



A Best Choice Mobile Ultrasound

*Northern Virginia's Only Direct Service Mobile Ultrasound Outreach
and Pregnancy Resource Center*

WINTER NEWSLETTER

Thanks to **your** generous support, during 2017, A BEST CHOICE has:

- Counseled 133 women
- Given 113 free ultrasounds, and

Helped 37 abortion-minded women choose life for their babies!

We saved 40 babies (including three sets of twins) through offering ultrasound and counseling!

THANK YOU! Your support made it possible for our ministry to offer free ultrasounds and counseling to abortion-minded women, many of them low income and in difficult family situations.

Providing our services in Northern Virginia, we minister to women distressed by an unplanned pregnancy and are blessed and grateful to be doing God's work of saving precious lives by reaching out to moms in need and showing them they can come to us for help.

Our vision is a culture where lives are transformed and where every woman chooses life for her unborn child. We provide assistance as a mobile medical center and as a provider of emotional and material assistance to women distressed by an unplanned pregnancy. We locate strategically outside abortion clinics, where the need is greatest and where other pregnancy resources are not reaching, so that we can meet women where they are. We are overjoyed that God has allowed us to serve His purposes! Here's a quick look at the results your support helped us achieve:



Max
Born:
June 6, 2017



Tristen and Soren
Born:
September 19, 2017



Kaylee and Aaliyah
Born:
November 18, 2017



Zenia
Born:
November 10, 2017





STORIES TO INSPIRE

Natalie (names have been changed to protect confidentiality) lives in Washington, D.C. Thinking she might be pregnant, and knowing she was limited on funds, Natalie was looking for a place that would provide a free ultrasound.

She did. It was us!

She called us and we offered to meet her in Virginia. At the time, her boyfriend was pressuring her to have an abortion since she had five-year old twin boys and a nine year old. All of their friends and family were also advising her to abort this baby because they couldn't "afford" to have another child and doing so was simply not "convenient". She had never felt more afraid in all her life.

She broke down when she got the results of the pregnancy test—with a reaction of anger, panic, and worry. Natalie's pregnancy was early, so we could not see the baby clearly on the ultrasound. However, after showing her images of unborn babies developing in the womb and discussing the physical and emotional effects of abortion, we hit a heartstring. Natalie started crying and connected with the images and said that even though everyone was pressuring her to have an abortion, she would keep her baby!

A few weeks later, feeling a mixture of both curiosity and excitement, she saw the clear image of her unborn baby on ultrasound and bonded immediately. Eventually she gave birth at a hospital in D.C. to a little girl named Zenia, on November 10th.

We had the privilege of visiting Natalie in the hospital and she took us back to the neo-natal unit so that we could meet her newborn daughter! Both mom and baby are doing well. Natalie's experience shows the need for free ultrasound in the nation's capital, where abortion is legal through the entire nine months of pregnancy.

Evelyn was on the birth control pill when she became pregnant. She and her boyfriend initially wanted an abortion because she already had two children, one of whom is an infant, and finances were tight. Making the situation even more difficult, she and her boyfriend lived with his mother and were convinced that the news of her pregnancy would result in being forced to leave. Despite the uncertainties, once Evelyn first heard the baby's heartbeat (on the ultrasound?) she awoke to the simple truth there was a real life inside her. She and her boyfriend decided they would have the baby.

They hid the truth for months, as long as they could, for fear they would be kicked out of the home with no place to live. Later on, when an opportunity arose for a job in Texas, they decided it would be safe to reveal the pregnancy to the family. To the great surprise of both Evelyn and her boyfriend, their families were completely supportive of her pregnancy and offered to provide whatever help they could.

Many women in unplanned pregnancies are fearful about telling their parents, only to find out later their parents would have supported them throughout their pregnancy. We always tell those in an unexpected pregnancy that no one can force them to have an abortion and that parents' shock about an unexpected pregnancy may last a few moments but that their grandchild will bring them a lifetime of joy!





Mohammad and Tari, an immigrant couple from Afghanistan, had only been in the U.S. for twenty-one days when they found out she was pregnant. Tari was suffering from *hyperemesis gravidarum* an extreme form of nausea and vomiting that strikes some women at the onset of pregnancy and can last for several months, as had occurred in each of her 3 previous pregnancies. The couple had already made several trips to the emergency room when we met them and there seemed to be no way she could take care of herself and their children, ages 10, 8, and 5.

Desperate to find work, with no extended family to provide support, the couple considered abortion, believing there was no way Mohammad could afford to stay home to care for Tari and the children. Having a baby under such circumstances seemed impossible, even though abortion was contrary to their religious beliefs.

