  
CHARLOTTESVILLE | APRIL 26TH**



## YES! I WOULD LIKE TO SUPPORT LIFESPRING PREGNANCY CENTERS!

\$

☐ CASH  
☐ CHECK  
☐ CREDIT

MY RECURRING  
GIFT

PLEASE MAKE CHECKS OUT TO  
"LIFESPRING PREGNANCY  
CENTERS".

\$

☐ CASH  
☐ CHECK  
☐ CREDIT

MY ONE TIME  
GIFT

LIFESPRING PREGNANCY CENTERS  
IS A CHRISTIAN 501(C)(3) NONPROFIT  
ORGANIZATION. ALL  
DONATIONS ARE TAX-DEDUCTIBLE  
ACCORDING TO THE TAX CODE.

NAME 1 \_\_\_\_\_

NAME 2 \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

CHURCH \_\_\_\_\_

### CREDIT CARD INFO

NAME AS IT APPEARS ON CARD \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_

EXP. CODE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

CIRCLE  
ONE

DISCOVER

VISA

mastercard

AMEX

