



Aid for Women

Empowering Women to Choose Life Since 1978

8 South Michigan Avenue, Chicago, IL 60603 • Telephone: 312-621-1100 • Fax: 312-621-1972
E-mail: info@aidforwomen.org • Website: www.aidforwomen.org
November 2002

Things You Can Do to Promote Life

- Pray, without ceasing:
 - For spiritual leaders to have courage and compassion in teaching their people God's truth of the sanctity of human life
 - For women to cherish their ability to conceive and bear new life
 - For men to embrace their roles as husbands and fathers
 - For elected officials and judges to pass and uphold laws that defend all innocent human life from conception to natural death
 - For more volunteers to reach out to others facing life-and-death decisions

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Clients Have the Last Word

There is no better way to let you know how much this ministry is needed other than in our clients' own words. Nearly one thousand women completed pregnancy testing at Aid for Women this year (as of the beginning of September). Here are some of their comments:

"I don't remember saying thank you when I left you about two months ago. But I will always be thankful for being able to find you in my path." M.J.

"My counselor was wonderful, very friendly and open from the start. This was the best possible situation in which to receive such life-changing news. Thank you." E.J.

"I thought I was in a bad predicament until I had a conversation with my counselor. She has made me think about a lot of my unmade decisions." S.E.

"Aid for Women was the first organization to very much help me in more ways than one. Thank you very much." N.R.

"I really enjoyed talking with my counselor. She shows that she really cares about you and the decision that you have to take. Thanks a lot." K.S.

"My counselor treated me so nice. She also showed so much concern for me and my health." V.D.

"My counselor was very supportive in listening to me at a time when I needed some positive feedback. Thank you Aid for Women for having wonderful people to encourage us as women." L.S.

"I want a lot of people to know Aid for Women helps." J.S.

The Grace to Know . . . The Courage to Try

Following a tradition of active concern and support begun in the U.S. in the 19th Century, Aid for Women is part of the continuum of social services to women and families in crisis.

In 1978 Deacon Tom Bresler of Holy Cross Church in Deerfield, Illinois, brought together people passionate about finding ways to reach and help teens and women in crisis—especially those facing unplanned pregnancies.

Tom, Nancy Corbett and Mary Kraychy incorporated Aid for Women as a not-for-profit organization in Illinois on October 6, 1978.

Aid for Women Pregnancy Resource Center is an oasis of unconditional love, acceptance and assistance. Thousands of women, served by dedicated volunteers, have received confidential counseling, education, free services and referrals to resources—all of these play a part in empowering them to choose life for their babies, and a hopeful future for themselves.

In 2003, Aid for Women will mark its 25th year of service to girls and women in the Chicago metropolitan area. A woman still receives the information and encouragement she needs to make life-affirming choices regarding her pregnancy and sexual activity. A pregnant client knows that, whether she parents or makes an adoption plan, she is making the best decision for herself and her baby.

Referrals are made to help women in crisis address employment, housing, medical care and other needs. Follow-up support now includes one-to-one mentoring, parenting classes and abstinent-lifestyle support. Women find themselves able to face their future with more confidence.

SAVE THE DATE

The Founders and Board of Directors of Aid for Women invite you to join us on September 25, 2003, to mark our 25th anniversary of empowering women to choose life.

This gala dinner and silent auction will provide an excellent occasion to celebrate Aid for Women's efforts—and to raise much needed funds to continue the work begun by those passionate visionaries in 1978.

The presence of all former volunteers, Friends of Aid for Women, board members and staff will make this gala especially poignant.

Florence A. Sorensen is chair of the 25th Anniversary Dinner Committee. She enthusiastically invites you to serve in some capacity as we prepare for this milestone event.

You can help with many activities in or near your home.

Check the "I'd like to help with the 25th Anniversary Dinner" box on your reply form for more details.



Aid for Women is pleased to offer you an outstanding inspirational journal for only \$14.95 (including shipping and handling).

You will receive a high-quality, 12-month, spiral-bound journal for 2003 with world-class photography. Aid for Women will receive \$5.45 from the sale of each book. Please see the special insert for more details.

I received my first journal as a gift two years ago. I'm using my journal this year to record everything that I'm thankful for each day. It will be wonderful to bring in the New Year by reviewing the many ways God has blessed me throughout 2002.

Elaine M. Kindler, Executive Director

The Babies Say Thank You!

We have received many wonderful and beautiful baby items over the past few months, which have been lovingly assembled into layettes by our volunteers. To a pregnant client, the lovely layette is a tangible sign of her unborn baby's humanity.

Our heartfelt appreciation goes to the Illinois Club for Catholic Women Debutantes and the St. Vincent Ferrer Ladies Guild in River Forest for exceptionally generous group showers.

