NFL Quarterback PHILIP RIVERS Promotes Chastity and Sexual Purity

FREE Philip Rivers DVD! See Page 3

Plus:
Sex Diseases Rage on Campuses
Virgins at Marriage!
Roe v. Wade Update

SINGER NICK CANNON’S MOTHER NEARLY ABORTED HIM!
See Nick's amazing music video at Prolife.com

SAVE A LIFE! Mother Teresa's Missionaries of Charity need your help saving young people and babies. See page 27

Find out why these celebs oppose abortion

Patricia Heaton  Kate Mulgrew  Kathy Ireland  Margaret Colin  Hunter Tylo
Eduardo Verastegui holding baby
Eduardito: “By the grace of God, I was able to save this baby!”

Famous Mexican singer and actor Eduardo Verastegui hopes his new film “Bella” touches lives and inspires souls. But he never imagined “Bella” would help save a baby’s life before filming ever began.

You see, “Bella” is a love story that goes way beyond romance… Unexpected events led former soccer star Jose, played by Eduardo Verastegui, to rescue Nina, a single, pregnant waitress, played by Tammy Blanchard. Together they discover what truly matters: That one person can change your life forever.

By the grace of God, I was able to save this baby.

Two weeks before making this film, the director called me from New York and asked, ‘Eduardo, are you rehearsing?’ I told him, ‘We don’t have the actress, yet.’

“I gave them my number…”

“We ended up talking for 45 minutes—about life, about faith, about Mexico, about their dreams, about their jobs—about everything. I gave them a little teddy bear and a little carriola (stroller)—and the woman started crying. I also gave them my phone number and told them to call if they needed any help—then they left.

Two weeks later, I was holding little Eduardito in my hands. It was beautiful. By the grace of God, I was able to save this baby!”

Eduardo explains in his own words:

“Two weeks before making this film, the director called me from New York and asked, ‘Eduardo, are you rehearsing?’ I told him, ‘We don’t have the actress, yet.’

“In order for me to rehearse my role, I needed to practice with the actress. So in the meantime, I decided to go to an abortion center to see if I could learn more about what women think and feel when faced with a crisis pregnancy and considering abortion.

“I arrived that morning, and quickly forgot about the film. I was in shock when I saw all these young ladies—15, 16, 17-year-old girls—going into the abortion center with those sad faces, with those tears. It broke my heart, especially since I was not trained to help.

“Then I saw a small group of people outside, trying to convince these girls not to do it, not to have an abortion. I went up and told them, ‘I’m here to help.’

“Next thing you know, a lady came to me from the group and said, ‘You know what? This couple is here for an abortion and they don’t speak English. Do you want to talk to them?’ I jumped—Ay, ay, ay, ay, ay (Oh my gosh!)—what am I gonna say… I didn’t want to sound like I didn’t know what to say… so I said, ‘Sure… I’ll help’

“Next thing you know, this couple was in front of me—a very, very poor couple from Mexico. They didn’t speak English—but they asked, ‘Are you Eduardo from the telenovela? ’ ‘Yes, I’m Eduardo…’ and that began our unforgettable conversation.

Two weeks before making this film, the director called me from New York and asked, ‘Eduardo, are you rehearsing?’ I told him, ‘We don’t have the actress, yet.’

“I gave them my number…”

“We ended up talking for 45 minutes—about life, about faith, about Mexico, about their dreams, about their jobs—about everything. I gave them a little teddy bear and a little carriola (stroller)—and the woman started crying. I also gave them my phone number and told them to call if they needed any help—then they left.

Two weeks later, I was holding little Eduardito in my hands. It was beautiful. I went to the hospital to meet them and see the baby. A few weeks later, I was holding little Eduardito in my hands. It was beautiful. By the grace of God, I was able to save this baby!”

Cover Girl tells Senate, “I paid for my abortion my whole life”

By Steven Erbelt  
September 24, 2002

Washington, DC — “Cover Girl” and actress Jennifer O’Neill shared the painful memories of her abortion with more than sixty-five House and Senate staff members at a Capitol Hill briefing Monday afternoon.

“I had the abortion and paid for it all my life until I healed and am now able to help other women,” O’Neill tearfully told the audience. In an effort to overcome the emotional despair, O’Neill turned to shock therapy. Unable to cure her depression, she set her sights towards Heaven and eventually came to her present-day Christian faith. Now, she finds solace in the forgiveness God provides.

Like O’Neill, some 43 percent of women who have reached the age of 45 have had an abortion—approximately 25 million women total. However, women who have abortions don’t celebrate the decision and the truth rarely makes it past immediate family and close confidants.

“If it’s such a good idea, why is it shrouded in secrecy,” O’Neill asked the audience.

O’Neill urged the passage of laws that would make information about the emotional and physical complications following an abortion available to women prior to her abortion decision. “I was told a lie from the pit of hell — that my baby was just a blob of tissue.”

Cover Girl tells Senate, “I paid for my abortion my whole life”

A former “Cover Girl” model for an unprecedented 30 years, O’Neill spoke at the Senate briefing on behalf of the Women Deserve Better campaign. The outreach is an effort of a group of pro-life organizations dedicated to advancing the pro-woman aspects of the pro-life message. Their goal: highlight how abortion hurts women and provide women with practical resources to choose alternatives to abortion.

“Of course the protection of the unborn child is at the center of my heart,” O’Neill explained. “However, the aftermath of abortion can be equally deadly for both mother and unborn child. [A woman who has an abortion] is sentenced to bear that for the rest of her life.”

O’Neill discussed the pattern of coercion that sometimes compels a young woman to have an abortion. Such pressured abortions can be caused by schools that lack adequate resources for pregnant college students or parents who don’t want to help a teen mother raise a child.

“There is no quick fix for an unplanned pregnancy,” O’Neill said. “But where do teens go when told they are going to be kicked out of the house if they have the child?”

Editor’s note: Reprinted with permission of Women Deserve Better, a coalition of pro-life organizations. For more information, visit: www.womenservebetter.com and www.jenniferoneill.com
NFL Star Quarterback Philip Rivers Promotes Chastity

Chargers quarterback Philip Rivers is a nice guy, but he's also one tough cookie. Starting quarterbacks in the National Football League have to be tough. At 6'5” and 228 lbs., Philip can more than hold his own, surviving violent NFL collisions and crushing tackles each week. He's also a man of skill and leadership. For example, Philip won Pro Bowl honors in his very first season as a starter in 2006 by leading his San Diego Chargers to a comeback-stunned, team-record 14-2 season and 492 points.

But there's more toughness than just the football kind in Philip Rivers. He also believes in, and practices, spiritual toughness: Strength of character, genuineness, self-discipline, a clear conscience and avoiding and fighting off temptations of every kind. An effective, natural speaker, Philip is a nationally known promoter of chastity. On television and in public speeches, he encourages young audiences to live up to their best, to be sexually pure, to say “No” to peer pressure and temptations.

An active, committed Catholic, Philip attends Mass every Sunday, including before all of his NFL games. In his mid-20s, he is already a family man: He and his wife Tiffany, sweethearts since eighth grade, married in college and have three little daughters, Halle, Caroline and Grace.

Football star, and so much more

Philip was named Alabama's Football Player of the Year for his play at Athens High School. Then, as a starter during all four years at North Carolina State, he rewrote the record book there, set many Atlantic Coast Conference records and even made his mark in the all-time national collegiate record books. He graduated in 2005 with a degree in business.

Philip was so beloved at North Carolina State, said the San Diego Union-Tribune, that grown men had tears in their eyes after his career there came to a close. The school even retired his uniform number 17 before his final home game. Those who know Philip say that besides being an exceptional athlete, he has always been a good example – a man who takes his talents in stride and combines virtue and clean living with having fun and liking and respecting others. His good conscience and his inner peace and happiness shine forth from him, and it is no act.

Philip Rivers' new DVD…

Inspiring quotes on life and love

In a recent talk recorded on DVD for teens and young adults by the San Diego Diocese, Philip Rivers provided many insights into his Faith and life, including tips for pure living, good character and happiness in this life, and the next. Here's some of what Philip had to say:

“Your faith is important. It's what you make it. It gives you strength and direction in life. But if you don't put faith into practice, you won't experience the joy and freedom that comes with it.”

Philip Rivers on chastity:

“Chastity is not easy. It requires discipline and commitment. But it is worth it. Chastity and practicing sexual purity – you'll be able to do it when you're in your relationships and when you're faced with those temptations.”

Never too late, Philip says:

“It's never too late to turn back and get it going in the right direction. It's not just being sexually active. [There's] not a mistake that you make that cannot be corrected. It's like anything else you do, you make mistakes and you can correct them…keep working to get in the right direction…people's hearts can be pure, and their minds…”

Philip says, “…it was very clear from my parents: Wait 'til you get married. It was very simple, but it stuck with me.” He adds, “…it's important to practice and learn it – chastity and practicing sexual purity – you'll be able to do it when you're in your relationships and when you're faced with those temptations. You can do it! Be pure! Save sex for marriage! Think positive! Be courageous! Be patient! Be strong! Be disciplined! Be committed! Avoid people, places and things that are temptations! Choose friends with character and discipline! Do these things and you'll experience great happiness on the path to marriage. You'll be a hero in the heart of your future spouse. Your purity will be a treasured gift.

FREE Philip Rivers DVD!

Inspiring chastity talk by Philip Rivers on DVD.

Pay only for shipping and handling.
Call LoveMatters.com to order:
1-310-378-0067

Self-control brings Philip Rivers success

NFL quarterback Philip Rivers practices self-control on and off the field. He encourages youth to practice self-discipline, along with prayer, as the way to achieve chastity, happiness and all-around good character. Self-control helped him set incredible football records and prepare for a great marriage.

Philip Rivers' College Stats:

• 13,484 passing yards in 51 games in four seasons with North Carolina State, second most in NCAA history
• 95 career touchdown passes – ranks 5th in NCAA history
• Seven 400-yard passing games, and 18 300-yard passing games
• Led his team to four bowl games – they won three

Amazing NFL Stats:

• In 2006, his first full season as a starter in the NFL, Philip threw 22 touchdowns passes for the San Diego Chargers against only nine interceptions
• The 14 victories he spearheaded in 2006 included three come from behind wins on the road. Two were the NFL's first back-to-back comebacks of 17 points or more
• In 16 games under Philip, the Chargers scored 492 points, most in their history
• He led 19 straight drives that ended in TDs, the NFLs fifth longest streak ever
• Philip had the highest 4th-quarter passer rating of all NFL quarterbacks, proving his ability to come through when his team needed him most.

(Source: www.chargers.com)

By J. T. Finn

Philip Rivers, Chargers QB

Be Pure!

You can do it!

Only a rare few are talented and tough enough to be NFL quarterbacks, but Philip believes each of us can build the strength and skills needed to live a life of character and chastity – of true spiritual toughness. You can do it! Be pure! Save sex for marriage! Think positive! Be courageous! Be patient! Be strong! Be disciplined! Be committed! Avoid people, places and things that are temptations! Choose friends with character and discipline! Do these things and you'll experience great happiness on the path to marriage. You'll be a hero in the heart of your future spouse. Your purity will be a treasured gift.
“I’m saving sex!”

“Many girls who are having pre-marital sex are looking for love in the wrong places. ‘The best reasons for saving sex for marriage are to keep yourself pure for your husband and to live your life away from that sin.’

— Marilyn Garcia, 16, Wilmington, California

“I’m saving sex for marriage because I want my virginity to be a gift to my future wife. ‘If a friend was afraid of losing her boyfriend because she wanted to say ‘No’ to sex, I would tell her to let the boy go. If he truly loves her, he won’t make her do anything she’s not comfortable with.’

— Joshua Hamilton, 20, Mount Juliet, Tennessee

“Think twice before giving away that special gift meant for your spouse. I’m a virgin and I’ve found that not having sex is one of the smartest things I’ve done in life. When you prove to yourself that you can control one of the greatest feelings on earth within you, you’ll find that all other tasks in life become easier.”

— Eddie Rea, 20, Newbury Park, California

Comments received from other young men and women are available at www.lovematters.com.

What Part of “NO” Don’t You Understand?

Remember, come-on lines demand strong comebacks that put an end to the pressure once and for all. Communicate with a strong “No” and the pressure will stop. Don’t date anyone who thinks it’s ok to have sex outside of marriage. Dating is about finding the right marriage partner, so if you don’t want to marry a “loser,” don’t date one.

Great comebacks you can use today!

Come-on: “I do it with all my girlfriends.”
Comeback: “Not this one. By the way, now I’m your ex-girlfriend.”

Come-on: “OK, let’s take off our clothes and just be together. We don’t need to do anything.”
Comeback: “No thanks! Do I look that stupid? Good-bye!”

Come-on: “Don’t you find me attractive?”
Comeback: “I find you very attractive. I like you a lot. But committing sins together will wreck our relationship.”

Come-on: “Don’t worry. I’ll use protection.”
Comeback: “You’re going to need protection from my dad if you don’t leave me alone!”

Come-on: “I love you.”
Comeback: “Then please prove it by respecting my values.”

Come-on: “What are you waiting for?”
Comeback: “I’m waiting for my honeymoon and the person I marry.”

Come-on: “Sex isn’t a big deal.”
Comeback: “It’s a big deal to me, a big deal to my future husband (wife), and a big deal to God. I’m committed to saving sex for marriage.”

Come-on: “If you really loved me...”
Comeback: “If you really loved me, you wouldn’t ask.”

Come-on: “Everybody’s doing it.”
Comeback: “Then you shouldn’t have any trouble finding somebody else. Good-bye!”

Seventeen’s Sex Survey

After a surprising sex survey, Seventeen magazine revealed that 71 percent of teens who’ve had sex wish they had waited. Seventeen magazine called 500 girls and 500 boys across the nation for an interview about sex. They asked 13 to 21-year-olds, “Have you had sex?” And if so, “Do you wish you had waited until you were older?” It was reported that 65% of the girls and 63% of the boys (ages 15 to 21) had sex at least once. Most who had sex wish they had waited.

81 percent of girls wish they had waited.
61 percent of boys wish they had waited.

Virginia, 15, one of those interviewed, says she’s waiting to have sex: “I’m usually independent, like if some guy tries to tell me what to do or pressures me, I’m like, ‘I don’t think so.’ I want to have love, not sex, and there’s a big difference.”

Source: Seventeen Magazine, May, 1996

“True Love Waits”

A national abstinence movement is catching fire across the country. “True Love Waits” is a youth movement that’s helping teenagers and college students save sex for marriage. Since its beginning in 1993, more than 2.4 million youth have pledged to save sex for marriage. This includes signing a statement which reads, “Believing that true love waits, I make a commitment to God, myself, my family, those I date, and my future mate to be sexually pure until the day I enter marriage.”

For more information, call 1-800-588-9248 or visit their very cool web site via: www.LoveMatters.com

True Love Waits Goes Campus:
Nearly 200 students signed “True Love Waits” pledge cards on this campus in Mount Juliet, Tennessee.
Jordin Sparks: a Pro-life American Idol

Jordin Sparks became American Idol's sixth champion on May 23, 2007, winning America's biggest music competition. The 17-year-old singer is a stage veteran — having gained experience in contests and singing for religious groups and pro-life organizations in Arizona.

According to WorldMag.com, Jordin's family became involved with pro-life groups around 1995, working to help their cause. Jordin sang twice at an Arizona Right to Life rally in 2005. And Kim Schmidt, singing for religious groups and pro-life organizations in Arizona.

Christian woman,” Schmidt said. And about her performance? “She sing at their Rally for Life in February 2006. “She's a very kind, young Christian woman,” Schmidt said. And about her performance? “She

Jordin Sparks' photo with pro-life leader

Photographers took this picture of Jordin with national pro-life leader, Dr. Alveda King, at a 2005 Arizona Right to Life event. Jordin and Alveda make a dynamic pro-life team. Jordin sang inspiring songs, Alveda was the keynote speaker. Alveda King is the niece of famous civil rights leader, Dr. Martin Luther King, Jr.

Alveda tells audiences she had two abortions which she deeply regrets, “I have two babies that I aborted… I was fooled by stories when they told me my baby was just a lump of tissue and that it wouldn’t hurt anymore than getting my tooth pulled… it did hurt… it was not a blob of tissue.” Alveda says abortion hurt her in many ways, “It injured my cervix… I had to have surgery to repair my cervix,” and “the abortion changed my personality so much… I ended up divorced.”

Speaking across America on behalf of PriestsforLife.org – Alveda tells people, like slavery, abortion is very evil: “Injustice anywhere is a threat to justice everywhere. Tearing babies apart is a very unjust, violent act.”

Alveda's uncle, Dr. Martin Luther King, Jr., said: “The negro cannot win if he’s willing to sacrifice the future of his children for immediate personal comfort and safety.” Alveda warns, “…that’s what we do when we have abortions, my friends.”

Get more info at:

ArizonaRightToLife.org
PriestsforLife.org
BlackGenocide.org

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Finding true love...
Is he MR. RIGHT? Is she THE ONE?

Dear Friend,

Have you found TRUE LOVE? Have you met the right person? Do you want to find an awesome, lifelong marriage partner — and avoid the emotional and medical nightmares that so many young couples fall into today?

You can boost your chances of finding true love if you read this newspaper and its valuable tips on dating, sex, love and life. And, you can find even more savvy tips and helpful information at our new Web site at LoveMatters.com.

When Hollywood movies, TV, magazines, pop music and friends say, “Just have sex and don’t worry about the consequences,” should you listen to them? What about the risks? Are there dangers of long-lasting emotional pain, disease, physical death and spiritual death?

If you’re in a relationship now, or you hope to be in one soon, you’re going to love the tips, insights and advice you’ll find in this newspaper and on our Web site. We’ve included information that will help you make the right decisions when you face questions like:

Is he MR. RIGHT? Is she THE ONE?

Should we keep dating?
Should we get married?
Should we start having sex?
Are condoms safe?
Will the Pill harm my health?
Should I save sex for marriage? How?
What if I become pregnant?
What’s abortion like? For me? For my baby?

Answering these questions will be much easier once you’ve read this newspaper. That’s because we’ve included “the cream” of lifetimes of research by 29 experts on love, life and marriage.

You’ll also find fascinating personal stories from people who’ve learned from their mistakes, stopped their destructive behavior and now live happy lives. Their courage and hard-won wisdom will inspire you and help you make great decisions when you’re faced with difficult choices.

