



## WALK for LIFE

because every child  
deserves a birthday

**Saturday, May 8, 2021**

**Registration 9:30 am • Walk 10:15 am**

Our TWO centers are joining together for ONE walk!  
Trinity Life Community Church • 12 Station Rd • Bedford, NH

Please join us in this fundraising effort, as area churches and supporters come together to impact LIFE in our communities.

**Family Fun Event • Live Worship Band • Awesome Raffle**

**Delicious Refreshments • 1 mile walk or longer - your choice!**

Event kickoff and updates will be live on our Facebook page: The Friends of Life NH.

Join us in person for the event or walk at home!

To register online or print a sponsor form please visit [www.thefriendsoflife.org](http://www.thefriendsoflife.org).

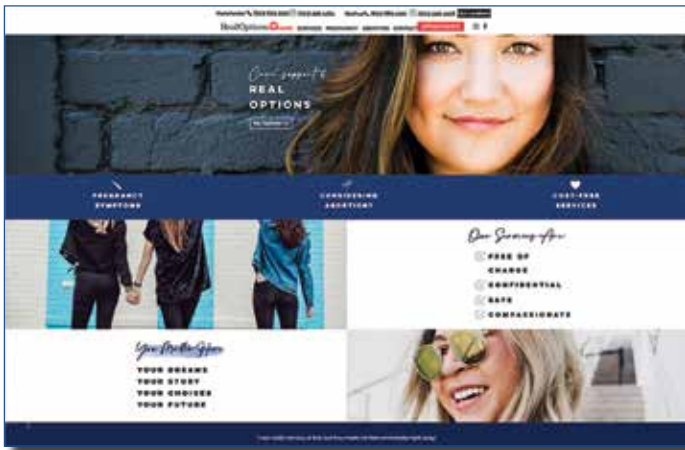
If you would prefer to have a sponsor form mailed to you, please give us a call at (603) 883-1122.

**As an added incentive - the first 75 people who register online and raise \$200 will receive a Real Options tote bag, along with their Walk t-shirt!**

We will be following Covid-19 safety protocols per the State of New Hampshire.

# Ministry Updates

## CHECK OUT OUR BRAND-NEW WEBSITE!



Our Client Website • [www.realoptionsnh.org](http://www.realoptionsnh.org)



Our Donor Website • [www.TheFriendsofLife.org](http://www.TheFriendsofLife.org)

We are so excited to show you a glimpse of our new client website!

It is modern and engaging, and has an added feature which allows women to reach out to us immediately to request services. We are thrilled to have already seen an increase in client engagement from the new website!

Did you know that we have a separate website specifically for our ministry partners? Here you will find all kinds of details, specifically for friends of Real Options. We also love it when people "Friend" or "Like" us on social media, where we post timely information, such as prayer requests. Let's be Friends today!

## Introducing Manchester Center Director CRYSTAL CHAMBERLAND

**M**Y MOM WAS 16 YEARS OLD when she had me. The odds were really against her as she was young, unwed, struggling in school, not fitting in, from a broken home, and just desiring to be loved. Thankfully she chose life . . . my life. Things weren't easy for us; my mom and I didn't have much, but we had each other.



Manchester Center Director  
Crystal Chamberland

I didn't grow up in a Christian home. When I was eight years old, the mother of a man my mom partied with asked if she could take me to church, and surprisingly mom agreed. After going to church for a few months, I realized my need for salvation. I asked the Lord to come into my heart and save me. I stayed with this church for a little while, however after a couple of years I stopped going because of how the other kids treated me. I didn't have nice clothes to wear, and I smelled of cigarettes because of my home environment.

Thankfully, when I was thirteen, a woman I babysat for invited me to try church again. I started riding the bus to Tabernacle Baptist Church in Topsham, Maine. It was there that I was baptized and began to grow in the Lord. This is also where I met my future husband (the Pastor's son). I was also blessed at that time to meet a woman who offered to pay for me to go to a Christian high school.

In 1998, I married my high school sweetheart, Peter, and we surrendered to the Lord's will to serve with the Rock of Ages Prison Ministry in Cleveland, TN, where we served through 2013. We traveled around the world sharing the Gospel in prisons and schools. My husband served as the Executive Vice President of North America and I served alongside him, taking care of event coordination for the ministry. In 2013, the Lord moved our family (which also includes our children Peter and Ruth) to Concord, NH, to start Granite State Baptist Church.

What an honor it is to be part of a ministry that has the impact of helping women choose life for their unborn babies. I am so thankful that my mom chose life for me, even when it was not the easiest choice.

*The Words of Jesus:*

*"The thief comes only to steal and kill and destroy. I came that they may have life and have it more abundantly."  
—John 10:10*

***We are Pro-Abundant Life!***

[www.realoptionsnh.org](http://www.realoptionsnh.org) (client website)  
[www.TheFriendsofLife.org](http://www.TheFriendsofLife.org) (donor website)

**Manchester**  
25 Lowell Street • Suite 100  
Manchester, NH 03101  
603.623.1122  
infomanchester@realoptionsnh.org

**Nashua**  
110 Main Street  
Nashua, NH 03060  
603.883.1122  
infonashua@realoptionsnh.org

**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: Ed & Mary Ann Edman

# Happenings

## “I Didn’t Know it Would Look Like a Baby!” —Highlighting the Ultrasound Ministry

**H**ER VOICE SOUNDED HESITANT AND UNSURE when she spoke to the Center Director on the weekend. She had found our new website and filled out the online form provided there. This prompted an alert email to Nashua Center Director Deb, who followed up immediately. She was looking for abortion information. Deb explained that we don’t provide abortions or refer for them, but proceeded to tell her what we do provide—all services free of charge and free of judgment—and encouraged her to come in for a pregnancy test and possible ultrasound. The potential client said she had to think about it and hung up. She reached out to Deb two more times with questions during the weekend, and finally made an appointment to come in.