For individual donations of clothing and other items, we say thank you to Erika Gleeson, Anna McLain and Pat Vaughan.

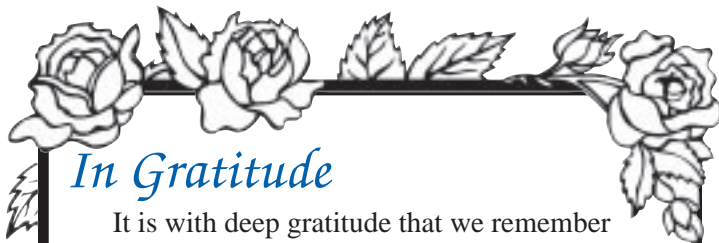
For 14 hand-stitched quilts and blankets, we give sincere thanks to Lorraine Taylor and several anonymous ladies from St. Joseph's, Wilmette, who assisted her.

Our mothers—and undoubtedly their babies, although they can't yet express it—are very grateful for these special gifts, often the only new things they have.

Each month, Aid for Women provides up to 80 layettes to pregnant and needy clients, so there is a constant demand for new, gender-neutral, newborn to six-month items. If you can host a baby shower, please contact Elaine M. Kindler, executive director, at (312) 621-1100. It's very easy to organize a shower within your place of worship, and it's a great way to introduce your family and friends to the vital services Aid for Women provides.

Boutique Kudos

Our thanks go to everyone who was part of our 2003 Boutique for All Seasons. This is a critical event in support of our life-affirming ministry. Katie Ambrose and Mary Anne Goldberg did a great job with the Friends of Aid for Women. Special thanks go to Monica Cassidy and Janet Keller for handling reservations and finances. Nearly 30 vendors contributed to the Boutique's success, giving our 300+ guests a wide selection of beautiful gifts.



In Gratitude

It is with deep gratitude that we remember the life of Guy Condon, which was tragically cut short two years ago in a fatal car accident.

Aid for Women and hundreds of other pregnancy resource centers owe much to Guy for his vision, his diligence and his passion in furthering the cause for life as president of CareNet.

It's Your Call

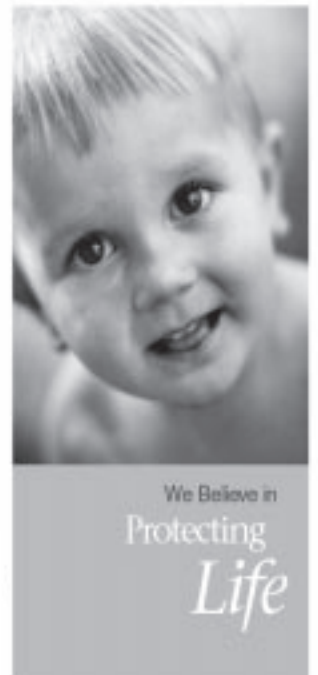
LifeLine is a full-service, Christian-owned telecommunications company that supports organizations that preserve the sanctity of life.

With our innovative "Give Back" program, we contribute 10% of your monthly long-distance to support Pro-Life organizations. In 10 years, LifeLine has given over \$54 million to Christian organizations worldwide.

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Support Aid for Women
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Other Ways You Can Help

Prayer

Check "I will pray" on the reply form, and please pray right now for more clients, volunteers and resources.

Volunteer

Aid for Women has no outreach without the volunteers who counsel our clients or help us behind the scenes. Explore the many opportunities for you to make a difference in the life of a mother and her child.

Fundraising

The reply form has a few ideas on direct and indirect financial support of Aid for Women. **Please note that we now can accept gifts by credit card.**

Education

Experienced Aid for Women speakers are available for presentations to all age groups. Please schedule a speaker for your school, place of worship, Scout troop—any gathering in which your colleagues would be open to learning how to nurture human life.

Stewardship

We seek to be good stewards of our resources. We want to keep you informed, but if you no longer wish to be on our mailing list, please let us know.

Thank you for your support.

The ABC's of Breast Cancer

Kim Couri, D.O., Aid for Women Professional Advisors

Most people are unaware that **Abortion** significantly increases a woman's risk for **Breast Cancer**. Joel Brind, Ph.D., has been a leader in researching this topic and evaluating studies that have looked at breast cancer causes. Induced abortion is the single most preventable risk factor for breast cancer, and women need to know about this **ABC** link.

One study conducted in Australia in the early 1980s by Rohan et al. (1) showed that induced abortion increased the risk of breast cancer by 160 percent. This data was withheld from the original publication, despite the fact that it was the strongest risk factor found in the study. It was only later revealed as a result of Dr. Brind's analysis.