After you read this newspaper, you might even decide to join the new millennium’s “Save Sex” revolution. Lots of young people get into sex to try to be “cool” or “in,” but more and more young people are saving sex for marriage. It’s okay not to follow the pack! Just read what superstar celebrities say in this paper: they don’t worry about what others think.

So if you want to find the love of your life, start getting ready today. It’s only by making good decisions that you can have a clear conscience and be happy and confident. Best of all, you’ll start experiencing the long-lasting, genuine peace and joy that TRUE LOVE brings.

If you want to enjoy a great relationship and be truly happy and free, . . . if you want to protect your physical, emotional and spiritual health… you need to learn the secrets of making smart decisions about dating, sex, love and life. Keep reading. You’ll discover how saving sex for marriage will help you find happiness and avoid heartaches and diseases that nobody needs.

Let us know what you think about LoveMatters.com! Send your emails to us at jflinn@earthlink.net. Thank you!

For your happiness and health,

J. T. Finn
Editor-in-Chief


Jordin Sparks: a Pro-life American Idol

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LifeSiteNews.com posted a photo of Jordin holding a popular pro-life sign — a red stop sign with the words, “Stop Abortion Now.” The photo allegedly originated on Jordin’s personal MySpace page, although it’s no longer there.

More from WorldMag.com: Jordin sang with Christian music legend Michael W. Smith when his manager brought Jordin to Smith’s home. “Ironically, they stopped by when George Huff, a former [Idol] contestant, was at the house,” Smith wrote on his blog. “The three of us wound up around the piano and I remember thinking I was playing and singing with two of the greatest voices I had heard in a long time.”

Smith invited Jordin to sing backup on two tours. Jordin’s father says, “She has a gift from the man upstairs.” FYI - Jordin wears a purity ring and vows to remain chaste: “I’m saving myself for marriage.”

“...she has a gift from the man upstairs.” FYI - Jordin wears a purity ring and vows to remain chaste: “I’m saving myself for marriage.”

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Let us know what you think about LoveMatters.com! Send your emails to us at jflinn@earthlink.net. Thank you!

For your happiness and health,
Sex (the marital embrace) is a gift from God. Sex can be one of the most beautiful things you’ll ever share with another person. But sex before marriage has emotional consequences that can bring lifelong pain. Some of these dangers are camouflaged. Many are like quicksand, hard to see until it’s too late. Sex isn’t awesome with any of these nine emotional disasters. Why not save sex for your honeymoon with the love of your life? You’ll avoid:

1. **Worrying you’re pregnant**

   Worrying about conceiving a baby before marriage is a major emotional stress. “It’s a relief to be a virgin,” says Nicole, 16.

2. **Infected with VD (venereal disease) or AIDS**

   Two VDs – human papilloma virus (the main cause of cervical cancer) and chlamydia (the leading cause of infertility) – are carried by at least one of every three teenage girls who have sex. VD and AIDS don’t always show symptoms, so many people don’t even know they have them.

3. **Regretting your past**

   Many people experience deep remorse after having sex before marriage. There is often the feeling of being used. A feeling that you’ve given up something precious, and all for nothing. Premarital sex often produces regret and remorse which lasts for years. Here’s the testimony of a psychiatrist, now in her 30s:

   “From 17 to 18, I was very promiscuous. That sick, used feeling of having given a precious part of myself – my soul – to so many and for nothing, still aches. I never imagined I’d pay so dearly and for so long.”

   And one young husband says, “I would do anything, ANYTHING, to forget the sexual experiences I had before I met my wife. . . the pictures of the past and the other women go through my head, and it’s killing any intimacy. The truth is, I’ve been married to this wonderful woman for eight years and I have never been ‘alone’ in the bedroom with her.”

4. **Feeling you’re guilty**

   There’s also guilt, which is a form of regret that tells you you’ve done something morally wrong. It’s not some unhealthy feeling your parents or your religion gave you. It’s a normal response, a sign that your conscience is working.

   Deon says, “It’s not something you want on your conscience, that you’ve caused a girl to have deep emotional problems.”

   Jim says, “The thing I regret most of all about high school is the time I single-handedly destroyed a girl.”

   Ruben, 16, says he stopped having sex when he felt guilty about the pain he was causing. “You see them crying and confused. They say they love you, and you know you don’t love them.”

5. **Losing your self-respect**

   Be honest! Don’t you believe in your heart that it’s best to wait for marriage? So why violate your instincts? That lowers self-respect. Catching a VD will also lower your self-respect. So will giving a VD to someone. Promiscuity (having partner after partner) also destroys your self-respect. So does conceiving a baby outside of marriage and then paying to have him or her aborted. People are not things. Uncommitted sex treats them as if they are. It hurts them, and wrecks their self-respect – as well as your own.

6. **Corrupting your character**

   If you treat others as sex objects and you exploit them for pleasure, you’ll corrupt your character and degrade your own sexuality. Good character includes honesty, fairness, decency, caring, self-control, etc. If you start messing with sex before marriage, your self-control will suffer, and sex can almost take over today. Promiscuity, rape, incest, adultery, pornography use (magazines, videos, Internet), masturbation, molestation, sexual harassment and prostitution are rampant. Committing these acts poisons good character.

7. **Losing trust and fearing commitment**

   When sexual relationships end, there’s often a broken heart. This deep pain makes it hard to trust again. Once a person’s heart is broken, they fear another broken commitment in the future. Many, once they’ve been burned, just give up hope. People who have been used sexually are likely to have low self-respect and they often seek any kind of attention, even if it’s in other demeaning sexual relationships.

8. **Depressed and thinking of suicide**

   Sex can make you feel like you’re experiencing true love. That makes a breakup very painful, which can lead to deep depression, hopelessness, and even suicide. And breaking up is only one cause of sex-related depression. The consequences of losing your virginity, getting AIDS, getting a VD, conceiving a baby outside of marriage, killing that baby, hurting your reputation, ruining someone else’s reputation, and disappointing those who trusted you can all lead to depression, and worse.

   (Family counselor Clayton Barbeau’s study of suicidal teens found that in almost every case, sexual issues were a major cause of their anxiety, despair and self-hatred. Suicide counselors can help you at 1-800-999-9999.)

9. **Ruining a good relationship**

   Sex before marriage can also turn a good relationship bad. It can easily take over your relationship and stop other very important dimensions of the relationship from developing – leaving a one-track relationship with no solid foundation.

   Why take risks that can cause you grief the rest of your life? Your future marriage will be much happier if you don’t have to worry about – or recover from – the negative emotional consequences of sex before marriage. Without sex, your relationship can still be great fun as you grow together, develop your own identities, chart your exciting future, hone your skills, pursue your interests, make more friends and nurture your spirit. Waiting will help each of you develop discipline and great respect for each other. It also makes for an awesome honeymoon!

   Adapted from Sex, Love & You by Tom Lickona, Ph.D.

   If you’ve already had sex, read the tips about “Secondary Virginity” and “Starting Over” on pages 9 and 14.

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**How would you define Love?**

**It’s not just affection. The great thinker Thomas Aquinas said that to love is to know, to will and to do the good of another.**

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**Mother Teresa on Love**

“You are the future of family life. You are the future of the joy of loving. You are the future of making your life something beautiful for God... a pure love. That you love a girl or that you love a boy is beautiful. But don’t spoil it, don’t destroy it. Keep it pure. Keep your heart virgin. Keep your love virgin, so that on the day of your marriage you can give something beautiful to each other... the joy of pure love.”

“A joyful heart is the normal result of a heart burning with love.”

“We must know that we have been created for greater things, not just to be a number in the world, not just to go for diplomas and degrees, this work and that work. We have been created in order to love and to be loved.”

“Each time anyone comes into contact with us, they must become different and better people because of having met us. We must radiate God’s love.”

“Intense love does not measure... it just gives.”

“To be true, love has to hurt... Jesus said, ‘Love one another as I have loved you.’ He loved until it hurt.”

lovenotes.com
Supermodel Kim Alexis shares insights on self-respect, sex, life and marriage

Kim’s personal message to LoveMatters.com — and to you!

Kim on respecting yourself and saving sex:

When we are young, one of our most fragile emotions is self-respect. Remember that others treat you as they sense you treat yourself — meaning, if you feel really good about you, then others will naturally treat you with that same respect. There are many ways that we try to gain self-respect or even hold on to what we have. By having sex before marriage we lose that self-respect. God gave us certain rules to live by so that we can be happy. Having sex before marriage causes pain and consequences ALWAYS. Young people need to realize that they should say “NO” to sex before marriage because it is wrong and causes serious consequences. One of these can be an unplanned pregnancy, and unfortunately, many women then make the wrong decision to have an abortion. In the Bible it says when two people are joined in marriage they become one. Part of the reason that they become one is the union of their bodies. Sharing your body with someone you don’t know well — or even with someone that you love very much, but are not married to — is wrong because God says we should save the sex act for marriage. We all need to have a fear of doing wrong, a fear of God Almighty.

Kim on the value of life:

I think that our whole country needs to have more love and compassion for all children. All life is valuable and a gift from God. Pregnancy is not something that “just happens.” Pregnancy is a gift from God. I think it is God telling us “OK, you are responsible enough to raise this new young life that I, God, am going to give you.” And for people who can’t conceive children, God may be asking you for an even more generous response — to adopt and raise a child.

Kim on the “M” word – Marriage:

I realize that my marriage to my husband is precious and needs to be maintained. I have no desire to be unfaithful because I know that would be wrong, and that by being faithful, I stay away from a lot of pain and suffering. My strong marriage, and my walk with the Lord, are the basis for my happiness. When I work on my marriage by giving my time and conversation to my husband, I find I am much happier and that this joy overflows into other relationships. It also enables me to have great relationships with my children and people at work.

My husband has the qualities from Galatians 5:22: kindness, goodness, gentleness, self-control, and faithfulness. He also has a real love for children and strives for the truth in all situations. A healthy marriage needs God right in the center. Husbands, love your wives as you love yourselves, and wives, submit to your husbands.

My roles of wife and mother are way more important than my career. They come first. I think of them before I accept any job.

Kim enjoys time with her family.

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Kim with her baby Noah.

Kim warns that “many women are playing with fire in the way they dress. Dressing like a floozy tells the world, ‘Look at me, want me, lust after me. I’m easy and you can have me.’ Displaying intimate parts of the body is a form of advertising for sex — so if you dress to attract sexual attention, you can hardly blame anyone else if that kind of attention comes your way.”

“Dressing modestly tells the world, ‘I respect myself and I insist on being treated with respect.”’ Kim says, “It’s possible to be stylish and attractive without wearing something that is too short, low-cut, or see-through.”

Kim and her husband Ron Duguay, former NHL player, live in Florida with their five children.

Kim enjoys time with her family.

Kim on respecting yourself and saving sex:

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Losing My Virginity

Dear Friend,

My story is painful to share, but I want you to know what happened so you won’t get hurt like I did.

I was 23 and I had always planned on being a virgin when I got married. I dreamed of walking up the church aisle wearing a white wedding dress as a sign of my purity and the gift I would give to my husband. This was very important to me and it helped me stay strong for a long time. If only I had persevered! Ultimately, I gave in to pressure and found myself single, pregnant and worried to death.

Telling my parents...

I’ll never forget the sick panic that overcame me. I was afraid, ashamed and worried about my future. How could I tell my parents? What would my relatives, friends and people at church think?

While I was growing up, my parents did a good job teaching me about the benefits of waiting and the risks of premarital sex. But I allowed myself to get into a situation where a young man continued to press me to have sex.

After saying “no” for so long, I let my willpower get worn down and I gave in to pressures and emotions. The worst part of all was that I knew it was wrong. Still, I gave up my virginity — and three weeks later I discovered I was pregnant.

And I’m not the only one. Dozens of girls I know from school, work and church have also had sex before marriage. Many got pregnant. Some became infected with venereal diseases. Others have had abortions. I’ve seen it all first-hand. Almost everyone I know who’s had premarital sex has a tragic story. That’s because sex before marriage is full of ugly surprises, heavy price tags and long-term scars.

What about you?

Are you dating someone and wondering if you should have sex? Take my advice, don’t do it! Wait till you get married. Otherwise you’ll lose your purity, your family’s trust, and possibly your life.

True love waits

You see, love is about a lot more than sex, and sex is about more than pleasure and physical desires. Sex is about totally committed love. It’s about bonding for life. It’s about babies and more. That’s why you should save sex for the committed love of marriage. Many kids realize this and they’re happy to be waiting.

Why are they waiting?

They’re saving sex as a wedding gift for that meaningful, emotionally fulfilling — in essence, the ultimate — lifetime sexual partner that they marry. Controversial? Yes, but you’ll find that waiting for marriage is the best way to go. Read on and you’ll find a wealth of resources to help you in your decision.

Broken hearts, diseases, abortion

“But what if I don’t want to wait?” you might ask. Stop and think about the risks. Are you ready to live with the pain of a broken heart, venereal diseases (STDs), or an unplanned pregnancy? Are you ready to be a single parent, to get married, to place your child for adoption or to live life knowing you aborted your tiny baby?

Heavy decisions, I know. My baby’s father and I were not right for each other, so marriage was out, and that was difficult. Abortion was also out. It was never an option I would consider. My baby was alive in my womb and she deserved a birthday. In the end I decided it would be best for my child to grow up in a home with two parents, so I placed my baby for adoption with a loving family. It was a tough decision and it’s still painful, but I know in my heart it was the right choice for my precious daughter. I’m so glad she’s alive today!

Pregnant? Need help?

If you’re single and pregnant, let me make three suggestions: 1. Take your time. Don’t rush or give in to pressure. Learn about all your options. 2. Call the toll-free counseling numbers on page 26. Caring help is available right now. 3. Read the stories in this paper about women who’ve had abortions. Most women regret abortions.

In fact, when Dr. David Reardon, Ph.D., surveyed 260 women who’d had abortions, he found that:

- 94 percent had regrets about their abortion
- 28 percent attempted suicide
- 58 percent lost pleasure from intercourse
- 63 percent had flashbacks of their abortion

(You can see the complete survey at: www.LoveMatters.com)

Women (and men) have been hurt by abortion all across the country. Many have written us and asked us to print their personal stories. We’ve included them on the pages that follow — along with shocking confessions from former abortionists. Until you’ve read about the emotional pain, the spiritual torment and the physical injuries, it’s hard to understand just how devastating abortion really is.

And finally, we want to help you. If you want to find true love and save sex for marriage, if you’re pregnant and need help, or if you’re suffering after an abortion, we’ve included excellent resources, toll-free counseling numbers and web sites just for you. LoveMatters.com wants you to have all the support, facts and tools you need to make the best possible decisions in life.

I hope you enjoy reading our paper. Please share it with your friends. Thank you!

Sincerely yours,

Sue Cyr, Editor, LoveMatters.com

P.S. If you’re pregnant and need help, Care Net has wonderful counselors to help you at 1-800-395-HELP


Care Net 1-800-395-HELP

Teens Talk About Having Sex

What were your feelings after having sex for the first time?

“But what if I don’t want to wait?” you might ask. Stop and think about the risks. Are you ready to live with the pain of a broken heart, venereal diseases (STDs), or an unplanned pregnancy? Are you ready to be a single parent, to get married, to place your child for adoption or to live life knowing you aborted your tiny baby?

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What were your feelings after having sex for the first time?

“I felt strange and, in a sense, used. It was like we were both caring for the same person — him. I felt left out of it.” — Elizabeth, 15

“I felt angry. I hoped myself I would wait till I was married, but I did it anyway. Now it was too late. I had lost my virginity.” — Alice, 15

“The only reason I went out with her was for sex. Once I got it, I was satisfied and I didn’t want to be around her.” — Bobby, 17

“I felt shy and I didn’t want to see her again or to look at her when we passed in the hall.” — Louis, 15

How did sex affect your relationship?

“You have special ties — a bond. You’ve given yourself to him completely, shared your body with him, satisfied his needs. You think there will always be a commitment from him and are angry and hurt when you see there is none.” — Melissa, 17

“He told me he loved me and he would never leave me. When we broke up, I was going to commit suicide. I thought no other guy would ever go with me.” — Shannon, 17

“You get bored. It’s like a kid with a toy; When he first gets it, he spends all day with it. Then after he breaks it in, it’s not fun anymore, so he finds another toy.” — Reggie, 16

“At first I really liked her, but after I had sex with her, I saw she wasn’t all I thought she was.” — Antonio, 17

“I felt real easy and cheap, even though I’m really not. I just needed to be loved.” — Coco, 17

Do you think you have to keep having sex once you’ve started?

“No. Maybe the one you did it with was a mistake and now you’ve learned a lesson. Why make the same mistake twice?” — Randy, 16

“No. As a matter of fact, I think you can wait until you’re married, and then you will feel like a virgin, even if you’re not one.” — Dana, 16

What advice would you give a teenage who is not sexually active?

“Wait until you’re married. Then when you have sex, it will mean something — that you’re in love with your husband and want him to be the first.” — Raquel, 17

“Wait until you’re married. Young men today are looking for young women who have not been used, abused, and abused.” — Robert, 18

“If I was a girl, I would not give it up until I got married. You just can’t trust these guys.” — Jeremy, 16

“Wait until you’re married. Most boys out there are users and you’ll end up getting hurt, having a bad reputation, and more than likely, in the long run, being alone. Don’t do it to make your boyfriend happy.” — Hamilton, 18

Take Dr. Laura’s “Is It Love?” Test

Are you ready to take Dr. Laura’s “Is it Love?” test? After taking this test, you’ll quickly know whether your relationship has a good chance of growing into a long-lasting one, and maybe even marriage. Answer each question with “yes” or “no” and then check your score in the categories below. Afterwards, have your boyfriend/girlfriend take the test to see how he or she compares. Most importantly, be honest! Your future happiness depends on it.

