

# The Amnion Pulse

celebrating *Life*



## My Story

Chrissy is a brave, beautiful woman with a heart for God who has come through an amazing journey. When she found herself facing an unplanned pregnancy more than a decade ago she was alone and afraid. Her boyfriend was pressuring her to have an abortion. He told her lies such as you will be alone forever and your child will be raised without a father. He insisted she have an abortion. Alone and without support, she went to Planned Parenthood. Chrissy waited for hours in a room filled with solemn women, and finally at the end of the day was the last one to be called in. **Emptiness.**

As she woke up and started to dress, Chrissy felt a vast emptiness inside of her. Days and weeks progressed, and she grew more depressed as the reality of the abortion set in. Chrissy doubted everything. She doubted whether she could continue in nursing after what she had done. She wanted to help others and save lives, but she didn't know how she could continue that in the wake of her abortion.

### **Would she ever have a baby? What if her family found out? Did God still want her?**

Chrissy sought counseling to help her with the depression but the ache inside her did not go away. Commercials, babies, movies, they all brought her back to that day. She was anxious, suicidal and without hope. A counselor told her about Amnion's post abortion counseling (Surrendering the Secret) and recommended she try it. As Chrissy came to her first session, she was not sure what to expect. She worried she would be judged or made to feel guilty for her past abortion. What she found was a healing place that felt like home. Two loving women, Latoya (Counselor) and Melanie (Executive Director), who welcomed Chrissy in to soft music, candles, and a safe place of truth and grace. At first, she was unsure of the Bible verses, the curriculum, and what this journey would be like, but Melanie and Latoya lovingly walked with her. They answered questions about the Bible, prayed with her and for her, and

supported her each week. There were low points, for example, when she came to grips with how a baby develops in the womb and she felt the sadness again.

### **But truth was uncovered.**

Chrissy knows she is a child of God – who not only forgave her, but loves her immensely. Chrissy found healing in writing a letter to her child and saying goodbye, a tender step of surrender.

**The emptiness Chrissy struggled with for so long was slowly replaced with a sense of peace.** Chrissy knows her child is in the arms of God, and in this process, she was also reminded of who she is and grew closer to God.

Chrissy is still on her healing and faith journey. She sometimes questions the future, wondering what God has in store for her and if she will have a child. But her feelings of shame have been replaced with the truth that she is forgiven. Her emptiness has been replaced with God's promises and a hope for the future.

**For more information call Latoya Cohen, 610.622.9957, email, [lcohen@amnion.org](mailto:lcohen@amnion.org)**

### Inside this issue:

MY STORY	1
Earn While You Learn	2
Relationship Education	2
Why I Walk for LIFE	3
Ryan Bomberger	4
Board of Directors	4
Mission Vision	4



**WHY WE WALK FOR LIFE...**

"These commandments I give you are to be on your hearts. Impress them on your children. Talk about them when you sit at home, and



when you walk along the road, when you lie down and when you get up."  
 -Deuteronomy 6:6-8

**Editor's Note: The multi-generation Heidengren Family team faithfully supports and walks for Amnion each year. Sam and Aaron have consistently raised the most money among our youth.**

*Pictured above is Aaron and his grandfather John.*

**We are so thankful for all of our run/walkers who continue to support this event each year. Your dollars help to keep all of Amnion's services and ministries free to all. REGISTER for this year's 5K Run/Walk for LIFE: FRIENDSOFAMNION.ORG**

**Thoughts from Dave Heidengren, father to Aaron & Sam...**

The Amnion Walk for Life is really important to me (and my family) because it shows support and raises funds for a very worthy cause: rescuing women and babies, in need of love and care, from what is often seen as a hopeless situation - pregnant and on their own.

The Walk for Life is one way we can show God's love for unborn children (and their moms), who we may never encounter, but who

come to Amnion in a time of need. At Amnion they receive practical help, honest answers and loving encouragement.

The Walk is also a fun opportunity for those who have spent time and energy recruiting sponsors to "earn" the money by walking together through beautiful Ridley Creek State Park. **As a parent, it's a great time to show my kids, in a very simple way, how important human life is and that we should work to protect and defend it.**

As you go out to friends and neighbors with your sign-up sheet, even if they don't support you, you have still planted a little seed that people around them care about human life. Also, the name "Amnion" will be one they will remember if they encounter a woman facing an unplanned pregnancy. Those that do support you will get Amnion's newsletters and hear of other ways they can support pro-life efforts. **Together we can be part of a great cause - protecting the lives of the unborn.**



**LIVE  
 LOVE  
 ABUNDANT  
 LIFE**

*2017 Run/Walk for Life*

**MARK YOUR CALENDAR  
 SATURDAY MAY 20TH**

PLAN NOW TO JOIN US FOR OUR  
**ANNUAL RUN/WALK FOR LIFE**  
 RIDLEY CREEK STATE PARK, MEDIA, PA  
**Pavillion 11 | 9am Check-In | 10am Official Start**

Bring a friend, your family, or form a team for our Annual Amnion 5K Run/Walk for LIFE. Run, ride, roll, or stroll with us as we celebrate ABUNDANT LIFE together.

QUESTIONS? WANT TO GET INVOLVED?  
 CONTACT HEIDI FARINAS, 610.622.9957  
 OR HFARINAS@AMNION.ORG



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Amnion Pregnancy Center  
2251 Garrett Road | Drexel Hill, PA 19026  
610.622.9957 | www.FriendsOfAmnion.org

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**INTRODUCING RYAN BOMBERGER**  
**FEATURED SPEAKER FOR AMNION'S ANNUAL FUNDRAISING BANQUET**  
**THURSDAY, OCTOBER 19TH**

Ryan Bomberger is an Emmy® Award-winning creative professional, citizen journalist and co-founder of TheRadianceFoundation.org, a life-affirming organization based on the belief that every human life has beautiful possibility.

Ryan has a rather unique perspective of the innate nature of purpose. His biological mother was raped yet courageously gave him Life. Ryan was one of ten children, who were adopted and loved, in a multi-racial family of fifteen. As an adoptee & adoptive father he enjoys illuminating the intrinsic worth we all possess.

Ryan is known for creating content that is fearless, factual and freeing. He and his wife, Bethany, founded The Radiance Foundation to extensively research and creatively present social issues in the context of individual Purpose. He is a sought after international public speaker, addressing tens of thousands each year in diverse audiences. Ryan recently won a crucial free speech lawsuit against a leading civil rights organization that was trying to censor his First Amendment rights.

**THIS IS AN EVENT YOU DO NOT WANT TO MISS!**  
**MARK YOUR CALENDAR NOW.**

**MISSION**

*To encourage women, men, and families to choose life when confronted with unintended pregnancy, to provide hope and healing to those suffering from past abortions, and to encourage adolescents to form healthy relationships and to save sexual intimacy for marriage.*

WWW.AMNIONPREGNANCYCENTER.ORG  
WWW.FRIENDSOFAMNION.ORG

**VISION**

- To end abortion in Delaware, Chester, Philadelphia, and Montgomery Counties by...*
- *Providing honest, confidential, high-quality counseling and other support services to women, men, and families confronting unintended pregnancy and grief over past abortions;*
  - *Teaching adolescents in schools and churches how to form healthy relationships and to preserve sexual intimacy for marriage; and*
  - *Partnering with parents, churches, crisis pregnancy centers, and other community organizations to inform the public of the truth about abortion and life-affirming alternatives.*