Of the 37 case-controlled studies done worldwide, 28 of them show that abortion increases the risk of breast cancer. Thirteen out of 15 American studies show a significant increase of the risk of breast cancer following an induced abortion.

If a woman aborts her first pregnancy she is at an even higher risk for breast cancer. Similarly, women with a family history of breast cancer who have an abortion at an early age are at

an even higher risk of breast cancer. A study done in Washington State found that **ALL** of the women who had a family history of breast cancer and aborted before the age of 18 (12 women in all) developed breast cancer by age 45 (2).

These findings are related to the effects of estrogen on breast development during pregnancy.

Estrogen levels begin to rise before implantation (3) and increase by 20-fold in the first trimester. In the first and second trimester there is maximal production of undifferentiated breast cells.(4). Undifferentiated cells have a great potential for change and are not very specific in function. Because of their potential for change they are at high risk for becoming cancerous.

In the third trimester the breast cells become differentiated so they can produce milk. These differentiated cells protect women from breast cancer, especially in their first pregnancies (5). If a woman aborts her baby, this results in the interruption of the breast changes, and the undifferentiated cells put her at an increased risk for breast cancer.

Women who have miscarriages typically produce low levels of estrogen,

so the process of breast cell differentiation does not occur. Therefore, these women are not at increased risk for breast cancer, and studies have supported this fact.

Certainly, it is only fair that a woman seeking an abortion knows about this risk, so she can make an informed choice. Likewise, women who have had an abortion should be informed, so they can pursue any preventative measures available.

Unfortunately women are not being told this vital information with any consistency by their doctors or by abortionists.

1 Rohan et al. (1988) Am J Epidemiology 128: 478-89.

2-5 Abortion and Breast Cancer, transcript of talks by professor Joel Brind and Professor Robert Burton at an Endeavour Forum Public Meeting on August 24, 1999, at Malvern, Vic. 3144, Australia (Appendix II).

For more details, check out these websites:

abortioncancer.com
abortionbreastcancer.com
afterabortion.org

Perspective

Elaine M. Kindler, Executive Director

On January 22, 2003, the U.S. will mark 30 years of federally sanctioned legal abortion on demand for virtually any reason. How do we restore respect for human life when life is cheaply taken every day, and when life continues to be threatened on so many fronts?

The restoration begins with me, and you.

It begins when we repent of wanting to be God. We cannot make life-or-death decisions for other human beings, no matter how small, frail, disabled or old they are, or how scared, despairing, disgusted or tired we are.

It begins when we oppose abortion as much as we oppose physical abuse or violence of any kind.

It begins when we live out the Gospel of Life fully in the places we volunteer, the organizations we support, the votes we cast, the example we give our children and grandchildren, and the prayers we whisper or shout to Almighty God.