1. Can you say there’s no jealousy in your relationship?
2. Is your relationship free of drug and alcohol abuse?
3. Can you say you’ve never asked to compromise your moral values?
4. Do you appreciate and enjoy each other’s family and friends?
5. Have you discussed your long-term goals for faith, family and career in detail?
6. Do you have complete confidence in each other?
7. Has experience shown him/her to always be truthful and open with you?
8. Does he/she always follow through on promises and commitments?
9. Do you talk openly and easily with each other about everything? (Including this test?)
10. Do you both listen carefully to one another and try to understand each other’s point of view?
11. Do you practice the same faith by praying and going to church together regularly?
12. Do you both agree that marriage is forever?
13. Do you refrain from using manipulation or blackmail to get your own way?
14. Do you like spending time together doing different activities? (Not just watching TV, mall shopping or talking on the phone together. I recommend volunteering for church, charity and civic projects — or joining school clubs, bands, debate teams or sports programs.)
15. When you have a disagreement or the going gets tough, do both of you respond respectfully with patience and understanding?
16. Have your family and friends told you they approve of your relationship — that they feel it’s making you a better person?
17. Do you limit your physical relationship to holding hands and simple kisses?
18. Have you seen each other during good times and bad? (Virtues shine during adversity. Never rush to marriage — you’ll miss critical signs of good or bad character traits.)
19. Do you both stay away from pornographic magazines, videos, Internet, etc.?
20. If your future spouse had a serious accident that maimed or disfigured him/her for life, would your love remain strong? Could your love survive without physical expression?
21. Do each of you dress, speak and act modestly?
22. Can you admit your own shortcomings and discuss them openly?
23. Are you both generous in making sacrifices for others?
24. Does your sweetheart already have the qualities needed to be a super spouse and a wonderful parent for your children?
25. Are you willing to give up power and let your loved one control some of the important decisions and circumstances? (True love means frequently surrendering your will to meet your loved one’s needs and wishes without violating your moral values.)

SCORING: Give yourself one point for each “yes” answer. (Her score? _____ His Score? _____)
19 to 21 pts. “Looking Good!” . . . You’re relationship has good potential. With a little work, you can become “Solid as a Rock.”
15 to 18 pts. “Warning Signals!” . . . It might be “Infatuation.” Work on the “No’s.” Take the test again in six months and again in 12 months. Hopefully your scores will improve and your relationship will grow. If your relationship doesn’t greatly improve within a year, you should consider ending it.
Below 15 pts. “Red Alert!” . . . Sorry, this may be painful to hear, but it’s probably time to say “goodbye.” It’s either blind infatuation or there are other serious problems. (If you’re married and you scored below 15 points, don’t give up — get some good marriage counseling ASAP!)

** Bonus Question: Are both of you committed to saving sex for marriage? If yes, add two points to your score.

An Important Tip from Dr. Laura . . . “It’s difficult to get an accurate reading from my ‘Is it Love?’ test if you’re sexually active. Sex is so powerful that it’s often blinding before marriage. That’s one of the reasons I say, ‘Don’t rush it!’ If you’re sexually active, my first recommendation is to stop having sex immediately. With sex out of the picture, it will be easier to see how each of you responds in the critical areas that build strong, healthy, lasting relationships. It’s definitely challenging to save sex for marriage — but it’s worth the wait and it helps assure a happier marriage. Go ahead and make the commitment. You’ll be glad you waited!”

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Dr. Laura told her radio listeners:

“I have undergone profound changes over the course of my life... In my 20s, I was my own moral authority. The inadequacy of that way of life is painfully obvious today. At the same time, my early experiences have taught me much better it is to live by an objective and absolute standard of right and wrong, preferably a standard set by God. And that is the hard-won wisdom I try to pass along to others... every day on this program.”

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How to Start Over If You’ve Lost Your Virginity

Secondary virginity is a decision to abstain from sexual activity, starting with today and continuing until the day you get married. It’s an opportunity to start over. Your physical virginity may be lost, but virginity is more than just a physical state. It’s an attitude, a frame of mind. It’s manifested in the way you look at yourself and others.

Secondary virginity is a time to change bad habits and heal past wounds. It allows you to clean and renew yourself prior to marriage.

Why do people choose Secondary Virginity? Young adults say...

“I didn’t like being used.”

“We were so much into sex that we never became friends.”

“Just because I made a mistake doesn’t mean I have to keep on making the same mistakes.”

“I’m going to wait because I have hurt a lot of people as well as myself and I want to change my life for the best, for me and for my future children.”

Five Steps to Becoming a Secondary Virgin

1. Make a firm commitment to save yourself for marriage from now on, and believe you can do it. (Because you can!)
2. Get away from people, places, things and situations that weaken your self-control. Sometimes the healthiest thing we can do is avoid people who tempt us.
3. Avoid intense hugging, passionate kissing and anything else that leads to lustful thoughts and behavior. Anything beyond a brief, simple kiss can quickly become dangerous.
4. Find non-physical ways to show your love and appreciation.
5. Remember that anyone can start over. Including you! When you focus on commitment and self-discipline, you can
You’re Priceless

You were born with dignity and worth that no one can take from you. Not even you can take it from yourself! You are a precious and unique gift.

There has never been nor will there ever be anyone exactly like you. Life does have meaning and it is your task and challenge to discover it. You have an irreplaceable contribution to make to your family and society that no one can make for you; your life can make a difference if you let it.

Don’t let concerns about physical attractiveness, intelligence, money or the growth and changes you are going through get you down. The key to overcoming the ups and downs of these feelings is to be yourself and not pretend or strive to be someone else.

Nine Tips to Feeling Great about Yourself

YOUR SELF-WORTH NEVER CHANGES. Every human being is born with innate, God-given dignity and value. Having a strong sense of your inherent worth can help you when others don’t affirm or value you as they should.

YOU ARE NOT ALONE! Look around you and you’ll see that everyone has times when they’re shy, sad, nervous, quiet, angry, silly, afraid to participate or embarrassed. People often act these ways when they’re feeling inferior. Everyone has times like this, but you can overcome them.

DON’T COMPARE YOURSELF TO OTHERS. This is at the root of all inferiority. It’s deadly because people tend to compare their greatest weakness to another person’s greatest strength. There will always be people who are better than you, and worse at something. When people accept who they are, they don’t have to compare themselves to others. Compensate instead of comparing. That is, make the most of what you have by concentrating on strength. Strengthen what skills you have and develop new ones. If you respect yourself, others will too.

ESTABLISH GENUINE FRIENDSHIPS. The best way to have good friends is to be a good friend.

BE YOUR OWN PERSON. This requires knowing your values and being faithful to them. If you don’t know what you want, or you don’t have a plan for getting it, you’ll be tossed around and pulled by every attraction that comes along.

PAY ATTENTION TO PRAYER AND SPIRITUAL GROWTH. Pray every day. Study what really matters in life. Take care of your spiritual needs in order to keep your whole self healthy.

STAY IN TOUCH AND COMMUNICATE WITH YOUR PARENTS. Generally parents are constant and faithful friends who are interested in the well-being and happiness of their children. Most parents have lots of wisdom and love and they can be your strongest support in times of difficulty. Talk about your problems with them. Seek their advice and pray for them.

FACE YOUR PROBLEMS. Ignoring problems does not make them go away, instead, it tends to lower a person’s feelings of self-worth. Solving problems, on the other hand, enhances your self-worth.

BE HAPPY AND SHOW IT WHEN OTHERS HAVE SUCCESS. Self-respect grows when we appreciate others’ blessings.

Adapted from Love and Family by Mercedes Arzu Wilson

Tell us your thoughts...

Dear LoveMatters.com,

“A friend of mine is only 17 and has had sex with over 50 men. Over 50!”

I want people like her to know it’s not too late to turn their life around. I want her to know that she is still special. I want to give them their self-respect back and stop them from spiraling down, down, down. I want them to know that whatever they have done in the past does not make them a bad person. I want to give them hope.”

— From a 16-year-old girl in California

What do you think?

Send us your thoughts. Send us your story. Send your email to jtfinn@earthlink.net

Prove You Love Me

Self-respect feels good

As two people grow in love, it’s natural to want to express that love physically. Sometimes a commitment to save sex for marriage is challenged when a boy or girl pressures the other to “prove” their love.

One panicky girl wrote: “I’m 19 and I’m going with a guy who’s the same age. I’m in another country right now and the distance has brought us closer. He says that he loves me, and I love him, too. In one of his letters he wrote, ‘I believe that you can write ‘I love you,’ but what I’d like to see is proof of it when you get back.’”

This guy used the oldest line in the book: “Prove your love by going to bed with me.” And she was scared to death! Why? Because she didn’t want to lose his love. She was terrified of his demand, but she couldn’t imagine how she’d survive if he didn’t like her response.

She needs self-respect in this difficult situation — enough so she’ll demand respect from him and others. She needs enough confidence to gladly tell such a guy to get lost. What makes him so wonderful that she should have to “prove her love” to him? Let him prove his love by showing respect to her.

There’s no store where you can buy self-respect. You can’t order it from a catalog. No magic formula will give it to you. You give it to yourself. You deserve it, because God made you and He loves you and intends to give you more goodness than you can ever imagine!

Famed Sex Professor
Alfred Kinsey Exposed as a Fraud – and Worse

Kinsey’s famous research sparked the sex revolution and sex ed. But Dr. Judith Reisman’s investigations have proven his “findings” were a scientific fraud based in part on unbelievable crimes against children. Read her shocking articles via LoveMatters.com
We Waited – and so can you!

By Keith Kiser

Amazing as this may sound, Tami and I were both virgins when we got married. It wasn’t easy – let me tell you – but we’re glad we waited!

We started dating in the ninth grade and dated for seven years before we were married. As our love and commitment grew, sexual temptations became a real struggle. We were both practicing Christians who wanted to please God. But, even though God said “No,” our bodies were shouting “Yes!” And it seemed our bodies were screaming louder!

Resisting Sexual Temptations

Hormones were racing! We wanted to wait, but our flesh was saying “go for it.” TV, movies and music made matters worse. Their messages encouraged “sex, sex and more sex.” Our conviction to wait was weakening. Sexual impurity, leading toward intercourse, was destroying our relationship. Pain, sin, guilt, and confusion were breaking us apart.

On the brink of disaster, we made a commitment to save sex for marriage and to pray together regularly. We reinforced our decision by reading a book together about maintaining sexual purity in a dating relationship. Committed to chastity, we helped each other fight sexual temptations. It was hard at times, but we developed great discipline and respect for each other. A new openness and trust grew in our relationship and our love flourished and deepened.

Now we can gratefully say that when we finally got married, we were both virgins. We can’t tell you how great our honeymoon was – and we won’t! Let’s just say it was worth the wait. We had struggled, but we won the battles and we’re both happier, stronger and more in love because we waited.

“One Flesh” – What’s That Like?

Tami and I share everything – our worldly possessions, our thoughts, our dreams, our emotions, our fears, our pains, our prayers, our entire selves. Sharing our bodies is the physical expression of our total giving to each other. Sex is not only a sign of our love, it also unites and bonds us like a human super-glue, giving us grace and strength to overcome adversity.

When a couple becomes “one flesh,” it’s the most intimate “knowing” possible. Not only do you have your body, but you also have your emotions and your soul. This giving of your most private self, and the receiving of your spouse’s most private self, are magnificent privileges. But if either partner can “walk away,” the gift and privilege are misused and cheapened. Love means wanting the very best for a person forever. To have sex without the committed love of marriage hurts and usually destroys the entire relationship.

Sex also brings forth babies as a sign of the love between a husband and wife. Isn’t it incredible that a spiritual and physical union of love can create new life? Imagine that – two people so in love that their gift to each other creates a new child – a new person – a son or daughter like you and me with a soul that will live forever. (Pretty cool! Co-creators with God!)

And babies need strong families with loving mothers and fathers. That’s the ideal situation and that’s the ideal situation and that’s one reason God designed sex specifically for married couples. Sex is for bonding and babies, and before marriage, these both have painfully grave consequences.

What Should you do if You’ve Already Started?

We realize that you may already be having sex and you’re wondering why after giving so much of yourself, your relationship is still floundering. Just because you’re having sex, it doesn’t mean you’re giving your “all” or receiving their “all.” Even if two people say they love each other, they’re not really giving their all if they haven’t publicly vowed to commit their entire lives to each other. “Until death do us part.”

Outside of marriage, sexual intimacy usually indicates that at least one party is acting without self-control in a selfish or dishonest manner. This destroys the relationship by becoming a wedge and a stumbling block to the development of mature love. Premarital sex guarantees you that sooner or later, you’ll have a major communication breakdown.

To resuscitate your current relationship and to protect your future marriage, you need to stop all sexual activity immediately, including all foreplay. Give your love a fighting chance to deepen and flourish. It may seem impossible at first, but you can do it! You and your current flame (and your future spouse and your children) will be very grateful that today you made a commitment to save sex for marriage. And if you’ve already made this commitment – congratulations!


Keith and Tami Kiser were both virgins when they married.

Pregnant? Considering abortion?

Read what women, doctors and men say about abortion on pages 16 to 25.

“Sexy” Fashions...? What Do Men Think?

How about women? My female friends tell me that sure, women appreciate handsome, well-built men – but women are not affected visually in the same intense way that men are. Women, for example, find words of love, tenderness and sincere appreciation much more meaningful than physical images of men.

Given these differences, there’s no question that “sexy” clothes will get a man’s attention. For some women this may seem flattering or fun at first, but ultimately, it’s not fulfilling, because it won’t attract the kind of attention – or man – a woman really wants. Why? Because it causes men to want to “use” women sexually rather than love them for who they are.

Remember, the sight of a woman’s body is so powerful for men, that unless they’re well-trained and highly disciplined, they’ll have a difficult time refraining from sexual thoughts. And once these thoughts begin, they frequently turn to impure thoughts like, “If only we were alone...” or “I’d sure like to...” That’s called lust, and the clothes women wear can actually trigger these thoughts in a split second. Yes, men are guilty if they entertain lustful thoughts. But decent guys want to avoid these thoughts and we hope women will help us by exercising virtue and wearing modest clothes that don’t present strong temptations.

What Makes Men See Women as Sex Objects?

Whether you know it or not, if you dress in revealing clothes, many men will see you as a “sex object.” Not only that, but the way you dress can affect how men view other women as well. When men are prompted to see women in lustful ways, men tend to develop a warped vision of all women, causing them to view and treat other women they encounter later as sex objects.

Whether it’s conscious or unconscious, if you present yourself in a way that is sexually revealing, even in the slightest of ways, many men will want your body for pleasure without regard for you as a person. Many men will see you as sexually loose. Other men will be constantly distracted with sexual temptations and find it hard to get to know you as a person.

So what kind of attention do you really want? Most women want to be loved and respected for who they are, inside, not for their looks. Isn’t that what you want? Don’t you want to be loved by a sincere, pure, virtuous man who is confident, disciplined and committed to your relationship? I know you don’t want to be used by men, and that you don’t want to find yourself in a relationship or married to a man without self-control – a man who looks for quick flings or who lusts after every cute girl he sees.

Katherine Kersten, commentator on National Public Radio and chairman of the Center of the American Experiment, writes, “But modesty is about something more: simple fairness. We women demand respect from men, insisting that they value us not for our looks, but for ‘who we are.’ It is hypocritical to do this, and then dress and act immodestly – intentionally provoking sexual desire, and signaling our easy openness to it. To act this way is to undermine our own dignity, to treat ourselves as ‘sex objects.’ Moreover, it is patently unfair, for it means that we are holding men to a higher standard than we hold ourselves.”

Prepare for Lasting Love

If you are seeking lasting love and a lifelong marriage that unites mind, soul and body, the best way to achieve this is by being the kind of person you want your future spouse to be. Think of yourself and your future mate as someone with integrity, a vital personality and strong character. If you develop these qualities and demonstrate them through words, actions and appearance, it will help you attract the same in a spouse. Many good men are out there: men with wonderful personalities, men who are respectful, intelligent, and looking for a long-term relationship – men who will be faithful and committed to one wife for life. To find a truly honorable man like this, remember that he’ll be attracted to a woman who dresses modestly as a sign of purity, to someone who recognizes that each person is created in the image and likeness of God.

By dressing modestly, a woman also shows that she knows we were made to love and be loved as unique, unrepeatable individuals. She also shows that she has reverence for her body and her immortal soul – two sacred gifts to be treated with dignity and respect.

As a man, let me close by saying I sincerely appreciate women who make the extra effort to dress modestly. I know several attractive women who always dress in beautiful fabrics and modest styles. What makes these women even more attractive than their physical beauty and the fashionable clothes they wear is their modesty. It’s a virtue that makes them glow in a beautiful way. It shows thoughtfulness, inner strength and high self-esteem. Modesty also shows a pure heart and the generous desire to save oneself for a future spouse. Think for a moment – what do your clothes say about you?

PS. Modesty is a beautiful virtue! Men also benefit from modesty when they practice it in their thoughts, words and actions. See LoveMatters.com for details.

Amazing Chastity DVD!

Now you can stop those pressures to have sex!

If you’re feeling pressure to have sex, this new video/DVD is for you. It’s called, “Sex Has a Price Tag” and it’s an amazing video about sex in the new millennium. Filled with facts, tips and true stories, it’s guaranteed to strengthen your will power and show you the benefits of saving sex for marriage. Featuring Pam Stenzel, a dynamic young woman who speaks to 20,000 high school and college students each month, this one-hour video clearly spells out the physical, emotional, social and spiritual costs of premarital sex. It’s packed with dozens of real-life stories about broken hearts, teen pregnancy, abortion and other painful problems caused by sex before marriage. This compelling video also exposes the current epidemic of sexually transmitted diseases (STDs) which are infecting more than 3,000 new people each day.

If you want to learn how to say “No” without saying good-bye, this video will give you some of the best comeback lines you’ve ever heard. If you want to find true love, Pam will teach you how as she explains that real sexual intimacy and the joy it brings can only be found within marriage. When this video/DVD recently aired on national cable TV, viewers loved it so much they called and ordered more than 5,000 copies. LoveMatters.com publishers highly recommend Pam’s “Sex Has a Price Tag” DVD.

To order Pam Stenzel’s “Sex Has A Price Tag” DVD, send check to Pro-Life America (see box) or call 510-578-0067.
Are Condoms Foolproof, or for Fools?

While using a condom, you can still become pregnant. Condoms have an annual contraceptive failure rate of 18.4 percent for girls under age 18. And among young, unmarried, minority women the annual failure rate is as high as 44.5 percent. (1)

(2) “Contraceptive Failure Rate in the U.S.: Revised Estimates From the 1982 Natl. Survey of Family Growth,” E.F. Jones and J.D. Forrest, Family Planning Perspectives, May/June 1989, p. 103

Sexually Transmitted Diseases

Condoms provide even less protection against sexually transmitted diseases (STDs) than they do against pregnancy. That’s because a woman can get pregnant only at ovulation time (two to three days each month), but a sexually transmitted disease can pass from partner to partner at any time of the month.

