

When Poppy came into Pathways for the first time she was very nervous. She felt scared of the unknown. She was also doubting herself and questioning her ability to be a parent, if her test was positive. Poppy also described her life in general as being heavy, before coming to Pathways.

Poppy's Sister Mel came with her to the appointment and was so supportive. Mel stated that she had total confidence in her sister. They were both interested in fetal development and while they were learning about the different stages of growth they both became teary eyed at the facts.

While at Pathways, Poppy had a pregnancy test that was positive and she qualified that day for an ultrasound. During the ultrasound, Poppy said it felt very surreal. Having the baby on the screen brought the reality of what was really happening in her womb in front of her face. She said that it was not as real when she just thought about what might be happening.

Poppy received additional resources on her visits to Pathways. She found several pieces of maternity clothing that would work well for her along with a handmade baby blanket. Poppy stated that those resources along with the pregnancy test and ultrasound brought a lot of light and excitement into her situation. She is feeling much more comfortable and confident in herself and her pregnancy after receiving support at Pathways. Poppy is already experiencing a change in her life because of being pregnant. She feels more motivated and driven to pick herself up emotionally from where she was before getting pregnant to pursue her career that she kept putting off.

Poppy describes her whole experience at Pathways as life changing. She stated that the staff and volunteers were so uplifting and positive. This experience really helped her in thinking positively about her life and changed her perspective on having her baby.

When asked if she had a message to the donors that make it possible for Pathways to exist, she shared: "I don't have enough words to offer to explain how grateful I am for all of the services provided by the donors at Pathways. Thank you to the moon and back."

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# Unexpected Pregnancy A message from our Director

When you hear the term "Unplanned Pregnancy", what do you picture in your mind's eye? I would bet that most picture a young girl, a teenager, who is most likely making some poor choices and has found herself in trouble. The reality is that an "unexpected pregnancy", as I prefer to call it, can happen to anyone. Young women, middle-aged women, married, single, professional, Christian or not. Poor choices are not required.

When you are not "expecting" to have a child, the trouble, the worry, and the stress is the same no matter what category you fit into. You feel the same pressure from every direction. You hear society saying it is OK to take the "easy" way out. You may have family and friends telling you that there is no way you can support a child. Your husband or boyfriend may be telling you that unless you have an abortion they will leave you. When the pressure is this great, and the stakes are this high, you can begin to doubt that voice in your head telling you they are wrong and you can begin to doubt your beliefs. Many women do not have a safe place they can go for help. They don't have access to resources to help them deal with the pressure and make an educated and healthy choice.

When the pressure is this great, and the stakes are this high, you can begin to doubt that voice in your head telling you they are wrong...

I mentioned earlier that I prefer to call it an "unexpected pregnancy" or even a "surprise pregnancy", because while it may not have been our

plan to have a child, it was most certainly His plan. Scripture says that His plan for each of us began and He knew us even before we were formed in our mother's womb. I know I was personally blessed with three very "surprise" babies. Our first two came about, each, just as we were talking about how it might be a good idea to wait a bit and get a little more financially stable. Well, you know what they say about the best-laid plans... Our third surprised us during a very difficult and painful time in our marriage. I found myself feeling those exact same pressures and fears, and wandering from my faith feeling ashamed. I was very lucky to have a supportive husband and family, but so very many women are not.

God calls each of us to be His hands and feet, to comfort, care for, and minister to those that are hurting. He blesses each of us with our own talents and resources. He brings us together so that we can accomplish this mission and His plan. I believe that I have been called to Pathways to help bring comfort and support to women who are hurting. If you are reading this, it means you have also been called, in some way, to support God's ministry through Pathways.



So, in this month of Thanksgiving, I want to personally thank you for your continued support, whether it be through volunteering, donating material items, or through financial support. Without each of you, we would not be able to provide these simple yet lifesaving and redeeming services. All that we accomplish in His name is through His call to you for support. Thank you for answering that call.



In His Service, Kimberfi Swenson Executive Director Pathways Pregnancy Clinic

# Ways To Help

Are you looking for ways to be more involved with the ministry of Pathways? Here's one way that you can you can take the next step and grow in your support for Pathways.



#### Invite a friend to our Open House

Can you believe that there are still people in our community that don't know about Pathways and the services that we offer? You can help us educate our community on the services and resources available at Pathways by joining us at our upcoming open house and inviting a friend to join you. The next Open House will be held on Thursday, November 29th. Stop in anytime between 6:00 pm and 8:00 pm on the 29th for an opportunity to meet our new Executive Director, Kimberli Swenson, and to find our more about the services and resources available at the clinic.

# A Client Shares...

"My life before Pathways was crazy. I was so thankful to have discovered the lovely ladies at Pathways.

We received help with our first son here at Pathways in 2011. I was so thankful for the help I received there. We were young and just getting on our feet. I was so happy to have another bundle but it came when the time was not ideal. Thanks again Pathways for your continued support."

- Chelsea, A Pathways Client

# upcoming events

JAN 20TH, 2019
SANCTITY OF
LIFE SUNDAY
LOCAL CHURCHES

June 1st, 2019 Run For Life Lacamas Park Camas, WA FIND OUT MORE
ON THE EVENTS
PAGE ON OUR
WEBSITE



### **Board & Staff**

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#### MEDICAL STAFF

VOLUNTEER MEDICAL DIRECTOR:

DR. DAVID PAIK

Staff Nurse:
Michelle Zumwalt

Volunteer Nurse:

Sarah Paik

### **Contact Us**

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# Volunteer Highlight - Sarah Babb

Sarah's heart for women in unplanned pregnancy situations led her to volunteer for many years at a pregnancy clinic in Denver, Colorado before moving to Camas in 2015. While in Denver, she was also a teacher and guidance counselor at an alternative high school in Denver for teen moms. Sarah had been living in Camas for about a year when she felt God calling her to volunteer at Pathways.

We have been blessed to have Sarah as a part of the Pathways family for a little over 2 years now. When asked why she continues to volunteer, Sarah shared, "I believe that God values all life and I love being a part of something that values

life too...the life of the women, the men and the unborn children who come into our clinic. I love that Pathways meets the needs of our clients right where they are at by giving them parenting resources, baby clothes and equipment, and baby formula and food. We are able to love on women in our community by meeting their tangible needs. I am honored to play a small role in this great ministry."

Sarah lives in Camas with her husband and their three children; Cole, Grant, and Madeline. Sarah and Dan have been married for 15 years and attend church together at Grace Church in Camas. They love spending time together as a family traveling, going to the coast, playing at the river, or going to the movies. Sarah is also a huge sports fan, and although she now lives in the Northwest she is still a Denver Broncos fan through and through.



Pathways Pregnancy Clinic is a pregnancy and family resource center that empowers individuals to make healthy, life-affirming decisions by offering education, resources, and support.