



Pregnancy Center East newsletter

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Serving the Community Since 1982

Fall 2020

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Natural Family Planning: Holistic Care for Every Woman

by Emily Vork Young, FCPI
Chastity Education Manager

Every woman deserves to have the knowledge that she is beautifully created, that she is worthy of good treatment, and of how her body is designed to function. These are all key tenets of a holistic approach to women's care—care that should be available to every woman, no matter her demographic.

Pregnancy Center East is accomplishing exactly that with our new services in Natural Family Planning (NFP), specifically with the Creighton Model FertilityCare System. In a world where women's healthcare can be simply treating symptoms rather than addressing the root cause of the issue, NFP can be a great tool to recognize underlying conditions. With knowledge of their own fertility, women are empowered to choose life and to choose it abundantly. This new offering at PCE is a move towards fulfilling our strategic plan to offer comprehensive on-site services that empower the whole family. With the move to our new location, there couldn't be a better time.

Often, when we hear the phrase "Natural Family Planning," we tend to think of engaged, faith-filled couples preparing for marriage—but modern NFP is relevant to a much larger audience. Women of all reproductive stages find the Creighton Model to be an incredibly valuable tool throughout their reproductive life. Ultimately, there are two main aspects to our NFP program that make it especially attractive to this broad audience of women:

It is sustainable and health-minded.

"I feel hopeful that the power to take care of my body from the inside is as available as the cosmetic industry has made it to take care of the outside." Current NFP client

In the ongoing pursuit of organic, sustainable practices, today's women find an incredible tool in NFP. Many young women, especially women who fall into the Gen-Z and Millennial demographics, have increasingly expressed concern with what they



NFP, a great choice for a healthy marriage!

are putting into their bodies and out into the environment. This has led to a rise in interest in NFP which is a completely natural alternative to the chemicals and artificial hormones found in most contraceptive methods. The environmental impact on practicing NFP is also substantial. It creates virtually no waste and keeps harmful chemicals out of women's bodies and out of landfills, oceans, and soil.

It is medically-backed.

"I never felt like my doctors took the time to actually get to know me and my life until I met my first NaPro doctor." Current NFP user

The Creighton Model FertilityCare System is an internationally-used, standardized method of NFP which has an accompanying medical application called NaProTechnology (Natural Procreative Technology). Doctors trained and certified in NaProTechnology can work in tandem with the Creighton Model FertilityCare Practitioner and the individual woman to diagnose and treat numerous women's health issues using this system. Treatment often utilizes bio-identical hormone therapy and other holistic treatment options to correct issues such as ovarian cysts, PMS, endometriosis, infertility, hormonal imbalances, irregular cycles, and more.

If you are interested in learning more about the Creighton Model, NFP, or how to support this new program, please visit Support-PCE.com or call Emily at (513) 493-4546.

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7 Ways Supporters Made Golf Fore Life A Success!

A sunny September day at the lovely Terrace Park Country Club was a perfect setting for the PCE annual *Golf Fore Life* charity event.

Here are the top 7 ways our loyal community came together to make this charity event one of the best!

1. A record number of golfers played this year! 106 enthusiastic golfers enjoyed a spectacular day of golf.

2. Generous sponsors provided foundational and business support, and individual partners helped in making the event a great success.

3. COVID-19 prevented our usual 19th Hole Party. However, many old and new friends attended our open house to tour our new building, preview our auction items, and purchase raffle tickets.

4. Fabulous auction item donations from vacation homes to Tiffany & Co. jewelry poured

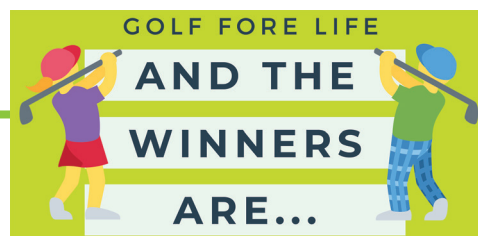
in from generous volunteers, board members, staff, and supporters. There was a little something for everyone!

5. Excited fans from as far away as Florida bid online and bought auction items, helping us to close the funding shortfall (due to the cancelled Spring Banquest) for vital operating costs.

6. Tireless volunteers spent long hours preparing and planning the auction and golf event. Committee members included Claire Cahill, Ed Donohoe, Bizzy Driscoll, Barbara Momper, Tom Pernik, Diane Rinaldi, Sue Boehm, and Amy Whitaker.

7. Golfers and non-golfers purchased raffle tickets from the comfort of their own homes.

Thank you to all who made Golf Fore Life a hole in one!



Congratulations to our Raffle Winners:

1st Place - Carol Mackey

2nd Place - Jenni Kohlhepp

3rd Place - Paul Denicolo

Congratulations to our Winners:

1st Place - Women: Karen Crane, Jean Robson, Tenesia Wildermuth

2nd Place - Men: Jon Davis, Todd Poellir, Brian Carley, Andy Seite

3rd Place - Mixed: Isabella Olthaus, Jim Olthaus, Chaiten Tomlin, Jeff Tuttle



“If we are to guard against ignorance and remain free, it is the responsibility of every American to be informed.”