STDs (Venereal diseases) often spread by “skin to skin” contact even when condoms are used. This can happen because the bacterial or viral germs that cause many serious STDs (such as human papilloma virus, chlamydia, herpes and syphilis) do not infect just one place on your body. They can infect anywhere in the male or female genital areas. So even if the virus or bacteria doesn’t get through the condom itself, you can still get a disease because condoms don’t cover all areas necessary to prevent infection during sexual contact.

Health Experts Say . . .

Many leading health experts warn that you should not depend on condoms to protect you against AIDS and other STDs:

“Simply put, condoms fail. And condoms fail at a rate unacceptable for me as a physician to endorse them as a strategy to be promoted as meaningful AIDS protection.”

— Dr. Robert Reifneld, chief of retro-viral research, Walter Reed Army Institute

Source: “Condom ‘Cure’ Questioned by Top AIDS Researcher,” Russell Shaw, Our Sunday Visitor, 5/22/84

“Saying that the use of condoms is ‘safe sex’ is in fact playing Russian roulette. A lot of people will die in this dangerous game.”

— Dr. Teresa Crenshaw, member of the U.S. Presidential AIDS Commission and past president of the American Association of Sex Educators


STD (VD) Epidemic

Are You at Risk?

Sexually transmitted diseases (STDs) are spreading like wildfire. Doctors are calling it an epidemic. Will you be infected?

• One in every four U.S. teenagers will be infected with an STD before he or she graduates from high school. Half of all U.S. teenagers who are having intercourse will get an STD before age 25.

• Each day 52,000 Americans become infected with an STD.

• About 25,000 of these new STD infections are contracted by 15 to 24-year-olds each day.

• In 1980, four million Americans reportedly got an STD. By 2005, that number had almost quintupled, with an estimated 19 million Americans getting an STD infection that year.

Today, one in every five Americans between 5 and 55 is infected with at least one STD. The Centers for Disease Control reports there are now more than 50 known STDs. Some can make you sterile. Some are incurable. People with STDs often look healthy. Don’t be deceived. They can give you diseases that will make you miserable. Some of these diseases are itchy, burning, painful and even deadly. Most teenagers have been told that condoms will protect them. The truth is much different. Having sex with condoms is like playing with fire. It doesn’t make it safe. Many people using condoms still get STDs. It’s an epidemic that’s infected more than 50 million Americans.

Are you willing to risk a lifetime of good health for a few moments of pleasure?

Sources for STD statistics: The U.S. Government’s Centers for Disease Control, the American Social Health Association, the Alan Guttmacher Institute.
How You Can Start Over... And Be Free Again

Today can be the beginning of a spiritual transformation for you. The Apostle Paul was referring to this kind of transformation when he wrote to his Christian friends in Corinth, “Do not be deceived. Neither the sexually immoral, nor idolaters, nor adulterers, nor male prostitutes, nor homosexuals, nor thieves, nor the greedy, nor drunkards, nor slanderers, nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” (1 Corinthians 6:9-11).

Many Corinthians had serious sins in their past, but they changed their ways and asked God for forgiveness. They were forgiven and transformed.

How do you begin that kind of transformation? You can’t manage it on your own. You need God’s power. And where do you find that? You ask for it. It’s as simple and as powerful as that.

It’s always possible to start over again with God, no matter what the sin. The God who made the universe out of nothing can easily take your past and transform it into something beautiful if you give Him permission, and then let go and trust Him. It all begins with confessing your sins – telling God you’re truly sorry and asking for His forgiveness.

God will forgive any sin, great or small. All you have to do is ask Him for forgiveness with a humble, repentant heart and be firmly resolved not to commit the sin again.

Why not ask Him for forgiveness right now? (If you’re Catholic, simply go to Confession. And don’t worry, priests have heard it all and they’re there because they want to help you.) Speak to God, and the spiritual transformation will begin today. Ask Jesus to help you – to change you – and He’ll go to work immediately. He loves you. He’ll wash your wounds. He’ll forgive you and fill you with His Spirit and you’ll become a new person in Christ.

If you wait until marriage, you can:

• Know that a person likes you because of who you are and not because you will ‘go all the way’
• Have self-respect and respect from others because of standing firm and accomplishing a goal
• Know trust, honesty and patience
• Experience peace of mind
• Develop true intimacy
• Have a clear conscience
• Have healthy relationships
• Discover the true meaning of love
• Share a bond with your spouse that no one else has shared
• Focus on communication skills and develop non-sexual relationships
• Have a solid foundation as you enter marriage
• Look forward to a very special honeymoon!

Adapted from Choices/Teen Awareness, Inc.

If you don’t wait, are you ready for:

Emotional Heartaches

• Guilt
• Regrets
• Loss of self-respect
• Depression
• Suicidal thoughts
• Ruined relationships
• Anger

Pregnancy

• Immediate marriage
• Adoption (to give your baby to another family)
• Single parenthood
• Abortion’s consequences (read stories about dangerous and deadly abortions – pgs. 16-19)

STDs and Other Health Problems

• AIDS
• Syphilis
• Gonorrhea
• Herpes
• Chlamydia
• Genital warts
• Vaginal infections
• Sterility risks
• Cervical cancer
• Breast cancer

(WARNING! Even if you use contraceptives, you’re still at risk for heartaches, pregnancy and STDs.)

“LaRue is a stunning debut from a talented twosome.”

— Billboard Magazine

Teenage siblings Phillip and Natalie LaRue launched an impressive, self-named debut album into the contemporary Christian music scene last year. It featured well-written songs (all penned by the duo), fresh melodies, and totally engaging vocals. “Someday” is about finding that special soul mate, and the LaRues believe that being pure and saving sex for marriage is the best way to prepare your heart and soul for your future spouse.

At concerts and on their Web site, Phillip and Natalie invite fans to sign their petition to the U.S. Secretary of Education. They’re asking that non-sexual relationships between students be encouraged and that schools consider adding abstinence education classes in their study curriculum so that students are not pressured into early sexual activity.

LaRue

Visit LaRue online at www.laruemusic.com


Sources: www.abortionfacts.com and www.afterabortion.org

Archives to the Quiz from Page 17: 1-C 2-G 3-B 4-B 5-B 6-C 7-B
On February 23, 2000, Rebecca St. James won a Grammy Award for Best Rock Gospel Album. A native of Australia, she is also the youngest performer ever to be nominated for the prestigious Dove Award for New Artist of the Year. Rebecca wows audiences with an amazing pure voice and passionate messages.

Hard work paid off for Rebecca when she scooped up her Grammy for “Pray” at the 42nd annual Grammy Awards in 2000. In her acceptance speech at The Staples Center in Los Angeles, she said, “First, I want to thank God. He is my best friend, the reason I live, my inspiration and the reason I do what I do.”

It’s no wonder Rebecca’s albums are so popular. Her music videos show she’s as talented as any female rocker in the world. However, what really separates Rebecca from other rockers are her views on love. For her, love is patient, kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or touchy. It does not keep grudges and will hardly even notice when others do it wrong. It is never glad about injustice, but rejoices whenever truth wins out. If you love someone you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground in defending him.”

Purity is a very important virtue to this 27-year-old singer. Rebecca is a virgin and she says she’ll remain one until she gets married. On her right ring finger, she wears a gold band. During a concert in Colorado Springs, she told her audience: “I’d like to tell you about this ring I’m wearing. It is a promise ring, and when my parents gave it to me, they said it was to symbolize my commitment to God. Here’s a gift,” she points out. “Use them wisely. You can make a difference in the lives of others. I want to thank God. He is my best friend, the reason I live, my inspiration...”

As a national spokeswoman for the True Love Waits campaign since age 16, Rebecca has spoken to hundreds of thousands of teens about the benefits of saving sex for marriage. Her views of love are deeply grounded. Unlike Hollywood, where love is often portrayed as a “spell” you fall under, or an urge that makes you “love-crazy” to jump into bed, Rebecca speaks of love as patient, kind, never jealous or envious, never boastful or proud, never selfish or rude. Love does not demand its own way.

What does Rebecca think of “safe sex” campaigns? Not much. She has more confidence in kids, and she says, “I don’t buy the argument that teenagers can’t control themselves or that they need to be taught to use birth control devices to protect themselves. Teenagers can handle the pressure. I have seen thousands of teenagers sign commitment cards pledging themselves to wait until marriage.”

Thousands of young women write Rebecca to thank her for taking a stand. Some letters come from women who’ve fallen for sex outside of marriage. One woman wrote, “I’ve had troubles my whole adult life as a result of the bad choice to have premarital sex, which led to an abortion, a bad marriage and divorce.”

Rebecca’s fans love her music and her encouraging words about life and its purpose. “Your teenage years are a gift,” she points out. “Use them wisely. You can make a difference in this world by giving your life to serving and helping others who are less fortunate. Your teenage years are a great time to be active... You can be a voice of hope in this world. If you are willing to take a stand for what is right, God can use you.”

Rebecca’s Bio

**BORN:** July 26, 1977, in Sydney, Australia. Rebecca now lives in Nashville, Tennessee, with her parents and six younger brothers and sisters.

**RECOGNITION:** Rebecca St. James, “God,” “Pray,” and “Wait for Me”

**UNFORGETTABLE MOMENT:** “On December 29, 1991, I got to watch my little sister, Libby, be born. To see how God created her so perfectly was an indescribable moment in my life. Since then, I’ve had the opportunity to work with crisis pregnancy centers and really share from my own experience how God has a purpose for every baby formed in the womb.”

**FUTURE GOAL:** “I’d like to get married and have a big family. My goal is seven to 10 kids, God willing.”

**Rebecca’s Web Site:** www.rsjames.com

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**What Does the Bible say about Love, Sex, Lust, Temptation and Purity?**

**Love?** It’s in the Bible, 1 Corinthians 13:4-7, TLB. “Love is patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or touchy. It does not keep grudges and will hardly even notice when others do it wrong. It is never glad about injustice, but rejoices whenever truth wins out. If you love someone you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground in defending him.”

**Sex** is a gift God gives to married people for their mutual enjoyment. It’s in the Bible, Proverbs 5:18-19, TLB. “Let your manhood be a blessing; rejoice in the wife of your youth. Let her charms and tender embrace satisfy you. Let her love alone fill you with delight.”

**Romance** and sexual relations are highly recommended within the commitment of marriage. It’s in the Bible, The Song of Solomon 1:2-12-13; 2:6-16, TLB. “Kiss me again and again, for your love is sweeter than wine... The king lies on his bed, enchanted by the fragrance of his perfume. My beloved one is a satchet of myrrh lying between my breasts. He brings me to the banquet hall and everyone can see how much he loves me. Oh, feed me with your love... for I am utterly lovestruck. His left hand is under my head and with his right hand he embraces me... My beloved is mine and I am his.”

**Adultery?** The sixth commandment forbids adultery. It’s in the Bible, Exodus 20:14. “You shall not commit adultery.”

Lust itself is a sinful behavior and is often used as an excuse for further sin. It’s in the Bible, Matthew 5:28, TLB. “But I say, Anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart.”

**Purity...** Matthew 5:8, NIV. “Happy are those whose hearts are pure, for they shall see God.”

**Choose friends with pure hearts.** It’s in the Bible, 1 Timothy 2:22, TLB. “Run from anything that gives you the evil thoughts that young men often have, but stay close to anything that makes you want to do right. Have faith and love, and enjoy the companionship of those who love the Lord and have pure hearts.”

Source: www.bibleinfo.com
When Does Life Begin?

Internationally known geneticists and biologists have testified that human life begins at conception. In 1981 (April 23-24) a Senate Judiciary Subcommittee held hearings on the very question: When does human life begin?
The following doctors testified:

**Dr. Hymie Gordon**, Chairman of the Department of Genetics at the Mayo Clinic, said: “By all the criteria of modern molecular biology, life is present from the moment of conception.”

**Dr. McCarthy de Mere**, a medical doctor and law professor at the University of Tennessee, testified: “The exact moment of the beginning of personhood and of the human body is at the moment of conception.”

**Dr. Jerome Lejeune**, “The Father of Modern Genetics,” said: “Each of us has a very precise starting moment, which is the time at which the whole necessary and sufficient genetic information is gathered inside one cell, the fertilized egg, and this is the moment of fertilization. There is not the slightest doubt about that, and we know that this information is written on a kind of ribbon we call the DNA.”

The late Dr. Jerome Lejeune discovered the genetic cause of Down Syndrome. He received the Kennedy Prize for the discovery, as well as the Memorial Allen Award Medal, the world’s highest award for work in the field of genetics.

Why Do Women Get Abortions?

In a recent survey from the Alan Guttmacher Institute (Planned Parenthood’s research arm), women gave the following reasons for having an abortion:

- 75% said the baby would interfere with their lives.
- 66% said they couldn’t afford a child.
- 50% didn’t want to be a single parent or had problems in their current relationship.
- 4% had a doctor who said their health condition would worsen.
- 1% had a fetal abnormality.
- 1% were victims of rape or incest.

Contrary to common perceptions, almost 95% of all abortions are for reasons of convenience, not for rape, incest or the mother’s health.

In **Roe v. Wade** (1973) the Supreme Court allowed states to restrict abortions in the last three months, “except where it is necessary… for the preservation of life or health of the mother.” However, in **Doe v. Bolton**, the companion case to Roe, the Court defined ‘health’ to include ‘all factors – physical, emotional, psychological, familial, and the woman’s age – relevant to the well-being of the patient.’ Because of this broad definition of ‘health,’ the Court, in effect, permitted abortion-on-demand in all 50 states right up till birth for any of these reasons.

**Living Baby at Approximately 6 Weeks**

This remarkable photograph of a tiny, still living preborn baby in his unruptured amniotic sac was taken after surgery for a tubal pregnancy at the University of Minnesota by medical photographer Robert Wolfe in 1972. This picture demonstrates the remarkable early development of a preborn baby at only six weeks after conception.

**Consider Dr. Rockwell’s Testimony:**

“Eleven years ago, while giving an anesthetic for a ruptured ectopic pregnancy (at eight weeks’ gestation), I was handed what I believe was the smallest living human ever seen. The embryonic sac was intact and transparent. Within the sac was a tiny human male swimming extremely vigorously in the amniotic fluid, while attached to the wall by the umbilical cord. This tiny human was perfectly developed, with long, tapering fingers, feet and toes. It was almost transparent, as regards the skin, and the delicate arteries and veins were prominent to the ends of the fingers.

“The baby was extremely alive and swam about the sac approximately one time per second, with a natural swimmer’s stroke. This tiny human did not look at all like the photos and drawings and models of ‘embryos’ which I had seen, nor did it look like a few embryos I have been able to observe since then, obviously because this one was alive!

“When the sac was opened, the tiny human immediately lost his life and took on the appearance of what is accepted as the appearance of an embryo at this stage of life (with blunt extremities etc.).”

Statement by Paul E. Rockwell, M.D., anesthesiologist, as quoted by Dr. and Mrs. J.C. Wilke in *Handbook on Abortion*
Your Life in the Womb

Day 1 – your life began at the moment of conception
Day 7 – you implanted in your mother’s uterus
Day 10 – your mother’s menstrual period stopped
Day 18 – your heart began to beat
Day 21 – you pumped your own blood, with your own blood type, through a separate, closed circulatory system
Day 28 – your eye, ear and respiratory system began to form
Day 42 – your brainwaves were recorded; your skeleton was complete, your reflexes were present
7 weeks – you sucked your thumb
8 weeks – all your body systems were present
9 weeks – you squinted, swallowed, moved your tongue, and made a fist
11 weeks – all of your body systems worked; you breathed spontaneously; your fingernails were present
12 weeks – you weighed one ounce
16 weeks – your genital organs were clearly differentiated; you grasped with your hands, swam, kicked, turned, somersaulted (still not felt by your mother)
18 weeks – your vocal cords worked and you could cry
20 weeks – you had hair on your head; you weighed one pound and were 12 inches long

The New England Journal of Medicine reported that:

15 percent of babies born premature at 23 weeks survive*
56 percent of babies born premature at 24 weeks survive*
79 percent of babies born premature at 25 weeks survive*


Kathy Ireland says, “I used to be pro-choice.”

While appearing on the TV show “Politically Incorrect,” Kathy Ireland participated in a debate about abortion “rights” and whether Florida should approve “Choose Life” license plates. Now against abortion, Kathy defended babies in the womb by saying:

“I was once pro-choice and the thing that changed my mind was, I read my husband’s biology books, medical books, and what I learned... At the moment of conception, a life starts. And this life has its own unique set of DNA, which contains a blueprint for the whole genetic makeup. The sex is determined. We know there’s a life because it’s growing and changing.”

Mel Gibson says to welcome the kids God sends us

On a 1990 Barbara Walters Special, actor Mel Gibson stated his opposition to birth control, infidelity and abortion. “God is the only One who knows how many children we should have, and we should be ready to accept them. One can’t decide for oneself who comes into this world and who doesn’t. That decision doesn’t belong to us.”

In a land full of scandals and month-long marriages, Mel has been married to his wife Robyn for 19 years, and they recently welcomed their seventh child into the world.

“Children are a gift from the Lord...”

“Like arrows in the hand of a warrior... Happy is the man whose quiver is full.” (Psalm 127). God gives us the very special gift of being co-creators with Him. He also gives us helpful, natural guidelines on how to use this gift. God designed sexual intercourse as a way for married couples to work with Him to bring new life into the world – and to show true love for each other.

Mother Teresa said, “Any country that accepts abortion is not teaching its people to love, but to use any violence to get what it wants... the greatest destroyer of peace today is abortion, because it is a war against the child - a direct killing of the innocent child - murder by the mother herself. And if we accept that a mother can kill even her own child, how can we tell other people not to kill one another?”
Claim: “It’s my body.”
Answer: A woman’s body does not have two beating hearts, two blood types, two heads, four eyes, four arms, and four legs. A pregnant woman and her baby have all this and more. And what about when she’s pregnant with a male baby? That’s not her body... it’s a unique, baby boy growing in her womb.

Claim: “It’s only a fetus.”
Answer: Fetus — literally meaning “little one” in Latin — refers to the preborn baby after eight weeks gestation. Webster’s Dictionary states that a fetus “has passed the early stages of development and attained the basic final form prior to parturition (birth).” Some people seem to have forgotten they once lived and grew in the womb as a “fetus.” Would it have been okay if they had been aborted when they were “only a fetus?”