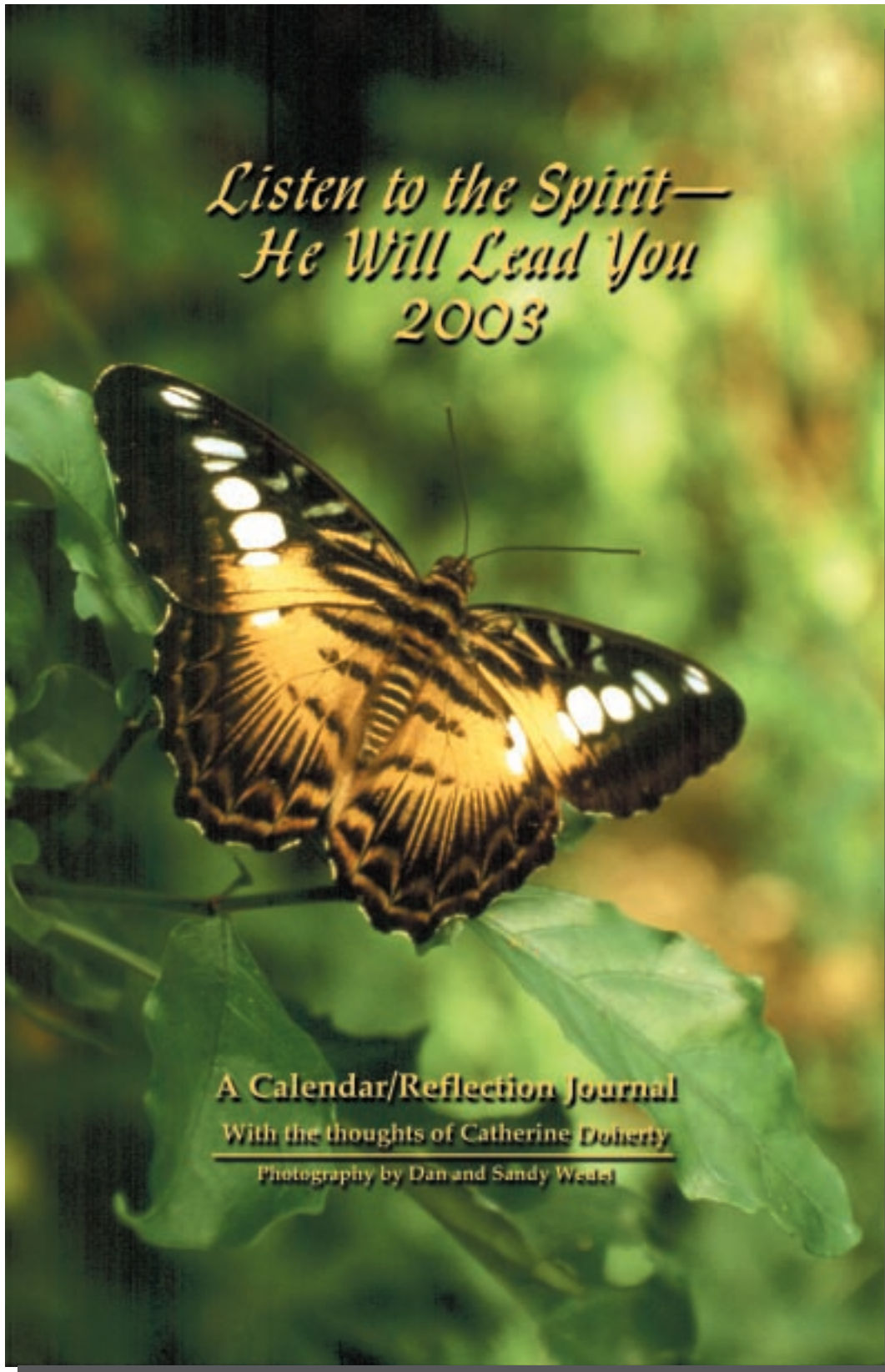
It's not the economy. It's not racism. It's not global warming. It's not even world peace.

It's respect for the sanctity of human life.

When we defend human life from its very conception to its natural end, every other social condition will be served. The more you and I are able to live out respect for human life, the more we will reap the fruits of peace and justice.

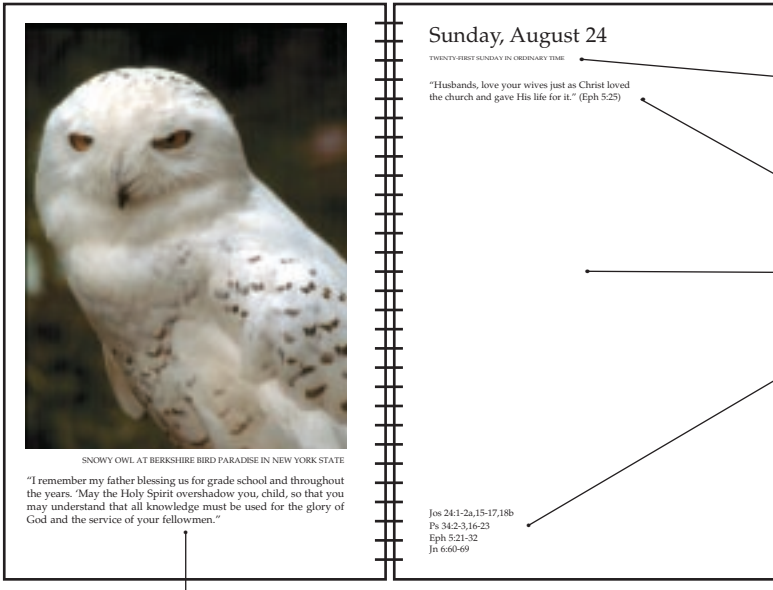


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Ideal for:

- spiritual journaling
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- listing home schooling lesson plans or assignments
- giving as a gift to clergy, religious, RCIA candidates, Confirmation candidates, teachers, volunteers, family members and friends



FEATURES

- The day's celebration according to the official Liturgical Calendar for the Roman Catholic Church in the U.S.
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 (312) 621-1100

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I'd like to order _____ copies of *Listen to the Spirit—He Will Lead You 2003* journal(s) at \$14.95 each.
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Please send me envelopes for monthly / quarterly contributions in 2003.

Other ways that I will help Aid for Women promote a culture of life:

- I live close enough to volunteer.
- I will pray.
- I'd like to help with the 25th Anniversary Dinner.
- I'm sorry, but I no longer wish to be on your mailing list.

Telephone (_____) _____ e-mail _____

This gift is "In Memory" / "In Honor" of _____

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