



From the Director's Desk

Lindsay Hyvonen, Executive Director

got hope?

DO YOU REMEMBER the advertisements for milk back in the 1990's that included the infamous tagline "Got Milk?" These ads, which sometimes featured a milk-mustache-wearing celebrity, typically showed some type of food, such as cookies or a peanut butter sandwich that might require a glass of milk to wash it down. Other companies quickly piggybacked on these ads, adding their own twist, such as "Got Ice?"

This simple ad came to mind recently when I was asked by someone, "Where is the hope when considering the lack of regard for pre-born life in our culture?" This question made me step back for a minute and reflect. It's true that some days can be challenging, especially when we consider changes happening in the abortion industry which are making it incredibly simple to end a human life through a telehealth appointment and a couple of pills. (Please see the article on page 2 of this newsletter about RU-486—the abortion pill.) Yes, some days reaching people to tell them what we offer at Real Options—which includes choices like parenting, adoption, and the truth about abortion—feels like an uphill battle. However, we always have hope because we have the Gospel. God's Word was true yesterday and will remain so for eternity. The Gospel is the balm that this hurting world so desperately needs. Our hope is that there is a Savior who created all life and loves each of us so much that He paid for our sins on the cross, making a way for us to have eternal life. This is the truth that will change how life is seen in our culture. This is what people need.

There is a familiar Bible story from the book of Numbers which tells of the spies com-

ing back to report what they had seen on their investigation of the promised land. The majority returned with tales of insurmountable odds, namely fortified cities and giants. Their negativity was contagious and unfortunately the entire camp was soon complaining that they would never be victorious over the enemy. However, two spies were different. Joshua and Caleb responded with a well-placed hope that God would be with them, and they advocated for going to battle. Ultimately, their faith was rewarded and those who were lacking suffered greatly for it.

In this ministry of life sometimes it's easy to read the headlines and lose hope. It doesn't take much to see the "giants" as we survey the landscape of our culture. We can choose to let the giants alter our vision, causing a loss of hope, or we can step forward in faith, trusting our incredible God. He is the Creator and Sustainer of life; all-knowing, all-powerful, ever present. It is because of who He is and what He has done that we can confidently answer the question—"Got Hope?" "Yes, and let me tell you why!"



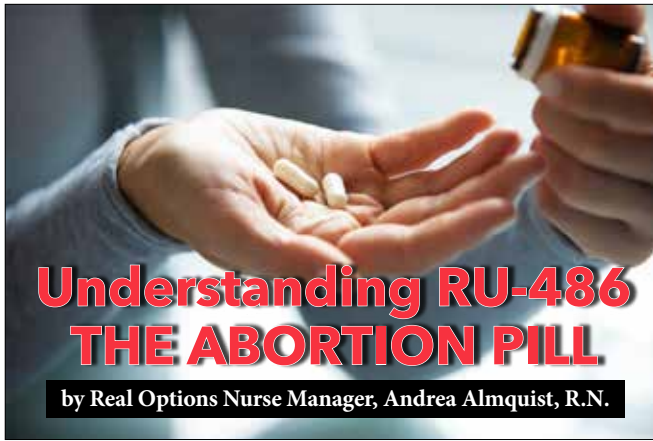
EXCITING UPDATE!

In recent months, we started advertising on social media in order to reach more clients to tell them who Real Options is and what we offer. One of our goals was to reach more women who are considering an abortion. **Praise God! We are thrilled to report that since we started advertising, the number of abortion-minded women calling and coming into the centers has increased by 150%!** What a blessing to be able to offer these clients a peek at life in the womb! We are so grateful for you, our generous ministry partners, who come alongside us to offer the prayers and financial support to make this possible. Your contributions have a direct impact on lives right here in New Hampshire!



NEW HAMPSHIRE NEWS

Recently, the Fetal Life Protection Act, which bans abortions after 24 weeks (except in cases where there is danger to the physical health or life of the mother), was enacted. This is New Hampshire's first ban on late-term abortions. Prior to this, abortion was legal up until birth, with the only restriction being on partial-birth abortion. New Hampshire is one of many states that has passed legislation in 2021 restricting abortion.