Claim: “Abortion is legal; therefore, it must be right.”
Answer: The U.S. Supreme Court has been wrong on many major decisions and then overturned itself. Remember the Roe v. Wade case on slavery? If the Supreme Court suddenly declared child abuse or rape legal, would that make them right? Would we ignore such injustices and do nothing to protect the innocent?

Claim: “Freedom of choice” and “It’s a woman’s right to choose!”
Answer: How can anyone claim they have the “freedom” or “right” to kill an innocent baby? The only “choice” in abortion is between a dead baby and a live baby. Plus, those who defend this “choice” aren’t consistent. Why is it only in the case of abortion they argue that “choice” should be absolute? Using the same rationale, wouldn’t people have the right to “choose” to use drugs (“it’s my body”) or the right to “choose” to practice prostitution? Humane societies don’t tell people they have a “freedom of choice” to kill their own children. There are right choices and wrong choices. In recent history, millions of innocent people died because of terribly wrong choices that slave owners and Nazis thought they had a “right” to make. Terrible choices have led to dead slaves, dead Jews and dead babies.

Claim: “The government shouldn’t interfere.”
Answer: Our Declaration of Independence declares that each of us has an “inalienable right to Life, Liberty and the Pursuit of Happiness.” Thomas Jefferson defined government’s role: “The care of human life and happiness, and not their destruction, is the first and only object of good government.” Government should protect all of us, especially before we are born, when we are most vulnerable.

Claim: “Poor women need public funds (your tax money) to pay for abortions so they will not be discriminated against.”
Answer: The rich can readily afford cocaine and prostitutes. Should taxpayers also be forced to buy these for the poor? The bottom line is that abortion is the worst form of child abuse. It kills a baby and wounds the mother for life. If the poor cannot afford abortions, they and their children are blessed not to become victims of this bloody holocaust.

Claim: “I’m personally opposed to abortion, but I don’t want to impose my morality on others.”
Answer: What about other moral issues such as rape, robbery, child abuse, arson and murder? What if politicians said, “I’m personally opposed, but...” about racism? They’d be kicked out of office on the spot! What about slavery? If abolitionists had bought this “personally opposed, but” argument, some states could still be saddled with slavery today. Every law ever passed sets standards that reflect someone’s (or a body of lawmakers’) morality. A politician who won’t vote against something he/she is morally opposed to doesn’t have an ounce of honesty in his/her blood.

Claim: Privacy — In 1973, The Supreme Court said women have a “constitutional right” to “privacy” on abortion.
Answer: The Court was wrong. Nobody has a right to injure or kill another person ‘privately.’ Does a right to “privacy” also protect parents who abuse, molest or kill their born children in the ‘privacy’ of their home? Why not? What about their “right to privacy”? How is it that Roe v. Wade determined that unborn children are not “persons” even though they have the right to inherit property, the right to be protected from a drug-addicted mother, the right not to be killed by a drunk driver, and many other rights? Some states have entire sections of law outlining crimes against unborn children in which they’re protected from negligent or willful harm or death from conception on.

Claim: “Dred Scott and Roe v. Wade aren’t comparable.”
Answer: Yes, they are comparable in that the Supreme Court was wrong to deny inalienable rights in both cases. The Dred Scott decision of 1857 upheld slavery as legal. It decreed that black people are the private property of the slave owners. This was a grave error of the Supreme Court, denying African Americans one of their most fundamental human rights — the right to liberty. In Roe v. Wade, the Supreme Court erred again by denying a whole class of human beings (preborn babies) the most fundamental right — the right to life.

Claim: “If legal abortions are banned, women will resort to dangerous back alley abortions.”
Answer: In 1972, the year before the Supreme Court legalized abortion, a total of 39 women died from illegal abortions, according to the U.S. Centers for Disease Control. Dr. Bernard Nathanson, co-founder of NARAL (National Abortion Rights Action League), admits his group lied and inflated the number of women who died from illegal abortion when testifying before the U.S. Supreme Court in 1972: “We spoke of 5,000 to 10,000 deaths a year. I confess that I knew the figures were totally false... it was a useful figure, widely accepted, so why go out of our way to correct it with honest statistics?”

Claim that abortion became safer for women after it was legalized fail to acknowledge that large numbers of women are physically injured or killed by so-called safe and legal abortions every year. The book Lame 5 documents 250 cases of women injured or killed by abortion or sexually assaulted by their abortionists (see pages 20 and www.prolife.com for details). Former abortion provider Carol Everett states, “In the last 18 months I was in business [she ran four abortion centers in Texas in 1982], we were completing 500 abortions monthly and killing or maiming one woman out of 500.”

Claim: Rape and incest — “Abortion should be legal to end a pregnancy resulting from rape or incest.”
Answer: It’s important to remember that the child conceived through rape or incest is no less human than any other child. Dr. David Brardson (www.afterabortion.org) points out that abortion is the very worst “solution” that we can offer to the pregnant woman at this crisis time in her life. Abortion compounds her problems. Abortion makes her an aggressor against her own innocent child and it never makes the painful memories of rape go away. If a small child were killed in the street by a negligent driver and it was later determined that the child had been conceived in rape, would the driver be held less responsible? Is that child’s death less tragic?

Claim: “It’s a woman’s issue. Men should have no say.”
Answer: Every baby has a mother and a father. Why should fathers be denied their parental rights? Why shouldn’t men defend the innocent and the weak? More than half of America’s pro-life movement is made up of women who ask men to join their cause. Many women become pro-life after discovering their own abortion was a terrible mistake. They discover how painful abortion is from first-hand experience, then they ask men to help expose abortion so that fewer women and babies become victims.

Women Exploited

How many more women will be exploited by abortion? Approximately 3,000 women choose to abort every day. That’s about 1 million abortions each year. Some of these women have shared their very private and painful experiences to warn other women about the deep pain and suffering of abortion. Many have become pro-life volunteers, counselors and speakers to warn women so they, too, won’t be exploited by people who promote and profit from abortion.

For crisis pregnancy help or post-abortion counseling, call toll-free 1-800-848-5683

Real-Life Testimonies From

“I was 18 when I got pregnant. At three months pregnant, I had an abortion. About seven years later... my heart broke. I was so overcome with grief. How could I have taken the life of my unborn child?”

TIANNAH AMAN
FORT LAUDERDALE, FLORIDA

“I was an emotional wreck. The following day I was empty, soul numb. I knew that day I had made a huge mistake. I wish with all my heart I would have done things differently.”

CARRIE CAMILLERI
LOS ANGELES, CALIFORNIA

I was just 17 years old when I left our grim, inner-city slum home in Philadelphia, in flight from two alcoholic parents, and moved across the country to San Francisco.

I got a job in an office there and was certain that my future was going to be very different from my past. But I was naive; I’d rarely date and I knew very few people, so when a bunch of people at work told me they’d been invited to a pizza party, I decided to go along.

When I arrived, there was just me and the host, who worked in another department of my office. I later learned he told everyone else the party was off. He was 30 years older than I was and physically powerful. He was tall, bearded and obese. Within minutes of my arrival, he raped me.

I’d never been sexually intimate with any man before, and afterwards, I crawled back home, terrified, hurting and ashamed. There was no crisis center or hotline to help deal with the trauma, and before, and afterwards, I crawled back home, physically powerful. He was tall, bearded and obese. Within minutes of my arrival, he raped me.

I was just 17 years old when I left our grim, inner-city slum home in Philadelphia, in flight from two alcoholic parents, and moved across the country to San Francisco.

I WAS RAPED! By Lee Ezell

Pregnant

When I discovered I was pregnant, I moved to Los Angeles without telling anyone about my condition. I moved in with an elderly couple until my baby was born.

In those days, it was thought to be better if a baby being given up for adoption was taken away from its mother immediately after birth. I suppose they felt what the eye doesn’t see, the heart doesn’t grieve for. I’ll never forget coming out of the anesthetic and being told I’d had a healthy baby girl. I was never given a chance to see her, to hold her.

I was overcome by the finality of it all and by a desperate sense of loss. I was just 19 years old. I was 28 years old before I trusted another man.

My Daughter Found Me!

I’ll never forget that first phone call. She told me her name was Julie Makimaa and she’d been searching for me since she was 17. She told me her parents had given her copies of her adoption papers. Julie then said that once she knew my maiden name she’d made hundreds of phone calls from her home in Michigan to track me down. A friend of Julie’s noticed that penciled very faintly on one of the papers was the name of the papers was the name “Prospect” followed by Julie’s maiden name she’d made up. Her efforts to connect me with it had been fruitless.

It was Bob who persuaded me to write my book, _The Missing Piece_, about Julie’s birth, my years without her and the joy of our reunion. Finding my daughter has enriched my life beyond measure. The couple, who adopted her, Eileen and Harold Anderson, are beautiful people.

Julie, Eileen and I have been speaking to various groups about what has happened to us. I guess our message is that just as bad things can happen to good people, so can something beautiful come from a wicked act. Julie is living proof of it.

Adapted from _The Missing Piece_ by Lee Ezell, Servant Publishing.

Meeting My Daughter

Julie said she was now 20 and was married with a child of her own. My heart was racing as we agreed to meet, and I remember thinking, “what will I say if she asks me about her father? How can I tell her he’s a rapist?”

It was my husband who convinced me that Julie had to be told of the circumstances surrounding her birth. He phoned Julie’s husband, Bob, and told him the truth. Bob was the one who broke the news to Julie.

We met for the first time just a month after our first phone conversation. There are no words to describe my exact feelings as Julie walked into my hotel room.

Here was the child whose memory I’d hidden in my heart for so many years, the child who has given me three grandchildren—Casey, now 3, and Herb, 1. She embraced me. We cried. Bob said with all the love in the world in his voice: “Thank you for not aborting Julie. What would my life be like without her?”

It was Bob who persuaded me to write my book, _The Missing Piece_, about Julie’s birth, my years without her and the joy of our reunion. Finding my daughter has enriched my life beyond measure. The couple, who adopted her, Eileen and Harold Anderson, are beautiful people.

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Adapted from _The Missing Piece_ by Lee Ezell, Servant Publishing.

Women Who’ve Had Abortions

“I was told that I would be out for eight minutes and I would feel only a little discomfort afterwards. They lied, it ruined 10 years of my life.”

Mae Abbott, Long Beach, California

“I had an abortion and advises other women, “Don’t do it. Regret of a permanent decision is like watching a sad movie over and over again and hoping the ending will change — but it never will. As Whitney Houston sang in a song, “Don’t Throw Away Your Miracle!”

Sonya Kaye, Lake Stevens, Washington

“I was deceived because I was not told the truth about what an abortion means to the life of an unborn baby. I was not told that at 10 weeks (which is when I had my abortion) my child was already fully formed. I was made to believe that I was doing something that was as natural as going to the dentist for a teeth cleaning.”

Stephanie Williams, Ridgecrest, CA

... more women’s abortion stories on page 22
Abortion May Be Legal, But It Sure Isn’t Safe

Women are Still Exploited and Killed by Abortion

The following are actual documented cases of women killed or injured by abortion. It may be legal, but it’s sure not safe. Each woman’s case is documented in Mark Crutcher’s book, *Lime 5*. Sources for these deaths and injuries include public records such as medical records, coroners’ reports, court documents and other public documents. In this book alone, Crutcher documents more than 230 cases of women who died or were injured from their abortions. He chose not to print the actual names of these women out of respect for the privacy of their families. Anyone wishing to obtain the names of the people and facilities involved can easily find them through the public records Crutcher cites in the endnotes of *Lime 5*.

**DEAD:**

“Sandra,” age 28, had an abortion on April 27, 1990, and was discharged soon afterward. Upon returning home, her babysitter stayed with her three children for several hours as “Sandra” slipped in and out of consciousness and suffered pain and abdominal swelling. The babysitter called the abortion center twice and was told that “Sandra’s” symptoms were normal. When a third call to the center yielded no response, the baby-sitter called paramedics. “Sandra” was pronounced dead upon her arrival at the hospital from an inch-long uterine laceration.

**DEAD:**

On July 27, 1990, 32-year-old “Mary Ann” had an abortion. After she was dismissed, her continued massive blood loss required that she be rushed to a local hospital. She died later that night following unsuccessful surgery to repair a badly lacerated cervix suffered during the abortion.

**DEAD:**

On June 26, 1994, “Pamela,” age 31, had a first-trimester abortion. During the drive home, she started bleeding heavily and became unresponsive. Her friends stopped at a motel and called an ambulance, while two passers-by performed CPR. At the hospital, she underwent an emergency hysterectomy to try to save her life, but she died of massive blood loss caused by a punctured uterus.

**DEAD:**

On June 14, 1980, “Linda” had an elective abortion. She suffered a punctured uterus, massive blood loss, shock and a septic infection, which led to cardiopulmonary arrest. “Linda” died July 16 at age 21.

**Women Injured by Abortion**

Many women who live through their abortions are severely injured. Here are just a few examples from the book, *Lime 5*.

- **“Hannah” (Age 19, Missouri)**
  - Ruptured uterus and lacerated intestine.
- **“Jane” (Age 20, New York)**
  - Cervix lacerated.
- **“Melissa” (Age 22, Indiana)**
  - Hemorrhaging, punctured cervix and uterus. Required a hysterectomy.
- **“Susan” (Age 25, Arizona)**
  - Preborn baby’s bones and tissue left in vagina and uterus.
- **“Tamera” (North Dakota)**
  - Emergency hysterectomy to stop hemorrhaging.
- **“Debra” (Illinois)**
  - Intra-abdominal abscesses that required a colostomy.
- **“Latorya” (California)**
  - Hepatitis B due to unsanitary abortion equipment.

**Rape and Sexual Assault**

*Lime 5* also documents dozens of cases where women were raped or sexually assaulted by their abortionist. This shocking chapter is called “The Canned Hunt.”

You Can Sue. You have the right to seek compensation for injuries and suffering. Call for advice, toll-free 1-800-401-6494. LifeDynamics.com

**Breast cancer has been linked to abortion in 27 worldwide studies.**

Get the facts at: www.AbortionBreastCancer.com

Abortion Methods

**Partial-Birth Abortions**

were outlawed by a U.S. Supreme Court ruling on April 18, 2007. Prior to the ruling, these late-term abortions were used on 1 1/2 to 9 month old preborn babies. The preborn baby is rotated and delivered feet first, except for the head. The back of the neck is punctured with scissors and suction is used to suck out the brain and collapse the skull. The dead baby is fully delivered.

Dr. Martin Haskell has done more than 1,000 of these late-term abortions. He said he does them “routinely” for non-medical reasons, and that 80 percent are “purely elective.” That means the baby was healthy and the mother had no health risks. Former U.S. Surgeon General C. Everett Koop said that “in no way” are partial-birth abortions a “medical necessity for the mother.”

**Suction Abortions:**

Used in the first three months of pregnancy. A suction tube, 27 times more powerful than a home vacuum cleaner, is inserted into the opening of the womb. The powerful suction tears the baby apart limb from limb.

**Dilation and Curettage (D&C):**

Used at the end of the third month of pregnancy (approx. 12 weeks). The mother’s cervix is dilated, ring forceps are inserted into the womb and the baby is extracted piece by piece. Then a curette (a sharp knife with a loop shape) is inserted and used to scrape away any of the baby or the placenta that remains. Profuse bleeding follows.

**Dilation and Extraction (D&E):**

Used after 13 weeks. The mother’s cervix is dilated and the live, preborn child is dismembered with pliers-like forceps. With a twisting motion, the baby’s body is torn apart, the spine is snapped and the skull crushed. Baby parts are often left inside the mother’s womb, causing serious complications and sometimes death to the mother.

**Saline Amniocentesis:**

Done after 16 weeks. A concentrated salt solution is injected with an amniocentesis needle into the amniotic fluid. The baby breathes and swallows it and dies more than an hour later of acute salt poisoning. The mother then delivers a burned, dead baby. Use has sometimes the baby survives.

**Prostaglandin:**

Used late-term. A substance is injected into the amniotic sac, to cause premature labor and birth.

**Inter-cardiac Injection:**

Poison is injected into the chest or heart of the baby via a long needle inserted through the mother’s abdomen. The dead baby is absorbed. Sometimes this results in loss of all the babies during “pregnancy reduction” in multi-fetal pregnancies.

Morning-After Pills, Plan B, RU-486, methotrexate, Norplant, IUDs, prostaglandins and Depo-Provera cause millions of early chemical abortions each year. The Pill has a “backup” abortifacient action if conception takes place.

See www.MorningAfterPill.org

**Graphic Warning:**

Abortion Photos

Have you ever seen photos of actual aborted babies? If not, we suggest you visit www.prolife.com and www.cbrinfo.org to see how horrifying abortion really is. Yes, it’s shocking, but we believe people need to see all the facts in order to speak intelligently about abortion.
Marla’s Painful Death
A Mother’s Anguished Story
BY DEBORAH CARDAMONE

My daughter, Marla, was only 18 years old when she reluctantly decided to have an abortion at a prestigious women’s hospital. Originally, she had planned to put her baby up for adoption, but a medical social worker at the hospital strongly urged Marla to have an abortion.

The social worker argued that Marla had damaged her baby because of anti-depressant medication she had taken, though statistical evidence indicated a 92 percent chance that the baby was fine. Marla had a sonogram to determine the health of her baby. After the sonogram, the same social worker continued to pressure Marla to have an abortion. Finally, Marla gave in.

On the day of Marla’s abortion, fears began to overwhelm me. Even though this was a leading women’s hospital, I was worried for her safety. Surely she was in the safest place possible. But I had no peace. My grandchild was about to die.

At about 11:00 in the afternoon, a nurse walked Marla to an exam room where they inserted laminaria into her cervix and did the “instillation of urea” to start the abortion. At 11:00 PM, the abortion had still not been completed. I wanted to stay with Marla, but she insisted that I go home because it was getting so late. I kissed her goodnight, saying, “I love you…see you in the morning.” That was the last time I saw her alive. At 9:15 the next morning, I received a call from the intensive care unit (ICU). The nurse said…

“Something Went Wrong. It’s Very Serious!”

I raced to the hospital and rushed into the ICU. Twice, a doctor came out to ask me questions about Marla. Each time I asked to see her, but I was turned away. Then the room suddenly became filled with white coats. A doctor sat in front of me and held my hands. “My daughter is dead, isn’t she?” I asked. He nodded his head, “Yes.”

