



An Invitation

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Heartbeat International

Heartbeat and our network of 1,800 affiliates save about 3,000 women and their babies a week from abortion in the U.S. alone. We accomplish our mission to *REACH, RESCUE* those vulnerable to abortion, and *RENEW* communities for life through five strategies.

1. Developing pregnancy help leaders through training, resources, best practices, and mentoring.

2. Enhancing Option Line®, our 24/7 English and Spanish hotline, (800) 712-HELP (4357), that connects women in need to pregnancy help in the USA and Canada.

3. Boosting Black and Latino leadership efforts to expand pregnancy help centers in their communities where abortion centers are concentrated.

4. Defending our centers through programs like “Babies Go to Congress™” that brings elected officials face-to-face with women, babies, and their stories.

5. Multiplying our international leaders in about 50 countries through training in the USA and worldwide.



You can help us advance the pregnancy help movement worldwide!

Visit HeartbeatInternational.org to learn how. Become a prayer partner, start a pregnancy help ministry, support an existing one, make a gift!



Cross bearing for the child bearing

About Heartbeat International

- ♥ First alternatives-to-abortion network of care founded in the United States (1971).
- ♥ Most expansive network with 1,800 affiliates in nearly 50 countries.
- ♥ Crisis intervention, ultrasound, medical care, support, prevention, education, housing, adoption, abortion recovery services.
- ♥ 24/7 Option Line® hotline advertised on TV and Internet (800) 712-HELP (4357).

Each year

- ♥ 165,000+ contacts for help to (800) 712-HELP.
- ♥ Over 200,000 visitors to *OptionLine.org*.
- ♥ 25,000 volunteers active in local communities.
- ♥ 3,000 babies saved in the U.S. each week from abortion.
- ♥ \$135 million in charitable donations to affiliates.
- ♥ 1 million people served in our affiliate centers, clinics, and maternity homes.

Please download more copies of this brochure at:

Heartbeat International
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HeartbeatInternational.org

10
Things
you can say and do
to make abortion unwanted
today... and unthinkable for
future generations.



To help reduce abortions, you must first comprehend why 1.2 million women choose abortion every year in the USA – about 3,300 daily.

Women commonly believe (whether or not they are pregnant) that abortion is the “least of three evils” in an unplanned pregnancy:

- *Adoption, the worst option, means I would be a mother, but a bad mother who “abandons” her baby.*
- *Parenthood means my life as I know it is ended. It is a “death of self.”*
- *Abortion means I end a life (women know this!) but I save my own, a kind of “self defense.” Women also agree, “No one really wants an abortion.”*

So, women are conflicted, but most have a “secret plan” for abortion if they ever have an unwanted pregnancy. If pregnancy occurs, these attitudes combine with feelings of fear (of disappointing parents), abandonment (especially by the child’s father), shame, coercion, or conflict from a previous abortion.

These girls and women are everywhere - in your church, workplace, neighborhood, and even in your own family. One out of four women in any Catholic, Evangelical, or Protestant group has had one or more abortions and most have not experienced healing or reconciliation. Half of all abortions are repeat abortions. Numbers are increasing for women who already have children, and for married women. Abortion rates are very high in Latino and Black communities and among college students.

You can change the outcome for real women and men you know. You can help change the attitudes and values of our culture. You can help make abortion unwanted today and unthinkable for future generations by what you say and do!



HeartbeatInternational.org

10 Things you can say and do

1. Pray daily for an end to abortion, for hope and healing of those involved in abortion, and pray to be used to save and change lives through your words and actions. Pray for our Heartbeat network of life-affirming leaders and workers.

2. If you communicate with a woman or man who faces an unplanned pregnancy, use Heartbeat’s LOVE Approach.

Allow real Love, as described by St. Paul in his first letter to the Corinthians (Chapter 13), to be felt through you: patient, kind, bearing with, believing, hoping, and never failing.

L Listen and **L**earn about her feelings, thoughts, wants, values, and beliefs, her perceptions of her needs, pressures, strengths, and resources. (She must believe you care for her, not just her baby!)

Open her **O**ptions of abortion, parenting, and adoption — lovingly, with accurate facts.

V Introduce a new **V**ision and **V**alue that she is made in His image and has been redeemed. She can be forgiven, healed, and can make positive choices for herself and her baby.

Extend and **E**mpower her to carry through, with concrete resources and support.

3. Memorize (800) 712-HELP (4357) and OptionLine.org – Heartbeat’s 24/7 hotline that connects those in crisis to life-saving help in their community. Have students memorize these, advertise, and distribute them widely.

4. Affirm every child as a welcomed child. Congratulate every pregnant mother (and father) you know or even casually encounter. Give a flower, send a note, especially if it is an unexpected pregnancy. Never imply that more children will be a burden – to the parents or the earth – or that two children “is just right.”

5. Make a point of telling all the young people in your life that there is nothing they could ever do to make you stop loving them, like God loves us despite our faults and sins. They never need to fear telling you anything.

6. Affirm birthmothers who choose adoption as good mothers and adoption as a life-giving choice for all involved. Christians are adopted sons and daughters of the Lord. Adoption is not “second best.” Never say, “How could she ever give her baby away?” Someone may hear you and choose abortion instead.

7. Affirm hope and healing after abortion. Never say, “How could anyone ever have an abortion?” To a woman who is or might be pregnant, this says that you would never understand her desperate feelings. If she has had an abortion, this reinforces her secret shame and could lead to another abortion. Rather, share frequently about the love and forgiveness of the Lord for all of us sinners.

8. Encourage sexual integrity among single people and within marriage. Inspire, don’t frighten, young people into reserving sexual intimacy for marriage. Be a source of open and accurate information on sexual questions. Share the satisfaction of married love and intimacy and the dignity of motherhood and fatherhood. Young people are surrounded by coarse, dangerous, and degrading sexual messages. Many think that they never want to marry or raise children.

9. Promote a pro-life, family-friendly environment in the workplace in your conversations, in your organization’s communications, and through your employee policies.

10. Give of your time, talent, and treasure within the pro-life movement. If you don’t know where to start, find your local pregnancy center at OptionLine.org, or begin with us, Heartbeat International! You are needed!