Inviting them inside our mobile ultrasound unit, we went over the stages of fetal development and while Mohammad assured us he knew all about a baby's development, there simply was no way they could have this baby and meet their living expenses.

Having clients facing similar problems in the past, I asked permission to share their story and see if we could find a way to help them with their material needs.



Through emails and social media posts explaining the couple's situation, we were able to raise more than enough money to see them through their time of greatest need and learn once again, as we have so often in the past, that God does indeed provide.

With the money raised, Tari is now able to rest while Mohammad looks after the family, without worrying about how to meet living expenses for the first three months of Tari's pregnancy. Their baby is due late March or early April. They are grateful to us and everyone who donated to help them.

"We are very excited for a newborn. Everything comes from God, and it was through the help of God that we keep this baby, the fourth child in our family," said Mohammad. "I have heard that when someone wants to kill a child, the angels come and save (the child)," he wrote in an email.

"That's you guys. You are doing the job of God's angels. I needed someone to get my hand and pick me out of the most difficult stage of my life. Thank you very much."

Victoria and her boyfriend Al sought an abortion in desperation since Victoria was going through a divorce and being pregnant with Al's baby would make an already difficult situation worse. In addition, Victoria suffers a physical condition requiring her to take pain medication which she was concerned could have adverse effects on her unborn baby.

We offered them an ultrasound and both were in awe at the image of their baby on the monitor. We counseled them that just because Victoria is going through a divorce doesn't mean that they should abort their child. When they told us they are Christians, I gently reminded them that there is no 'perfect' time to have a baby, but since they were parents now, God expects them to take care of this little boy or girl. I phoned them the following week and they told me that they are keeping the baby and that Victoria's neurologist was able to find a medication for her condition which would not be harmful to her baby. Our Lord does work miracles and how wonderful when He does so in our daily lives!





We meet many moms who often can't see past their circumstances - a baby they're just not ready for or one who would impose seemingly insurmountable financial hardships. Yet once they see their baby's arms and legs, tiny fingers and toes, and hear a heartbeat that is distinct from the mother's own, reality dawns and the instinctive love of a mother for her child washes over all worries and concerns.

Time and again we see the impact of our ultrasound and counseling yet the wonder of witnessing the mother-child bond it creates is always beautiful to behold. Even women seemingly determined to have an abortion struggle as they face the unmistakable image of their baby on the ultrasound monitor. Thanks to that same struggle many babies are alive today.

Ultrasound images are truly worth a thousand words, words that speak for those who can't speak for themselves, a voice for the voiceless. May we never forget the preborn - a child who is definitely not a mistake. May we be beside the pregnant teen who is terrified to tell her family for fear of shock, scandal or shame. May we hold the hand of a pregnant middle-aged woman who desperately wants to escape a ruinous relationship. As we love these moms and babies as ourselves, we bear witness to the sanctity and dignity of every life God has created.

Scripture reminds us that whatever we do for the least of these, we do for Him. These children are made in the image of God who loves them, who gave His life for them, who grieves for them as the scourge of abortion extinguishes their lives. God is the giver of life and has bestowed His image in every person. As pro-lifers, our mission is to protect life at all stages, from conception to natural death. We are to teach others to value life and to attest to its dignity, especially those hidden in the womb and revealed by ultrasound. Each baby is a precious individual, to loved and valued.



Thank you! for your contributions and your prayers to help our mission of saving moms and babies from abortion by providing free ultrasounds, counseling, and emotional and financial support. You can make a tax-deductible donation online at our website www.abestchoice.us or mail a donation to A Best Choice Mobile Ultrasound, P.O. Box 7450, Woodbridge, VA 22195, with the enclosed envelope.

Pro-life Presentation to Youth

We have been on the road taking our wonderful, Diocesan-approved, pro-life presentation, *When a Friend Says, "I'm Pregnant"* to parish youth groups and Catholic schools. John Murray, Pro-Life Coordinator at St. Mary of Sorrows, developed the presentation which he and Angela Clark present. It provides information that young people need to help a friend who experiences an unplanned pregnancy. We have given the presentation at George Mason University, Bishop O'Connell High School, and the parishes of Christ the Redeemer, Our Lady of Angels, and St. Francis de Sales. If you are interested in having us give a presentation to your church youth group or school, please call (703) 946-3077 to set a date. There is no charge for the presentation.

Psalm 139: For you formed my inward parts, you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it well. My frame was not hidden from you when I was being made in secret.