“No! No! This can’t be!” My poor Marla. I couldn’t believe this was happening. I lost my breath as I was overcome by terror and helpless disbelief.

Like a dagger, the shocking news sent piercing pains through my heart and sucked the life from my body.

Seeing My Daughter’s Body – A Mother’s Worst Nightmare

Finally, they allowed me to see Marla’s body. When I entered the room, I could hardly believe what I saw. There was my beautiful daughter so horribly disfigured that she was almost unrecognizable. A tube was still protruding from her mouth and I could see that her teeth and gums were covered with blood. Her eyes were half opened and the whites of her eyes were a dark yellow. Her face was swollen and discolored a deep purple. The left side of her face looked like she had suffered a stroke. All I wanted was to hold her. I managed to get an arm around her and kissed her good-bye.

The Trail of Truth

How could this have happened to my Marla? I was determined not to allow Marla’s death to become just another statistic. Ultimately, we discovered that Marla died from a botched abortion that caused her body to be invaded by a fast-acting blood infection called septicemia. It killed her within 24 hours.

We also learned that the hospital social worker never saw Marla’s sonogram or discussed the results with her. Marla never saw the words on the sonogram report about her baby’s condition. They read, “No abnormalities detected.” Had Marla been told this, she never would have considered having the abortion.

I still look at Marla’s senior portrait from high school and wonder, “Why?” I look into her beautiful eyes and it just breaks my heart. It seems like only yesterday she was here smiling and laughing and full of life. Marla had such a kind and tender heart that she wanted to share with the world — but that will be no more.

Marla’s life came to halt. We never saw this coming. All of a sudden, she was gone, and she was only 18. Looking back, I wish I had taken other steps to prevent the abortion. I should have done more.
Women Who’ve Had Abortions

“After the first abortion, I did get more depressed. I developed a very angry character; I became very violent. After the second abortion, I really didn’t notice a change. By the third, I had really low self-esteem, and after the fourth I became extremely promiscious and self-destructive. Throughout the years, with each abortion, I became more and more depressed and I gained more and more weight.” — Cecilia Gomez, Tustin, California

“The suction machine was turned on, causing tremendous pain. I was frightened, it hurt so much. I wanted to scream. I wanted it to stop. I suddenly knew there was a baby inside. They were killing my baby!” — Michaelene Jenkins, San Diego, California

“Growing and maturing in a relationship with God has taken the pain from my past sins. Jesus alone is the only Healer of our hurting. Through the grieving process for my child, as you would for anyone you’ve lost to death, is very important. For those that have had multiple abortions, your sin is not worse than my abortion of one. Sin is sin. Ask God for forgiveness and repent. He sees them (sins) no more.” — Jennifer Earned, Mercer, Pennsylvania

“Having an abortion was the biggest, most tragic mistake of my life. If there is anything I can ever say or do that would change a woman’s or man’s abortion-bound course, I will do it.” — Carha Spinella, Seattle, Washington

“If you abort your child, this will haunt you the rest of your life because no other child can replace him. Your problems will multiply, not disappear. Talk to others who have had abortions, with who have chosen not to abort, who have found other ways to give life instead of death to their children. Abortion is wrong. Even if you don’t believe that for sure, wouldn’t it be smarter to err on the side of life? Abortion is irreversible—once it’s done, you have no more options.” — Margaret Carson, Medford, Oregon

“I was told I had ‘caught it’ at a great time because it was just a tiny mass of tissue (4-6 weeks). Boy, was I deceiving myself! What ignorance I was in.” — Lisa and Will Windham, Torrance, California

“Two weeks after the abortion, I went into labor. I staggered into the bathroom. And there, with my husband beside me, I delivered a part of my baby the doctor had missed. It was the head of my baby…” “I’ll wake up in the middle of the night, thinking I hear a baby crying. And I still have nightmares in which I am forced to watch my baby being ripped apart in front of me. I simply miss my baby. I constantly wake up wanting to nurse my child, wanting to hold my child. And that’s something the doctor never told me I would experience.” — Lori Niead, former national president of Women Exploited by Abortion

“I know millions of women across this country feel as I do about abortion. We all somehow know deep inside that we alone made a horrible decision and no coined phrase about choice and rights or the denial of biological and fetal facts can ever erase the truth. For we mothers instinctively know during those still moments of aloneness, that we ended the life of a separate human being growing inside of each and every one of us.” — Susan Carpenter-McMillan, Pasadena, California

“Abortion destroys self-worth and dignity. I bought into the idea that abortion was simply a matter of choice. I used abortion as birth control until after my fourth abortion. I felt inside that this action has to be wrong. I wish I had given more thought to the abortions I had. If just one person had said, ‘Star, what you’re doing is wrong,’ it might have changed the destiny of my life.” — Star Parker, Los Angeles, California

“I please understand that by aborting your unborn child, that does not make the baby go away. Your baby will be in your heart until you die. After abortion—the guilt, shame and loneliness is horrible. Once you abort, you cannot go back and change it.” — Lisa Burroughs, Buena Park, California

Internet Whiz Helping Women and Children!

Have you met the Internet whiz who’s dedicated his life to saving moms and babies? His name is Fr. Frank Pavone and he serves as the National Director of Priests for Life and as a member of the Pontifical Council for the Family. Fr. Pavone has developed an amazing Web site to help women and to help end abortion in your community. This brilliant, articulate New Yorker’s TV shows, radio programs, articles, talks and Web site are teaching and inspiring people worldwide.

Please visit his website at www.priestsforlife.org

Glamour Abortion Survey

When Glamour magazine asked pro-life readers to send in thoughts on abortion, 3,000 women responded. Many were once “pro-choice,” and 420 had had an abortion. In February, 1994, Glamour reported that, “Virtually all of those who had abortions in the past said that if they’d only known how much they’d regret having an abortion after the fact, they never would have agreed to the procedure.”

“Woman after my abortions…”

“When my abortions (I’ve had two) my spirit and self-esteem were crushed. I was an emotional wreck, until I talked to a post-abortion counselor who understood my pain. Her caring counsel was great! She understood my pain because she had also had an abortion. Her wise, loving advice helped me recover and turn my life around. She gave me hope and a new lease on life. Now I’m helping women as a post-abortion counselor. If you’ve had an abortion, I know your pain. Please don’t wait like I did. Call today and get help right away. You’ll be glad you did. You can reach counselors in your local area by calling the following hotline numbers.” — Lisa Burroughs, Buena Park, California

POST-ABORTION HOTLINE COUNSELORS are waiting to take your call and help
Call Toll FREE:
1-800-848-5683 or
1-800-593-2273

Celebrities say...

Celine Dion
Singer
Pop singer Celine Dion is the youngest of 14 children. When her mother learned she was pregnant for the 14th time, she was distraught. But she sought counsel from her parish priest who encouraged her not to “go against nature.” “I owe my life to that priest,” Celine says. “Once she got over her disappointment, my mother didn’t waste any time on self-pity, and [she] loved me as passionately as she’d loved the last little one.”

Noelia Garcia
Model
This glamorous French model, whose clients have included top names such as L’Oreal and Air France, is an active member of the French human rights group Le Treve de Dieu (God’s Reprieve). Noelia found that models she knew were frequently pressured by their agencies to have abortions and she was appalled by it.

“Modeling uses women as objects. I was surrounded by other models having abortions and became disgusted by it. I have used my body and my face to sell products. Now I am using them to protect unborn children against the consumer society that chucks away babies it doesn’t want.”

Lakita Garth
1995 Miss Black California

“If you’re pregnant, don’t compound the problem by seeking an abortion. Getting an abortion doesn’t solve anything. You are much better off in that situation to put the baby up for adoption because you might be able to help a couple that can’t have children.”

See Lakita’s powerful testimony to Congress at www.LoveMatters.com
How Men Feel After Abortion

BY STEVE ARTERBURN

Founder and chairman of New Life Treatment Centers, a Christ-centered program for emotional problems based in Laguna Beach, California, with locations across the U.S. He has authored numerous magazine articles and pamphlets, plus 14 books.

In front of 2,200 Baylor University students, I confessed a sin: “Twenty years ago I came to this school to get a Christian education, but what I got was a girl pregnant my first year here.”

Being invited to speak at my alma mater was a great honor. As I thought about how I could challenge these students, it would have been more fun to play up my accomplishments. But I had to admit who I really was and what I had done.

Twenty years ago, I helped pay for my girlfriend’s abortion. My immediate reaction to her news was it was an inconvenience that must be eliminated. I never stopped to think about what I was doing. I never considered that a real life was inside her that I had helped create. I simply thought the doctor was removing some unwanted tissue.

Years later I faced the truth. I had selfishly destroyed a human life because I didn’t want to be inconvenienced. My rude awakening was “male post-abortion syndrome” — a flood of guilt, confusion and denial that often follows an abortion. Post-abortion syndrome is typically associated with mothers of aborted children, but I’m one of those thousands of abortion fathers who have also gone through this ordeal. In my case, it resulted in 80 ulcers eating at my stomach, intestines and colon. The pain was excruciating and was made worse by the knowledge that it was a result of my secret sin.

Accepting God’s forgiveness through Jesus Christ was the miracle I needed. Over time, the internal physical scars disappeared; subsequent tests revealed no trace of the trauma. The guilt of my secret sin had destroyed my health. However, God restored it.

Shortly after I spoke at Baylor, the woman I had gotten pregnant more than two decades earlier called me. She had heard about my talk. It was wonderful to hear that she, too, had experienced God’s healing from that horrible act. She had only one suggestion: “The next time you tell the story be more honest about what really happened. You didn’t just help pay for the abortion; you pressured me to get it.”

It was true. She never wanted to do it. She wanted to keep the baby. It was my forcefulness that finally led her to do what she didn’t want to do. I came face-to-face with who I really was — a coward who preyed upon someone else to make my own life easier.

Studies show that the most significant factor in a woman’s decision to get an abortion is lack of support from the man to keep the child. As painful as it was hearing it, I was glad this friend from years ago had made a life-changing decision to give his life to Jesus and remained abstinent for the next three years until he married Margaret.

Kurt says, “On the day Margaret and I approached the ‘Planned Parenthood’ (where more than 95 percent of their ‘family planning’ involves abortions), there was no one to tell us that Margaret could be permanently damaged from the ‘procedure’ or that the fetus inside her had a beating heart and could feel pain. There was only a receptionist who said, ‘Make that payable to Planned Parenthood.’ And so I paid a man $300 to tear my unseen child from this world. The blood of this sin is on our hands.”

Margaret says, “After the abortion I was obsessed with how old my child would be, what he looked like, whether he forgave me. I had hatred for myself for being weak. . . anger at my boyfriend for not being the white knight. I wish he would have said, ‘it’s all gonna be o.k., I love you, I will love this baby, together we’ll make it work.’ I cried hysterically many times and my arms would ache terribly from agonizing to hold that child. I’d hug a teddy bear just to have something there.”

One Couple’s Heart-Wrenching Story

Margaret and Kurt Birky are happily married after a painful past.

Margaret and Kurt Birky had been dating in college for about three months when Margaret became pregnant. They decided to have an abortion, and for $300 their “problem” was removed. Soon after, Kurt made a life-changing decision to give his life to Jesus and remained abstinent for the next three years until he married Margaret.

My Twin Brother Was Aborted

BY SARAH SMITH

In 1970, my mom was pregnant with me and my twin brother, but then she decided to have an abortion. Before the abortion, we were both in my mother’s womb — alive and wanting to live. Nobody knew she was carrying twins.

It’s frightening to think that I was almost aborted when my mom had a D&C abortion, but somehow, miraculously, I survived! My twin brother wasn’t so lucky. Andrew was aborted and we lost him forever.

My mother deeply regrets that abortion. I know the pain is unbearable for her at times when she looks at me and knows she aborted my twin brother. Mom says, “The protective hand of Almighty God saved my life . . . that God’s hand covered and hid me in her womb, and protected me from the scalpel of death.”

Today I’m a national pro-life spokesperson. I thank God I survived the abortion, but the pain continues for everyone in my family. In memory of my brother Andrew, we bought the gravestone shown.

Please share our story with others so the tragedy of abortion stops hurting babies and families. Everyone needs to know the truth about abortion.

Fathers of Aborted Babies Speak Out

Men everywhere report that having a child aborted is a horrendous and heartbreakingly experience, whether they opposed or supported the abortion. Afterwards, many men feel angry, guilty and powerless.

Sometimes they become depressed and suicidal. Many men think they’re going to solve a problem by aborting their child. Later they realize it was a big mistake that they can’t forget.

One man confessed that he had been an alcoholic and had committed various crimes for which he served prison time, but he said the worst thing he had ever done was to encourage his girlfriend to have an abortion.

God gave each of us a conscience to help us know right from wrong. And when we do wrong, our conscience tugs at us until we repent and make amends. Our God is a loving Father who wants to forgive us for all our sins — no matter how unforgivable they seem to be. He’ll even forgive the sin of abortion, if you repent, Him for forgiveness and commit never to do it again.

Help is available right now. Excellent counselors are just a phone call away. They understand the pain, sadness and guilt after abortion and they want to help you begin the healing process.

FOR MORE INFORMATION, PLEASE CALL:

MEN’S ABORTION RECOVERY MINISTRIES (610) 384-3210

Fathers and Brothers Ministries (303) 494-3282

Population Experts Warn Underpopulation is Coming

All our lives, we’ve heard about “over population,” right? But did you know birthrates are now falling, not rising, worldwide? That the populations of many nations will plunge by millions in a few decades? Read eye-opening findings from experts at www.pop.org
“Don’t follow one unfortunate incident with a terrible and tragic one. You are a human being and if you are pregnant you are carrying another human being whom you are responsible for. Do the right thing.”

(Note: Two of The Newsboys were placed for adoption as babies by their birth mothers and they are grateful that they weren’t aborted.)

One Million Couples Want to Adopt a Baby

TIM AND AMY said, “We wish to adopt an infant because we love children very much and can’t have a child of our own. We have been very happily married for more than five years and want to provide a child with an extremely loving and supportive environment.”

LARRY AND ANDREA said, “We’ve been happily married since 1986 and have tried for eight years to have children naturally but were unsuccessful. After a time we adopted Ian. He was a dream come true. Now we desire to adopt an- other child and will provide a loving home where God and family are very important.”

STEVE AND TINA said, “We both believe that the most important thing in our life is having children to share our love with. We were blessed in 1994 by being chosen to adopt Emily . . . and we can’t wait to do it all again!”

Every year, more than one million couples want to adopt a baby. Yet, there are only about 50,000 babies placed for adoption each year (source: National Council for Adoption). This means that every year 950,000 couples won’t be able to adopt a baby to share their love and their lives with. It’s very sad for these couples to discover that every year, about 400,000 teenage girls choose to abort their babies.

If you have an unplanned pregnancy, please consider placing your child for adoption. Giving your baby to one of these couples will be one of the most generous and precious gifts you can ever give someone.

You can see couples who want to adopt a baby at www.adoption.com

The Adoption Option — One Mother’s Story

BY LEASA OF MINNESOTA

It was the beginning of my junior year in high school. I was excited, looking forward to another year of diving, gymnastics and track. But this excitement quickly came to an end when I realized I was pregnant.

When the pregnancy was confirmed, my mind went racing. It isn’t enough to just say that I was scared — I was terrified! The idea of having an abortion was never a consideration for me. I could not live with the realization that I was responsible for taking the life of my child — a death because of my actions.

My first instincts told me that I needed to raise my child on my own. I knew I could love and care for a child, but when I stopped thinking about myself, and thought about what was best for my child, I knew adoption was the right decision. I was 16 at the time.

The adoption procedure I opted for is not your ordinary plan. I chose to do an independent open adoption. Through this process I was able to select from among the prospective adoptive parents. I had the opportunity to establish a personal relationship with them as well as to develop a lasting friendship. The more I got to know them, the more excited I was about placing my baby with this couple. They had so much love and security to offer my child. They were there with me in the hospital when my son was born. Their video camcorder ran non-stop.

I will always treasure the three days I spent in the hospital with my son.

Handing him over to his new parents was by no means easy, but I knew in my heart that this was the right decision for both of us.

Many tears were shed throughout the nine months and during the hospital stay. But they were not all tears of sadness. I miss my son very much. I think about him every day and a smile comes to my face. I thank the Lord that He led me to two such special people to be adoptive parents for my child.

It has been several years since my son was born. He now has an adoptive sister. I keep in contact with the family through letters and pictures. I can’t begin to explain the feelings of pride and contentment that I experience when I see the smile on his face.

Relinquishing my son was the hardest decision I will ever have to make, but I’m more confident than ever that it was the right one. While in the hospital I received a card that read, “Some people come into our lives, leave footprints on our hearts, and we are never the same.” This is so true!
Two things came into play at the same time. I experienced a

What type of counseling was offered at the clinics?
A: We didn’t do any real counseling. We sold abortion.

How did you dispose of aborted babies?
A: We put them down the garbage disposal. Some second and third trimester babies’ muscle structure is so strong that the baby will not come apart, so they must be disposed of through trash receptacles.

Abortion is supposed to be a “safe” experience. What complications did you witness?
A: In the last 18 months I was in the business, we were completing more than 500 abortions monthly and killing or maiming one woman out of 500. Common complications that take place are perforations or tears in the uterus. Many of those result in hysterectomies.

The doctor might cut or harm the urinary tract, which then requires surgical repair. A complication that is rarely publicized is the one in which the doctor perforates the uterus and pulls the bowels through the vagina, resulting in a colostomy. Some of those can be reversed, but some women must live with the colostomy for the rest of their lives.

Why did you get out of the abortion business?
A: Two things came into play at the same time. I experienced a profoundly religious transformation – a conversion. At about the time I was having second thoughts, a Dallas television station did an exposé disclosing the abortions performed at my clinic on non-pregnant women – all for money! I finally realized, “We weren’t helping women, we were destroying them – and their children.” By then, my transformation was complete and I knew that I not only had to stop being involved with abortions, but I had to help promote the truth.

Planned Parenthood’s Founder: A Racist?

Did you know Planned Parenthood (PP) locates many of its abortion-contraception offices in minority areas, where they abort a huge number of minority babies? And have you seen the evidence that Margaret Sanger, PP’s wealthy founder, was a eugenicist and a white supremacist? Says the Rev. Johnny Hunter, a black pastor, “Margaret Sanger implemented the ‘Negro Project’ in 1939 to eliminate those she called ‘human weeds.’” For more details, go to www.all.org and click on “Site Index.” Then, in the “Search Our Site” window, type the name, Margaret Sanger. This will pull up dozens of her racist quotes about minorities.