Understanding RU-486 THE ABORTION PILL

by Real Options Nurse Manager, Andrea Almquist, R.N.

THE “ABORTION PILL,” ALSO KNOWN AS RU-486, has been available in the United States since the year 2000. Since that time, it is estimated that 2.75 million women have used this drug to terminate their pregnancies. The drug combination was originally limited for use in pregnancies up to 7 weeks gestation; that time was increased to 10 weeks in 2016.

This medical or chemical abortion consists of two pills taken by the woman, typically in her home. The first pill, Mifeprex, blocks the hormone progesterone, which is necessary for a pregnancy to continue. Without progesterone, fetal death usually occurs within days in most cases. The second drug, Miso-prostol, taken 24-48 hours after the first pill induces cramping which ultimately expels the fetus.

This abortion method, once prescribed and carried out with a medical evaluation and supervision, became something a woman could obtain (in many cases) without a doctor’s visit or an ultrasound appointment during the pandemic.

At the peak of the pandemic, healthcare moved online, which in many cases was appropriate and safe. In the case of obtaining RU-486, it was not, nor does it continue to be in the best interest of a mother or her developing baby.

RU-486 is often chosen because of the anonymity it provides. There is no appointment for a surgical procedure, and the woman decides when and where to start the procedure. It sounds easy and confidential. However, many of our clients who have taken this drug to terminate a pregnancy describe it as traumatic and say, “never again.”

Some women take the first pill and experience immediate regret and panic. In this situation, there is hope, as well as the potential to reverse an initiated abortion. Our Real Options Medical Director, Dr. Nicole Varasteh, is registered nationally with Abortion Pill Reversal. This organization facilitates care for women who change their mind after starting a chemical abortion. Real Options is grateful to have an overseeing medical director who can offer support to a woman who changes her mind and chooses life.

Honoring a Dedicated Volunteer SHERI RADZELOVAGE

ON JUNE 30TH THE REAL OPTIONS MANCHESTER CENTER held a service to honor the life of Sheri Radzelovage. Sheri dedicated more than 20 years to Real Options, as she faithfully served in numerous ways, including the overseeing of our Manchester Boutique, a place where clients can have their material needs met in a tangible way.

Sheri, who once had a crisis pregnancy of her own, knew that the women who walk through our doors deserve to be treated with the utmost of dignity and respect. Her gift was in making sure that every item available in our Boutique was fresh and attractive. We can only imagine how many women felt cared for as they lovingly selected beautiful items for their soon-to-be-born babies. Sheri and her entire team made these moments possible because of their dedication to the ministry.

On March 31, 2021, Sheri went home to be with the Lord. We truly miss Sheri, but the work at the Manchester Center continues. We are certainly grateful for the example she left for all to follow of how to live a life of stewardship for the Kingdom.



At the dedication of the Boutique, members of Sheri’s family surround her picture. The Boutique now bears the name of “Sheri’s Boutique” in honor of her dedication to the ministry. Some of Sheri’s family members from left to right: Son - Adam Radzelovage, Sister - Jen Farris, Parents - Nardos and Jack Shuler

Thank you Bridge Community Church!



The Bridge Community Church has been hosting an annual baby shower for Real Options for over 20 years!

CURRENT NEEDS

- Newer modern maternity clothes
- Diapers in sizes 4-6
- Baby Wipes

www.realoptionsnh.org (client website)

www.TheFriendsofLife.org (donor website)

Manchester

25 Lowell Street • Suite 100
Manchester, NH 03101
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Nashua

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Nashua, NH 03060
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Real Options Newsletter is a publication of Crisis Pregnancy Center of Manchester and Nashua DBA Real Options. Real Options empowers individuals to make informed, life affirming decisions relating to pregnancy, sexual health and relationships, by sharing the practical love of Jesus. All services are free and confidential.

