

# SOHLS

Sanctity of Human Life Sunday

**2024 Speaker Training Packet**

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# Introduction

Thank you so much for your willingness to serve and your passion for Care Net's ministry. We have provided you with this speaker guide to put in your "toolbox" as you plan your presentation for Sanctity of Human Life Sunday.

While many in our state are feeling hopeless and helpless, we want to emphasize that we have hope in Christ and that sharing that hope with women and families in our communities can change and save lives!

Remember, this presentation is fairly short. The actual length will depend on your assigned church's preference. You want to be direct and to the point while being congenial and genuine. You can do it! You are being prayed for and supported by many.

**We are excited to have you on our team!**

# Ministry Overview:

## Care Net Pregnancy & Family Services

### Mission Statement:

Care Net offers hope by providing compassionate practical care, accurate information, biblical truth, and life-affirming resources for pregnancy, sexual health & integrity, and abortion recovery.

**93% of women who saw their unborn child via Care Net's ultrasound machines chose life last year.**

### Locations

- Centers: Federal Way, Lakewood, Tacoma, Gig Harbor, Kenmore, and Puyallup
- Medical Mobile Unit serving the Greater Seattle Area; second mobile unit serves the eastside of King County in Bellevue

### Care Net of Puget Sound Services

#### Medical

- 24/7 Helpline
- Pregnancy testing
- Options Education/Mentoring: abortion, adoption & parenting.
- Limited Obstetrical Ultrasounds (performed by trained medical professional)
- Screenings for STDs (females only): important both for determining potential pregnancy risks and for serving as an opportunity to discuss sexual integrity. Referrals are given to males.
- Medical Consultations regarding pregnancy and/or STD screening
- Early Bird (1<sup>st</sup> Trimester) Classes & Childbirth Education (3<sup>rd</sup> Trimester) Classes
- Abortion Pill Reversal

#### Family

- Parenting Classes for mothers & fathers. Includes both one-on-one mentoring and group classes.
- Baby & Maternity Boutique. "Care Net Cash" is earned by taking Parenting Classes. Parents are instructed in infant needs and budgeting as they use CN Cash to purchase maternity and baby supplies.
- Community Referrals and Resources

## **Preventative: Smart Programs**

Care Net's Smart Team visits schools, churches, and local community groups to share the following presentations:

Lesson 1: Sex | Everyone's Talking About It

Lesson 2: Sexually Transmitted Diseases

Lesson 3: Teen Pregnancy

Lesson 4: Reducing The Risk of Pregnancy: Birth Control and Contraception

Lesson 5: Avoiding Unhealthy Relationships, Legal Consequences

Lesson 6: Dating and Boundaries

Lesson 7: Dating and Healthy Relationships

Lesson 8: Smart Trafficking Awareness

## **Healing Tide: Support After Abortion**

Support groups, retreats & multi-week Bible studies for women, men, and couples in need of spiritual healing from a past abortions.

## **Healing Tide: Pregnancy & Infant Loss Support**

Support groups, retreats & multi-week Bible studies for women in need of spiritual healing from miscarriage, SIDS or infant loss.

# SOHLS Talking Points for 2024

## Primary Talking Points:

- **The Need for Life-Affirming Care in Washington State:**

The overturning of Roe in June 2022 was an historic moment that paved the way for states to pass legislation that has protected and saved thousands of unborn children and their parents from abortion. Sadly, states like Washington, where abortion was legalized before Roe was passed, have become more pro-abortion than ever. State leaders have declared Washington a “[sanctuary for abortion](#)” and [millions of dollars](#) at the state and local levels have been redirected toward expanding access to abortions in our communities, resulting in more innocent lives being lost to abortion.
- **Increases in Abortion in Washington State:**

Between April 2022 and March 2023, abortions have increased by [16.5%](#), increasing the number of abortions in our state to over 2,000 per month. That is almost 300 more abortions per month than 3 years ago. The need is growing but so is the work of Care Net of Puget Sound!
- **Increases in Life-Affirming Care:**

While abortions are on the rise in Washington, so is life-affirming care from Care Net of Puget Sound. Through October 2023, Care Net has served 23% more clients than in 2022. More than 10,000 clients have been served during 2023 in pregnancy centers and programs. Across all eight pregnancy centers, we have performed more than 900 ultrasounds. Historically, more than 90% of women choose life after seeing their unborn child via ultrasound.
- **We need your help:**