Thomas Jefferson

Fellow Pro-life Friends of PCE:

The mission of PCE springs from the God-given dignity of each human life beginning at fertilization. This is not just a nod in the direction of piety. It is the imperative of protecting, yes, reverencing the unborn child...and their parents. Our PCE mission clearly proclaims this centrality. Make no mistake, America. The intentional taking of an innocent human life by abortion is not just an “issue.” Abortion attacks the very foundation of our country. This “Abortion is an issue” language is poppycock. It desecrates the beauty of a child’s life and minimizes the evil of intentionally taking it (while injuring parents/whole families as the fabric of society.) “Abortion is an issue” language

needs to stop under this smoke screen. The killing of a child is lumped in, for example, with being for or against raising/lowering taxes, building a bridge, spending for our military, or concern for the environment. Economics, immigration, trade, militarism are not its equal. Abortion is destroying the very foundation of our nation.

This November election is of cataclysmic importance for the future of America. All of us who know what is at stake must roll up our sleeves, learn more, and not be too shy to speak out in love and share the truth, the facts. To our detriment, opinion and relativism reign today.

Voting matters. Abortion is the most important consideration for casting one’s vote. Nothing is its

equal. My own vote follows the candidate who will best stop the slaughter of the innocent and will work against those who perpetuate this staggering evil in our country. Let us also pray for God’s will to be done in confirming a new Justice for US Supreme Court.

How must we weather this ferocious storm? Keep going, learning, and teaching the truth. Keep praying, having faith. Put faith into action by how you vote and encourage others to vote. Trust in the Lord. Defend His great gift of human life. We are obliged to do so before the Lord, and He will support us. His sun is shining behind every storm.

God is good!

Jane Hoffman, Board Trustee

Lives Can Thrive Capital Campaign!



We would like to thank you in triplicate! We were able to provide these new-born triplets, Messiah, Major and Malayah, with three of everything they needed.

PCE’s new home at 4760 Madison Road, across from Madison Bowl, is getting rave reviews! Not only are we serving more clients, but we have already begun to add life-affirming partners as we execute our plan to become the pro-life resource hub.

Adoption Professionals now staffs an office at

PCE and is making adoption a more accessible choice for our clients. “I never really considered adoption until I met with the kind woman who gave me all the information I needed to make the best choice for my baby,” explains Tanya*.

The official launch of our *Lives Can Thrive Capital Campaign* was postponed due to COVID, but

we have begun a “soft launch” and have posted naming and special sponsorship opportunities at SupportPCE.com. Help us to fund the renovations and mechanical upgrades necessary for us to create the pregnancy center of the future. Please call Tracy at 513 321-3100 for information or a private tour. No gift is too small to make a difference!

**Pseudonym*



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and address to jmoore@pregnancycentereast.com**

Welcome New Team Members!

Terry Myrick comes to PCE after recently retiring from a career as the Senior Client Service Administrator with a local investment advisory firm. "I was initially interested in volunteering but was so impressed with the PCE mission and culture that I, enthusiastically, accepted the part-time position of *Client/Donor Experience Manager*," she explains.



Terry Myrick

Terry believes in life-long learning. Besides earning degrees in Computer Programming and Business Management, she is a recent convert to Catholicism.

Sharing her God-given blessings with others is a source of happiness for Terry. Her wide-ranging volunteer experience includes the Cincinnati Playhouse in the Park, Goodwill Industries, Bethesda Hospital, and Mt. Healthy Christian Nursing Home.

She also enjoys reading, traveling, going to museums, taking photos of clouds, and watching a variety of birds and squirrels scurry around her patio eating the bread-crumbs she throws out for them each morning.

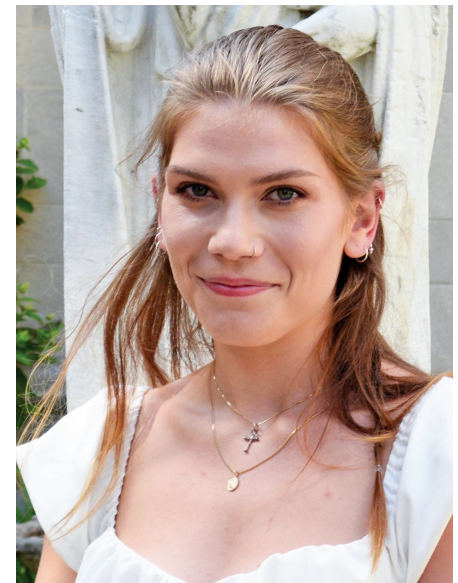
"I am thrilled to become part of the PCE team and am looking forward to meeting new people from all walks of life," says Terry.

Elizabeth McKinney joins PCE after earning a Business Degree in Management and Marketing from UC's Lindner College of Business in 2019. "Upon my graduation, I found the Lord had very different plans for me. I reverted to His gorgeous Catholic faith and made my Confirmation at Saint Cecilia Parish while acting as the short-term Pre-Kindergarten teacher for the school."

"In July, God blessed my journey, again, by placing me

as the new *Chastity Educator* at Pregnancy Center East. I am settling in with the support of the fun-loving team who makes this vital ministry possible," she explains.

Elizabeth is also lover of music as well as dance and can always be found with a notebook and pen to write poetry.



Elizabeth McKinney