CPC Board of Directors: Michael Danis, Kathy Edelblut, Dick Nagel, David Spataro, Lynn Thieret, Neil Neveu, Wayne Griffin • Medical Director: Dr. Nicole Varasteh • Nurse Manager: Andrea Almquist, RN • Executive Director: Lindsay Hyvonen • Center Directors: Crystal Chamberland – Manchester • Deb Moore – Nashua • Editors: Mary Ann & Ed Edman

Record-Breaking!

WALK for LIFE 2021

\$73,389 Raised • 106 Walkers

On May 8th the Manchester and Nashua Centers gathered together in Bedford at our Annual Walk for Life and raised a record-breaking total of \$73,389! A heartfelt thank you to our Walkers, Sponsors, Volunteers, and Churches for making this possible, and also to Trinity Life Community Church who generously allowed us the use of their beautiful outdoor space to host our event.



Reflections from a First-Time Walk for Life Participant

by Charissa Lyons

BY GOD’S GRACE WE DID IT! We walked the two miles. We were tempted to turn around when we started meeting everyone on their way back, as we were by far the last ones, but we wanted to be true to our sponsors and walk every inch!

When I initially set our walk goal, I just put in the minimum. As the donations came in, I kept needing to raise it. Finally I got on my knees and prayed, “God, what should I set it for?” I heard \$1200. At that point we were less than 24 hours from the walk, and we were at around \$750. I thought *maybe* we could get to \$1,000(!) So I put in \$1200 as my online goal. In the evening, as I checked my computer, my eyes popped when I saw we were at \$1900!! My first thought was there must be a mistake, as my brain could not comprehend it! But we had received an anonymous donation for \$1000! And still, the donations came, even the next morning, even after we had walked.

In the end, God used our walk to raise over \$2400. He didn’t want to just show us He is able, but that He is MORE THAN ABLE! I am in tears as I share this story. We will never forget



this walk or the spiritual encouragement it was to our hearts. We often refer back to it, and remember that God is MORE THAN ABLE to do all we ask or imagine.

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Ephesians 3:20-21 NKJV

—Charissa, Linnea, Noelle & Mae

Real Options

WALK FOR LIFE 2021

A big THANK YOU to the following for their generous donations:

<ul style="list-style-type: none"> • Ace Hardware • Apotheca • The Bag Lunch • Bonhoeffer's • Brick House Restaurant • Chick-fil-A • Copper Door Restaurant • Crosby's Bakery • DoubleTree Hotel • Giant of Siam • Goedecke's Flooring & Design • Goffstown Hardware • Goodale's Bike Shop • Grace Lutheran Church • Gurney's Automotive • Hannaford • Jacques Flower Shop • King Lanes Bowling 	<ul style="list-style-type: none"> • Legends Golf • Maine Oxy • Morning Star Bookstore • Nashua House of Pizza • North Garden Restaurant • Pappy's Pizza • Pizza Market • Photography by Michael Richards • Puritan Backroom • Shiloh Food Ministry • SoulFest • Trader Joe's • Trinity Life Community Church • Uno's Pizzeria & Grill • Venice Pizza • Viktor's Pizza
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Real Options

PREGNANCY HELP SERVICES

Business Office
110 Main Street
Nashua, NH 03060

A Care Net Center

Non-Profit Org.
U.S. Postage Paid
Nashua, NH 03060
Permit Number 66

RETURN SERVICE REQUESTED

Are you looking for an
opportunity to impact life
in our community?

Please visit

www.thefriendsoflife.org

to find out how you can be
involved and
partner with us!

Please join us for the
Real Options  Annual Night of Giving Banquet



Friday, October 22, 2021

Alpine Grove Banquet Facility
19 South Depot Road, Hollis, NH

Seating begins at 6:00 p.m.
Dinner served promptly at 6:30 p.m.

RESERVATIONS REQUIRED

To register or for more information, call 603-883-1122
or visit www.thefriendsoflife.org