During the appointment, the client stated she really believed abortion was her best option. Nurse Manager Andrea offered her an ultrasound immediately following her pregnancy test. During the ultrasound, her baby was putting on quite a performance—complete with kicking legs and sucking its tiny thumb. The client exclaimed in astonishment, “I didn’t know it would look like a baby!” She explained she thought it would be an unrecognizable form. She left the center feeling confused and conflicted about what she should do. We gathered as a staff and prayed for her, the baby, and for Jesus to intervene. Deb had asked permission to follow up, and a week later called to check in. We were all elated to learn that—SHE CHOSE LIFE! Here is a portion of what she said: “Seeing my baby on the screen made everything real. I was so scared to come into the center because I thought you might judge me, but now I know that this is a caring and safe place. Thank you.”

This is a beautiful story which occurred recently in one of our two centers. Our ultrasound ministry is incredibly important because



Nurse Manager Andrea has been serving at Real Options for 15 years, and Staff Nurse Rachel for 17 years. Wow! That adds up to a whole lot of pregnancy tests, ultrasounds, and lives impacted over the years!

statistics say that nearly 80% of abortion-minded women who see their baby on the screen will choose life. We stand counter to the culture that seeks to diminish the validity of a pre-born life. We are grateful for nurses who are armed with medical knowledge, and offer each client a loving look into the womb.

*Although this article is highlighting the ultrasound ministry, I would be remiss not to point out that the reason we have this story is because our Center Directors bring home the “Help Line” phone each and every weekend. Many people don’t realize that the Directors carefully monitor emails and phone calls during the weekends, responding to abortion-minded inquiries in a timely fashion, often having long and sometimes difficult conversations with potential clients during off hours. This is the level of dedication our Center Directors have, and Real Options is blessed and grateful for their efforts!*

## Volunteer Spotlight on MARTY LUNDQUIST

**PRACTICAL FATHERHOOD TRAINING** is one of the many ways we support our clients and their decision for life. This program helps men understand the importance of being involved and present in the lives of their children, and gives them the practical steps and tools to make that happen. Marty has been coming alongside dads and dads-to-be for three years, in both the Manchester and Nashua centers. Marty says, “As a pro-life, pro-marriage, pro-family believer, preserving the family unit is so important to me. Helping one man at a time makes a difference. The men who come through our doors and take Practical Fatherhood classes should be applauded for their commitment to becoming caring and responsible fathers to their children.”



*Interested in using your gifts and talents at Real Options? Call either center today to find out more about volunteer opportunities!*



## Everleigh Love says Hello

“For me, Love is more than just a part of my name! My parents were faced with very difficult decisions and they were given some “Real Options.” I am thankful that the best option was chosen for me—LIFE.

“Thank you so much for your continued support of my life before I even took my first breath, and in the months that followed. My parents are thankful for

every parenting class, package of diapers, and ounce of assistance offered to them. I am so thankful for the Love that has been shown to us at Real Options!”



## Mark Your Calendar:

- **2021 Walk for Life:** May 8<sup>th</sup>  
Combined Walk for Both Centers
- **Annual Banquet:** October 22, 2021.
- **Baby Bottle Benefit:** Can be done anytime of year— Call us.



Thank you for raising over  
**\$48,000 during the Baby  
Bottle Benefit in 2020!**

We have raised over  
**\$19,000**  
so far in 2021!



## From the Director's Desk

Lindsay Hyvonen, Executive Director

## A Well-Loved Ministry

**M**Y FIRST COUPLE MONTHS as Executive Director have certainly been exciting and incredibly busy. One thing however, stands out foremost in my mind, and that is—**Real Options is a well-loved ministry.**

I have had the honor of meeting with so many people, such as pastors, volunteers, and community partners; and have been invited to speak to various groups and churches in the community. Over and over again, I've been struck by the enthusiasm and passion I've seen for this ministry of life! This is not only evident in words, but also in tangible ways, such as an overflowing of material items—like carloads of diapers that show up at our doors, unexpected financial gifts, email requests from prayer warriors asking how to pray for us on any given day,

volunteers who have stood the test of time (some for decades) in continuing to come in weekly to make a difference for life. I have heard the message loud and clear—you love and care about this ministry!

As Executive Director, I will do my best, with God's help, to continue the amazing legacy for life that Real Options has had in New Hampshire's two biggest cities of Manchester and Nashua for 36 years. How many lives have been impacted and saved because of you and your dedication to God and this ministry? Only our Heavenly Father truly knows. Thank you for showing me your heart for Real Options and ultimately the clients we serve. The love you have expressed, not only in words, but in deeds, has truly been inspiring!



Thank you Life Church of Manchester for such a generous donation of diapers and other necessities!

*“By this all will know that you are my disciples, if you have love for one another.”*

—John 13:35