Now “Roe” wants to reverse Roe v. Wade

Known as “Jane Roe,” Norma McCorvey was the plaintiff in the infamous 1973 Roe v. Wade Supreme Court case that legalized abortion. Poor, pregnant, and desperate, Norma McCorvey fell into the hands of two young, ambitious lawyers. They were looking for a plaintiff with whom they could challenge the Texas state law prohibiting abortion, and Norma signed on. Little did she know that her signature would one day make her a national symbol for legalized abortion. Twenty years later, still firmly believing in abortion, Norma found herself working in a Texas abortion center. Then, on March 31, 1995, the pro-life group Operation Rescue (O.R.) opened an office next door. Shortly thereafter, Norma was befriended by the Director of O.R. and the 7-year-old daughter of a pro-life volunteer. Their love and friendship touched Norma, and eventually led her to completely change her mind on abortion.

Today, Norma has dedicated her life to speaking publicly against abortion and she’s currently working to reverse Roe v. Wade. Norma’s testimony — with all its startling revelations — can be found in her 1998 book, Won By Love. To learn more about Norma’s conversion and her experiences while working in the abortion industry, go to www.crossingoverministry.org

SAVE A LIFE! Help save teens, moms and babies. See page 27
How to reduce your chances of divorce by 1,000%

If you're like most teens and young adults, you're probably looking forward to getting married and having a family someday—perhaps within the next few years. At the same time, you may be discouraged by today's skyrocketing divorce rate.

You've probably seen the devastating heartache that divorce can bring, not just to the couple, but to their children as well. And since about 50 percent of marriages end in divorce, there's no guarantee it can't happen to you. Or is there?

Marriage expert Dr. Janet Smith says you can very nearly guarantee yourself a successful, long-lasting marriage, free of divorce and infidelity. And those who follow her “Formula for Success in Marriage” are discovering that she's right.

If you and your future spouse follow her formula, you can cut your chances of divorce by 1000 percent—from 50 percent to under 5 percent!

One of the keys to Dr. Smith's four-point success formula is the practice of Natural Family Planning (NFP). Believe it or not, the divorce rate for those who practice NFP is just 2 percent to 4 percent! And the Couple to Couple League, which promotes the use of NFP, reports that among their 1,200 counselors, all of whom use and teach NFP, the divorce rate is an amazingly low 1.3 percent.

That's a far cry from the 50% divorce rate that has become the norm in recent years. According to Stanford demographer Robert Michael, the widespread use of artificial contraception is one of the key causes of this dramatic increase in the divorce rate.

Why is NFP such an effective “divorce-buster”? For one thing, the use of contraceptives makes many women feel like “sex objects.” At the same time, the Pill makes many women irritable and depressed, while causing weight gain and a reduced sex drive. These problems strain even the best of marriages.

On the other hand, successful use of NFP requires a lot of love, attention, caring, respect and, above all, communication. Those things inevitably lead to longer, happier, more successful marriages.

Of course, many couples confuse NFP with the so-called “Rhythm Method.” But the two are very different. NFP takes advantage of advances in medical science that allow women to identify precisely when they're fertile and when they're not. If you follow the system, your chances of getting pregnant are almost nil. Statistics show NFP to be as reliable as the Pill. In fact, according to a report in the British Medical Journal, NFP is the most effective method of family planning!

Better yet, NFP is 100 percent natural, and has none of the devastating side effects of the Pill.

For the full story, you need to get your hands on Dr. Janet Smith's 90-minute audio tape, “Contraception: Why Not?” The tape is yours free. You just pay a $3 shipping and handling charge.

On this amazing tape, you'll discover not just how artificial birth control endangers your marriage, but how it can also endanger your health! The Pill has been tied to a variety of severe physical, emotional and psychological disorders.

Dr. Smith will also share her complete “Formula for Success in Marriage.” If you follow her formula, you'll build a happier, healthier, more successful marriage and live a more fulfilled life.

To receive your FREE audiotape, “Contraception: Why Not?”, please send $3.00 for shipping and handling to:

Dr. Smith – Audio Department
1840 S. Elena Avenue, Suite 103
Redondo Beach, CA 90277

Does the Birth Control Pill Cause Abortions?

If you're using the Pill, an IUD, Depo-Provera or Norplant, this article may surprise you. Most women are not aware that these “contraceptives” cause millions of chemical abortions in the early weeks of pregnancy each year.

Breakthrough Ovulations

Scientific research shows that many women experience “breakthrough ovulations” while using the Pill and other chemical “contraceptives.” This means that if you're using these “contraceptives,” your ovaries can still release eggs. Dr. Ronald Chez, OB/GYN and staff member at the University of South Florida Medical School and a former scientist at the National Institutes of Health (NIH), publicly stated that the new Pills of today, with their lower estrogen dose, allow ovulation (the release of an egg) up to 50 percent of the time. 1

So, if your ovaries release eggs, you can potentially become pregnant—even if you're using the Pill! But if you're using one of these “contraceptives,” you probably wouldn't even realize you became pregnant, because the chemicals create a hostile environment in the womb that usually prevents a baby from implanting into the wall of your uterus. And therefore having no source for nutrients, your tiny baby would starve to death about one week after conception.

Doctors Confirm the Pill Causes Abortions

To help you understand how the Pill causes early abortions, medical researcher Randy Alcorn recently wrote, Does the Birth Control Pill Cause Abortions? Ten highly respected physicians have endorsed Alcorn's research and his new 88-page booklet. Here's what two of them say:

“I painfully agree that birth control pills do in fact cause abortions.”

— Beverly A. McMillan, M.D., OB/GYN

“From medical textbooks and pharmacy references, to statements from the Pill manufacturers themselves, this book proves, beyond any doubt, the abortion-causing action of birth control pills.”

— Paul L. Hayes, M.D., Board-certified Fellow of the American College of Obstetricians/Gynecologists

More proof is available on the inserts the manufacturers enclose with the Pill. The inserts usually state that the Pill also works to “prevent implantation” of a fertilized ovum (a tiny baby). That means it causes an early abortion.

Do you want all of the facts?

To understand how the Pill really works, order Randy Alcorn's booklet, Does the Birth Control Pill Cause Abortions? This easy-to-read, 88-page booklet will be sent to anyone who sends $3.00 to:

Randy Alcorn, E.P.M.
2229 East Burnside
Gresham, Oregon 97030

You can preview the whole booklet at www.epm.org on the Internet, or call Randy Alcorn at (503)563-6181

Can The Pill Kill You?

Some 13.8 million U.S. women use the Pill. With 7.9 Pill-related deaths occurring each year per 100,000 women ages 15-44,10 this means that at least 1,090 women die in the United States every year from oral contraceptive use.

Fifty percent of women who take the Pill discontinue it within the first year, because they suffer side effects or develop benign breast disease or some abnormality of sexual organs.11

Lots of young people try to live a natural, chemical-free life, yet many take the Pill, whose powerful chemicals affect their whole body, starting with their brain.

To learn more about many little-known health risks of the Pill (especially for younger women), check out The Couple to Couple League Intl. at www.ccli.org and Pharmacists for Life Intl. at www.pfli.org

References:
**Young, Unmarried and Having a Baby**

At 18, Vee’s been pregnant twice. She writes this to other young women who find themselves in the same situation.

Dear Friend,

I’m 18 and I’ve already been pregnant twice. The first time, I was only 16 years old. My mother said, “You have to have an abortion.” What was I going to do? I went to Planned Parenthood, and they told me it was a piece of tissue. My mom made me get that abortion. I don’t think I’ll ever get over it. I still suffer from going to Planned Parenthood for that abortion.

One year later I found myself pregnant again. This time, I definitely wasn’t going to have an abortion. No one was going to tell me to have an abortion. No one. Not my mother. Not my father. Not anyone.

The baby’s father did not want me to abort the baby, but he didn’t want to be very involved either. I couldn’t live with my mother because all she would do is scream. Once I decided I was going to have this baby, I knew I needed to find a place where I could live and care for my child. That’s when my youth group leader said to call 1-800-50-ABORT. I called the hotline, thank goodness, and that’s how I discovered a wonderful shelter at the Several Sources Foundation.

At the time, I was 17 and a senior in high school. I decided to get my G.E.D., and I passed the first time. It was a big goal for me, and I was very excited. But no goal will ever match the day I gave birth to my son, Jayden, on September 1, 2002. Now he’s my whole life. I’m so focused on just being all I can be for him. I love him so much!

The women’s shelter is a very special place. I stayed here all through my pregnancy, and after my baby was born, even until he’s a year old, free of charge. Several Sources Foundation means the world to me. It’s a home. It’s parents. It’s support. They helped me complete a 90-hour Certified Nurses Aide Program, and now, I’m sending out applications for the LPN (Licensed Practical Nurse) Program.

In Chastity Workshops, they teach us a lot about how to wait next time until we’re married, and about the Bible, too. My relationship with God has improved since I came here. I just have more faith. It’s not very hard to be a good mother, because I’m in such a good place.

If I hadn’t been here, I wouldn’t be as focused as I am now, and I wouldn’t have matured as much as I have. All I can say is, “Thank you” from me and my son, Jayden.

I was glad when they asked me to write about my story, because I thought maybe it might help someone out there not to have an abortion. If you’re pregnant, don’t abort your child. Instead, get help. It’s out there. Look in the Yellow Pages. Talk to people at a church. If you pray and ask God to help you, He will.

I would tell any girl who’s pregnant, don’t take “the easy way out.” I went through that experience. I thought having an abortion would be easy, but even today it still hurts. I was crying about it just two days ago. I’m crying as I write this letter, too. Please don’t do it. Call our hotline for help. It’s 1-800-NO-ABORT.

We have literature and a hotline kit. We can send you a free kit if you’d like. I really hope this letter helps someone. Then, in some small way, I can feel my sad story will help some pregnant woman not to do what I did. Instead, have your baby. And remember, you can avoid this problem altogether. Like they teach us in the Chastity Workshops, “True Love Waits for Marriage.”

God bless,

Vee Capellan

PS. Several Sources Foundation offers homes and resources for pregnant women and their babies. Call their New Jersey office at 201-825-2296 or visit their web sites at:

www.severalsourcesfd.org • www.lifecall.org • www.silentscream.org

Editor’s Note: If you’re pregnant and you need help, America’s Pregnancy Helpline can also help you right now, anywhere in the USA. Their toll-free number is 1-800-672-2296.

**“Breakthrough Ovulation” and Pregnancy**

“Breakthrough ovulation” means a woman’s ovary releases an egg even though she’s on the Pill or another form of “contraceptive birth control.” When this happens, she can become pregnant.

**Breakthrough ovulation rates**

- The Pill and Mini-Pills: 50 percent
- Norplant: 90-95 percent
- Depo-Provera: 40-60 percent
- IUDs: 100 percent

With more than 17 million American women using the Pill and other chemical “contraceptives,” — it’s estimated that breakthrough ovulation leads to pregnancy so often that seven to 12 million tiny babies are killed by early abortion in their mothers’ wombs each year. (3)

**Sources:**

4. Ibid.
5. Ibid.

**SAVE A LIFE! Donate to help Moms and Babies!**

Mother Teresa’s Missionaries of Charity runs are saving young people and babies by distributing this LoveMatters.com publication... but they need more copies. Please send a small donation today so we can send more free copies of LoveMatters.com to the Missionaries of Charity to hand to youth. Your gift of $10 will allow us to send them 25 free copies of LoveMatters.com. $50 enables us to send them 125 copies, $100 lets us send them 250 free copies and $1,000 allows us to ship them 2,500 life-saving copies of LoveMatters.com to youth.

Your donation will make a big difference! Your gift, and distribution help from the Missionaries of Charity, will help save countless young people from sexual sins and babies from abortion. Students need to be encouraged to save sex for marriage and to choose life, not abortion, before they fall prey to peer pressure and media propaganda.

Would you like to help? Please send a generous gift today!

Your gift is tax deductible.

Here’s my contribution to help! I want to help you send free copies of this newspaper, LoveMatters.com, to Mother Teresa’s Missionaries of Charity to give to students who urgently need pro-life facts, encouragement and life-saving resources. Enclosed is my gift of: $10 $25 $50 $100 $200 $1,000 $10,000 Others _____

Please make your check payable to Pro-Life America. LoveMatters.com is an outreach of Pro-Life America, a 501(c)3 non-profit organization. Please send your tax-deductible gift today to:

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Redondo Beach, CA 90277

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Phone: (____)____________________

To donate by credit card, please call (310) 378-0067

Volume 14, 2008 edition
Help for Women and Men in Need

Adoption Options:
Today, more than 1 million couples are waiting to adopt a baby. Helpful information about adoption is available to birth mothers and couples wanting to adopt a baby at these TOLL-FREE numbers:

- Adoption.com (FREE video available)
  1-800-236-7843 or www.adoption.com
- Bethany Christian Services
  1-800-238-4269

Need Healing After Abortion?
If you’re suffering because of a past abortion, help is just a phone call away. Call the toll-free numbers below and a caring counselor will help you begin the healing process. Thousands of women have learned to forgive themselves, to overcome their depression, to effectively deal with their grief and guilt. Many of these women are the volunteers on the hotlines listed below. If you’re suffering because of a past abortion, they want to...

- Help you with post-abortion counseling
- Connect you with post-abortion support groups in your area, where you can meet with other women who have had abortions.

Call the following numbers:
- Post-Abortion Counselors (24 hrs./day)
  1-800-848-5683
- Post-Abortion Reconciliation and Healing
  1-800-593-2273
  www.projectrachel.org
  www.marquette.edu/rachels
- American Victims of Abortion
  (202) 628-8000 ext. 155
- Victims of Choice
  (630) 378-1680
- Silent Voices
  (619) 422-0757
- Conquerors – New Life Family
  (612) 866-7643
- Canada - Help After Abortion
  1-888-355-1110

Injured by an Abortion? You Can Sue for Money!
If you’ve been physically injured by abortion, expert legal advice is available to you. You may be able to sue the abortionist for damages. Many cases have already been won on behalf of injured women and women killed by abortion. Abortion may be legal, but “consenting to an abortion” doesn’t prevent you from suing for malpractice. If you’ve been injured, you have legal rights and you could receive a large amount of money. BUT TIME IS NOT ON YOUR SIDE. There’s a statute of limitations that varies from state to state. You need to learn your legal rights ASAP!

- Life Dynamics
  1-800-401-6494 toll-free
- American Rights Coalition
  1-800-634-2224 toll-free
- Schuler and Brown (Law Office)
  1-877-726-3552 toll-free

National Pro-life College Groups
- Rock for Life
  (540) 659-4171
  www.rockforlife.org
- Feminists for Life
  (703) 836-3354
  www.feministsforlife.org
- Philadelphia - Generation Life
  (215) 885-8760
  www.GenerationLife.org
- Human Life Alliance
  (651) 484-1040
  www.humanlife.org
- Genocide Awareness Project
  College Campus Photo Exhibits
  (949) 206-0600
  www.abortionNo.org
- Survivors
  (951) 786-6933
  www.survivors.LA

Chastity Resources, Abstinence Groups
- Sex Respect: (877) 673-7732
  Curriculums & videos
  www.sexrespect.com
- True Love Waits: 1-800-588-9248
  www.truelovewaits.com
- Project Reality: (847) 729-3298
  www.projectreality.org
- Life Athletes:
  www.lifeathletes.org
- TEEN-AID, Inc.: (509) 482-2868
- Family Research Council: 1-800-225-4008
- Josh McDowell Ministries: 1-800-222-JOSH

FREE Brochures from Focus on the Family
- Sex and Singles: Reasons to Wait
- Struggling with Crisis Pregnancy
- Tough Love for Singles
- Quick Facts on “Safe Sex”
- Why Condoms Aren’t Safe
- Help for Pregnant Teens
- Responding to a Woman with a Crisis Pregnancy
- Abortion: A Moral Outrage
- What Does God Say About Abortion?
- A Guide to Adoption
- AIDS: Fact vs. Fiction
- When Sex Becomes an Addiction
- Why Wait for Marriage?
- Building a Marriage That Lasts
- Preparing for Marriage: Pitfalls and Promises

For a FREE copy of any of these brochures, call Focus on the Family at 1-800-232-6459 toll-free

Actress Hunter Tylo was fired from “Melrose Place” when she became pregnant. “This didn’t even sound like ‘pro-choice’ - it sounded like ‘forced choice.’” Hunter’s battle against pregnancy discrimination was a landmark case, which she ultimately won. When asked why she didn’t have an abortion in order to keep her job, Hunter replied, “For a brief moment I’m ashamed of, I considered having an abortion. I considered [abortion], and I’m ashamed because I don’t believe in it. I look at my daughter now and I’m ashamed. I don’t ever want to see a woman put in that position again.” Hunter says, “I didn’t just win for me, but for all women in the workplace.” Hunter says when she was forced to choose between her child and her career, there wasn’t any choice, Izabella was definitely worth it.

Get daily news reports, breaking pro-life stories and a free daily email newsletter at: www.lifesite.net

Breast Cancer Linked to Abortion

Dr. J.C. Willke, M.D. reports, “New scientific evidence shows that the increase in abortions worldwide has caused a sharp increase in breast cancer. Over thirty studies indicate that women who abort their first pregnancy have a much higher risk of developing cancer.”

For details, visit: www.lovematters.com
www.abortionfacts.com • www.all.org

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Videos

“It Ain’t Worth It”
Pro basketball star, A.C. Green, tells it like it is. When it comes to sexual activity, nothing “just happens.” Teens must be ready to deal with high-pressure situations and make the smart, safe decision not to have sex. This music/documentary video has some of today’s hottest athletes talking straight about the hazards of unmarried sex and the advantages of abstinence. Exciting style. Very informative.
(Code: 7796AW-LM) 25 minutes, $24.95

No Apologies: The Truth
Focus on the Family’s powerful new video promotes chastity; self-respect, responsibility, marital fidelity, virtue and self-control. It includes expert advice and gripping testomies from teens about the effects of promarital sex and abstinence. Hosted by popular actor Austin O’Reien, the video delivers an unforgettable message about strength, courage, character, and the importance of waiting till marriage.
(Code: 7797NA-LM) 30 minutes, $19.95

After the Choice
By Concerned Women for America
Sixteen courageous women have come forward to share their experiences with abortion. No graphic images, just women’s faces and voices as they explain the painful truth of what happened to them before, during and after their abortions. This is a must-see video for anyone considering abortion.
(Code: 7734AC-LM) 25 minutes, $23.95

Hard Truth
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By Tom & Judy Eckohna
A direct, no-nonsense, in-depth look at the dangers of sexual activity and the rewards of abstinence. Packed with facts, stats, stories and interviews, this book answers all the tough questions and helps teens and young adults find inner-strength and the will to save sex for marriage. Overcoming temptations and peer pressure becomes much easier!
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By Dr. and Mrs. J.C. Willke
The “ULTIMATE” pro-life resource book! Completely revised and expanded, it covers abortion, stem cells, cloning, abortion/ breast cancer links, post-abortion syndrome and much more. The Wilke’s are world-renowned experts on human sexuality and abortion.
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Forgiven and Set Free
By Linda Cochran
This Post-abortion Bible Study helps women come to terms with the pain, guilt and grief following abortion. This inspired book guides hurting, suffering women with emotional scars out of the darkness and into His holy light where true and lasting healing can take place.
(Code: 7621FS-LM) 111 pages, $9.95

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Volume 14, 2008 edition

Speakers Bureau - Call 1-310-378-0067
Chastity Speaker – Charlie Aeschliman!

Charlie’s dynamic presentations help kids save sex for marriage!

“Chastity isn’t about what you can’t do, it’s about what you can do. It’s about helping you achieve your dreams!” That’s the message Charlie Aeschliman delivers to students across the country during his dynamic, one-of-a-kind purity presentations.

The former Navy SEAL and trick basketball handling champion encourages teenagers to become all they can be by embracing chastity as a vehicle to define who they are and where they’re going. Between dazzling basketball maneuvers Charlie tells the audience “basketball is what I love to do, but all of you have your own interests and talents, your own gifts waiting to be discovered and developed!”

Spinning, dribbling and juggling red, white, and blue basketballs around his head, on his back and between his legs, Charlie awes audiences with each stunt. His high energy program gets students involved, giving them a chance to try his tricks (they aren’t easy).

“Sometimes in life you don’t catch on right away. Maybe you’re not the smartest person in the class, the best athlete on the team, or the most popular person in the school. That doesn’t matter, what matters is what you believe you can become – not trying to fit in, but trying to stand out! Abstinence will keep you on track in life – it will get you where you want to go.” Charlie’s program addresses peer pressure and gives practical advice on avoiding the pitfalls of premarital sex.

Aeschliman started at basketball as a young man, practicing for hours every day. He advises anyone pursuing a goal to: “Prepare, persevere, and keep a positive attitude.” After his military service he became a public speaker and perfected his trick routines. Charlie’s amazing skills have led to appearances and halftime performances at NBA, WNBA, and NCAA Final Four Hoop City.

Charlie also captures students’ attention by sharing some of his harrowing experiences as a Navy SEAL, “…parachuting into the ocean in the middle of the night and swimming a few miles to shore, crawling across a rocky beach in silence, without sleep – and through dense jungle, across barren deserts, even over icy arctic snow.”

Charlie served 10 years as an elite Navy SEAL surviving the world’s toughest military training and graduating at the top of his class. “When I showed up at SEAL training, they told me I’d never make it.” But Charlie went far beyond, later becoming an instructor – and frequently voted “most motivating” SEAL instructor.

His incredible story of beating the odds and becoming a Navy SEAL inspires and challenges today’s youth to embrace chastity. He empowers them to pursue their dreams and achieve their potential.

Charlie encourages students to make smart decisions by getting the facts to help them stay on track. His unique chastity program uncovers the hype and half-truths of a media culture obsessed with sex while delivering a positive spin on abstinence as a vehicle to help young men and women achieve their goals and become all they can be.

Eduardo saved baby Eduardito! You can save lives, too!

Eduardo Verastegui explains his new passion for God and life: “I realized that instead of using my talents to serve and contribute to this world, so we can make this world a better world, I was poisoning our society by the projects I was involved in.

“The fame, all these things, were really superficial... and in a way, I was superficial, too... It took me 12 years to open my eyes and realize how empty I was... so many voices, so many temptations, so many offers...”

As time went on, Eduardo realized he was “empty.”

“In my search to know what was beyond this emptiness, I began to ask myself the great questions that everyone asks at some point in life: What am I doing in this universe? Where do I come from? Where am I going? What’s the meaning of all this? And in this search... I realized I had been selfish, walking ahead blindly in vanity and pride... I wanted to do good things and I was not doing them,” he said.

The actor said he has now promised himself he would never do anything that contradicts his moral principles or misrepresents Hispanics, “neither in film, nor in television nor in any other media.”

Eduardo told Celebrate Life magazine, “I won’t do anything that will offend God. Period. I wasn’t born to be a movie star. I was born to be a saint, just like you.” He described sex scenes as “legal adultery” — and said that because a kiss is sacred, he vows to kiss no woman unless she’s his wife.

“I have to be very careful what I do. Everything you do, whether you like it or not, affects how people think, how they live, how they vote, everything. There’s nothing more powerful than art. Plato said if you want to govern a nation and you have to choose between art and politics, choose art,” he told Celebrate Life magazine.

When asked what caused such great changes in his life, Eduardo replied, “It was a gift through the prayers of my mother.”

Eduardo has given his life to Christ, and as a devout Catholic, he’s on a mission to help people know the joy of assisting others and of loving and serving God. Discovering his real mission inspired Eduardo to radically change his life, to produce “Bella” and to save baby Eduardito from abortion.

“This is it! I’m giving everything for this mission. It’s really important for us right now to do something positive... Nothing – NOTHING, is more exciting than waking up in the morning and fighting for something you believe in!”

Seeking God’s Will has inspired Eduardo to fight abortion and help women who are in crisis pregnancies. He says he has no fear of public rejection for denouncing “the terrible holocaust of abortion,” as he calls it. Eduardo has explained his pro-life convictions to Mexican media outlets and has created an organization in California to help those in need, especially women who are experiencing unintended or difficult pregnancies.

In an interview with the magazine Hola! Mexico, Eduardo said he was “very frustrated over what is happening in Mexico today. I think there is tremendous manipulation of the news and the Mexican people are being given. The law is based on lies, because abortion is a crime.

The Mexican actor says there is no justification for abortion. He explains that human life begins “from the moment of conception... it is scientifically proven, there is no doubt.”

Abortion, Eduardo told the magazine, is “something so grave, so profound, it goes beyond any philosophy or religion.” He asks, “…but the baby? What happens to the baby who has no voice and can’t defend himself?”

He has seen with his own eyes that “most women who go there do not want to do it. It is something completely unnatural. I have been to clinics and when I talk with young women, they are scared, they feel alone and without help.” Now, thanks to Eduardo and his conversion, more women and children will have help available to them.

See “Eduardo’s Story” and other “Bella” movie trailers at:

BellaTheMovie.com

Sandra Cano, Dr. Bernard Nathanson and Norma McCorvey are now working together to overturn Roe v. Wade and outlaw abortion

Roe v. Wade based on Lies: Former “Pro-choice” leaders work to ban abortion

Dr. Bernard Nathanson was a co-founder of NARAL, one of the largest pro-abortion organizations in America. He also coined the phrase “pro-choice”. Norma McCorvey is the “Roe” of the Roe v. Wade Supreme Court case that legalized abortion on January 22, 1973. Sandra Cano is the “Doe” of the 1973 Doe v. Bolton case. Today, all three are pro-life advocates and they’re working together to outlaw abortion and overturn Roe v. Wade.

The Man Who Invented “Pro-choice” is now Pro-life

By J.T. Finn

Dr. Bernard Nathanson was one of the original founders of the National Abortion and Reproductive Rights Action League, or NARAL, the pro-abortion group that spends tens of millions of dollars every election year to block pro-life judges and legislation. Dr. Nathanson presided over 60,000 abortions, and he was one of the pioneering forces to legalize abortion on demand in the early 1970s through Roe v. Wade.

He also invented many of the slogans the abortion movement still uses, such as “pro-choice,” “reproductive rights,” “freedom of choice” and “a woman’s right to choose.”

Nathanson admits lying about how many women died from illegal abortions to gain sympathy for the pro-abortion cause: “The statistics that we gave to the American public about illegal abortions annually, that we fabricated regarding the number of women dying from illegal abortions, all of these matters were pure fabrication and still persist to this very day. We spoke of 5,000 to 10,000 deaths [of women by abortion] a year. I confess that I knew the figures were totally false.”

Seeing Is Believing

But during the late 1970s, his attitude slowly started to change. Through the technology of ultrasound, Nathanson saw for the first time the reality of what actually happens to an unborn child during an abortion. As he recalls in his book, The Hand of God, “For the first time, I began to think about what we really had been doing at the clinic. Ultrasound opened up a new world. For the first time, we could really see the human fetus, measure it, observe it, watch it, and indeed bond with it and love it. I began to do that.”

He cited a survey from the New England Journal of Medicine which showed that when ten women went into an abortion clinic to kill their child, only one of them could go through with the abortion after having viewed the ultrasound of her baby.

In 1984, he persuaded a friend who was still doing abortions, to videotape ultrasound sounds of women while he was performing the procedure. Nathanson recalled, “I thought I had not done an abortion in five years, was shaken to the very roots of my soul by what I saw. The tapes were amazing.”

He began showing these tapes across the country. From these tapes that show what actually happens to a baby during an abortion, Nathanson produced, The Silent Scream. “Everyone was up in arms because The Silent Scream represented an enormous threat to the abortion forces… For the first time, we had the technology, and they had nothing.”

Dr. Nathanson is currently working to overturn Roe v. Wade with Norma McCorvey, Sandra Cano, and the Center for Reclaiming America.

The Woman Behind Roe v. Wade

Norma McCorvey was the “Roe” of Roe v. Wade, the Supreme Court case that legalized abortion on demand. Ironically, she never had an abortion. Her story began in 1969 when she found herself pregnant and on the streets. Feeling desperate, she sought an abortion, but could not get one because of strong pro-life laws in her home state of Texas.

She found help in the person of Sarah Weddington, an ambitious young attorney who used Norma’s case for her own political goals.

The RAPE Lie

To garner sympathy, Norma told people she was raped. “The public had certain misgivings about abortion in the early seventies, but there was much greater acceptance of abortion in cases of rape, so even though I wasn’t really raped, I thought saying so would garner greater public support,” she explained in her book, Won By Love. “This means that the abortion case that destroyed every state law protecting the unborn was based on a lie.”

Ultimately, Roe v. Wade was heard by the U.S. Supreme Court, and in January 1973, the highest court in the land reversed not just the laws banning abortion in Texas, but in all 50 states.

Reversing Roe

Twenty-five years later, Norma had an amazing conversion. Today she’s a pro-life leader speaking against abortion and working to overturn Roe v. Wade with Operation Outcry, the Center for Reclaiming America and the Texas Justice Foundation. They’re seeking to collect one million affidavits from women testifying about how they have been hurt by abortion.

“We want to take these petitions to the Supreme Court, to show the Justices that women are being marred and scarred by abortion… We want to overturn Roe v. Wade, which would make my whole life complete,” said Norma.

“Doe” legalized late-term abortions through all 9 months

Sandra Cano is the “Mary Doe” of the 1973 Doe v. Bolton Supreme Court case — a companion case to Roe v. Wade. Cano’s name was used against her will by attorney Margie Pitts Haines to legalize late-term abortions. Haines apparently tricked Cano into signing an abortion affidavit when she was signing other documents to regain custody of her children.

Cano never sought, had, or even believed in abortion, yet her name is the only one listed as a plaintiff in the class action suit that became known as Doe v. Bolton. The Doe case defined “health” of the mother regarding abortion to include “all factors — physical, emotional, psychological, familial and the woman’s age — relevant to the well-being of the patient.” Because of this broad definition of “health,” the Court, in effect permitted abortion-on-demand, including partial-birth abortions, for any of these “health” reasons through all 9 months of pregnancy.

A.C. Green: NBA’s Iron Man

NBA’s “Iron Man,” A. C. Green, is a champion on and off the court. His 15 year consecutive game streak of 1,192 will probably live on in the record books forever. But the streak A. C. is most proud of is his 38 years of virginity before getting married in 2002.

With the Lakers, A. C. won NBA championships in 1987, 1988 and 2000. Since retiring, A. C. dedicates time to his A. C. Green Youth Foundation which promotes abstinence and character for young people.

During college, A. C. made a commitment to save sex for marriage. Despite temptations and pressures in the celebrity sports world, A. C. kept his commitment through a 20-year NBA career. A. C. says he gained strength by focusing on the question, “Am I really becoming the man God wants me to become?”

On saving sex for marriage, A. C. says: Guys need to “learn how to respect and value themselves and forget about the male peer pressure.” A. C. added, “I’m not super-human… there’s nothing super about me. I have a focus that I’m committed to personally, but I still couldn’t acquire that without the support of friends and family.”

Regarding abortion, A. C. says: “Anytime the topic of abortion comes up, I try to be encouraging to keep the child or support a decision in preserving that life.” After seeing pictures of aborted babies, A. C. said: “That has left an impression in my mind, seeing aborted babies and the various ways that abortions are conducted. I can’t put it into words what that has done. Obviously it’s a cold reality. Those are impressions you should share with people. Some people need the hard truth to wake up.”

Visit A.C. Green’s Youth Foundation at: www.clubac.com

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Vol 14, 2008 edition

Save A LIFE! Help save teens, moms and babies. See page 27
Celebs say abortion hurts women, that Roe v. Wade was the wrong choice

January 22, 2008 is the 35th anniversary of the landmark Roe v. Wade Supreme Court decision that legalized abortion in all 50 states. Since 1973, the U.S. government reports that more than 47 million abortions were performed on some 29 million women. It’s estimated that approximately 43 percent of women who’ve reached the age of 45 have had an abortion.

Has abortion been good for America? For women? For babies?

Did abortion “liberate” women and free them from “male oppression”? Did it give them “control” over their bodies and lives as some feminists promised? Or, has abortion hurt women, bringing them pain, shame, guilt and regrets?

Of 260 women surveyed by post abortion syndrome expert, Dr. David Reardon, PhD, 28 percent told him they attempted suicide because of grief they felt over their abortions. (See www.afterabortion.org)

Former “Cover Girl” model and actress, Jennifer O’Neill can testify to the pain. She says, “I had the abortion and paid for it all my life.”

Star Parker, author and radio talk show host, says her four abortions led to promiscuous, destructive relationships, “I used abortion as birth control. Abortion destroys self-worth and dignity.”

Many women suffering from post abortion syndrome are beginning to warn other women.

Carna Spinella of Seattle, WA says, “Having an abortion was the biggest, most tragic mistake of my life.” Lisa Burroughs of Buena Park, CA says, “After abortion — the guilt, shame and loneliness is horrible.” Cecilia Gomez of Tustin, CA adds that her abortions contributed to “extremely promiscuous and self-destructive” behavior. She says, “With each abortion, I became more and more depressed.”

Numerous celebrities have seen how abortion hurts women. And although they’ve not had abortions themselves, they are now publicly opposing abortion and Roe v. Wade.

Actress Margaret Colin, who appeared in Three Men and a Baby and Independence Day said, “pro-choice women just took over the idea of feminism in the 1960’s and said that you must end this child’s life.” The true feminist heritage, she said, opposed abortion as a denial of femininity. Gone now, she said, is the feminist ideal of having “the right to bear your child and protect your child.”

“It’s life. It’s fundamental,” Colin said. “You should be born. You should be taken care of.”

Feminists for Life, a national pro-life women’s organization recently honored Colin and other female celebrities that they call “Remarkable Pro-Life Women.”

Actress Patricia Heaton was another pro-life woman recognized by the organization. Receiving awards is nothing new for Heaton. When she accepted an Emmy for Outstanding Actress in a Comedy Series, she thanked her mother for “letting me out, because life is really amazing.”

Known as Raymond’s wife on CBS’s Everybody Loves Raymond, Heaton defended motherhood in a debate on the Oxygen network.

A doctor on the program had told the audience that the “morning after” pill would allow women “the opportunity — instead of having babies every year — they could actually do something with their lives.” To which Heaton, a mother of four, responded, “Having and raising children is doing something with your life… And I have to say that having your kids is one of the greatest things you can do.”

But defending life can sometimes be very difficult says another honored, Kate Mulgrew, star of the television series Star Trek: Voyager.

“I practiced my belief at great cost to myself,” the actress told the American Feminist, a publication of Feminists for Life. Mulgrew had become pregnant at an early age and decided to place her baby girl for adoption. They were reunited four years ago.

She said that though “adoption or abortion almost always promises the mother a legacy of shame and regret, I have to be frank about my experience, I survived it. Women often don’t believe that they can survive nine months of pregnancy and place the child with an adoptive family. Life is not always easy.”

But life should always be protected, she said. “Life is sacred to me on all levels. Abortion does not compute with my philosophy.”

Actress, Margaret Colin

Margaret Colin has appeared in Three Men and a Baby, the sci-fi blockbuster, Independence Day, and on TV in Chicago Hope, Now and Again and Madigan Men. A pro-life activist since the eighth grade, Margaret credits her parents with empowering her and her siblings to promote pro-life values. At a Congressional Briefing in Washington DC on July 17, 2002, Margaret spoke about abortion. Following are excerpts:

“We marched here to support all women and to protest the violence against them, legislated by Roe v. Wade. And while many will remember the 40 million [aborted] American children that were never born, I want us to also remember the 25 million women and girls in America today who have personally experienced an abortion.”

“And we remember the women who have been rendered infertile or died from legal but lethal abortions… This is violence against women… This is the failure of our American society to help and protect women.”

“The 1970s women’s movement robbed us of our political birthright by changing the feminist platform to support abortion… Abortion hasn’t fixed the litany of problems that women were promised would be resolved.” Colin encourages others to defend the unborn, “You have to be brave — the one who speaks out for a baby so she or he can come into this life.”

“Life is sacred to me on all levels. Abortion does not compute with my philosophy.”

— Star Trek’s Kate Mulgrew

Susana B. Anthony (1869), abolitionist and early leader of the women’s suffrage movement, opposed abortion, saying: “Sweeter even than to have had the joy of caring for children of my own has it been to me to help bring about a better state of things for mothers generally, so their unborn little ones could not be willed away from them.”

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