We need your help to continue to build a culture and sanctuary of life in our communities. Here are some simple ways you can get involved in this life-changing/life-saving work:

  - **Join our prayer team.**

We are a Christ-centered, prayer dependent ministry and know that this ministry is God’s ministry, and He is the one who changes and saves lives! We have over 1200 prayer partners committed to praying with us for this ministry but need more. You can join our prayer team today by filling out a quick form at [supportcnps.org/get-involved](#).
  - **Join our team as a volunteer or staff member:**
    - **Volunteer:** As a volunteer-led ministry with over 450 active volunteers serving in our centers/programs, we are always in need of more people who are willing to step up and be the hands and feet of Jesus to our clients alongside us. We have opportunities available for women, men, and groups to use their talents and time to make an eternal difference at Care Net of Puget Sound. We are especially in need of medical professionals (RDMS, RN, PA, NP, MDs) to volunteer, offering life-changing ultrasounds and medical care to our clients. Learn more and fill out an inquiry form at [supportcnps.org/get-involved](#) or call/text Kerry Cady at (253) 267-7150.
    - **Staff:** As a fast-growing, non-profit we also have numerous opportunities for women and men to join our staff. You can learn more about our open staff positions at [supportcnps.org/get-involved](#).
  - **Make a gift:**

No client pays for any service she receives at Care Net of Puget Sound and it’s your giving that makes providing life-affirming, compassionate care at no cost possible. You can make a gift today by visiting [supportcnps.org/donate](#).

    - More info on how gifts make a difference under “Needs List”

## Secondary Talking Points:

- **Medical Mobile Unit (MMU) relaunch:** In September 2023, our King County Mobile was totaled in an accident. After prayerfully considering options, the board and mobile team decided to purchase a 2-year-old unit from a pregnancy center in Vandalia, Illinois. Total cost to purchase and relaunch the MMU will be about \$203k. We plan to relaunch the mobile by the end of the first quarter of 2024. As of December 1st, we still need to raise about \$84k.
  - Our King County MMU launched in 2017 to provide life-affirming care to vulnerable communities, especially areas that are being targeted by abortion clinics.
  - In fact, 2023 stats show our King County MMU provides care to a higher percentage of women considering abortion than any of our other centers.
  - Please reach out to Grace Mignoli (King County Mobile Director) for more information (253) 329-5690 or [gmignoli@carenetps.org](mailto:gmignoli@carenetps.org)
- **Reaching More Students:** Part of our mission is to offer resources related to sexual health and integrity. Through our [Smart Programs](#), our preventative educational offerings equip young people and students to make positive life decisions and form healthy relationships. During 2023, we have seen a remarkable increase of 152% compared to 2022 with over 3,000 students receiving presentations. We know the importance of healthy relationship education and resources starts long before that positive pregnancy test and are excited to continue to expand our Smart Programs to reach more students and young people with proactive, preventative education about sexual health and integrity.
- **Offering Hope and Healing:** Healing Tide has served over 1,000 clients over the past 3 years.
  - Our Healing Tide program consists of both Pregnancy and Infant Loss (PaIL) support and Post-Abortive Support (PAS.) This year we have seen incredible growth in this program, including several impactful retreats and studies, for both women and men. Healing Tide provides a safe, confidential space for women and men to grieve the loss of their child(ren) and find hope and healing.
  - Please reach out to Tracey Olsen (Post-Abortive Support) 253-267-8939 and Janet Caldon (Pregnancy and Infant Loss) 253-272-1818 for more information.

## Care Net of Puget Sound Needs list:

- \$1,000,000 New pregnancy center between Gig Harbor and Port Orchard
- \$203,025 New mobile medical unit
- \$50,000 Nurse addition needed due to increased client traffic / increased hours
- \$35,000 New Ultrasound machine (funding received for 2 of 8; all needed by 2026)
- \$25,000 Security upgrades and IT (\$7K per center x 6 centers)
- \$22,000 Ultrasound machine annual maintenance for 8 units
- \$20,000 Nurses' training –training for up to 5 nurses (2 trainings/year)
- \$17,000 Monthly lease payments combined (4 centers avg \$4,250/month)
- \$10,000 Volunteer recognition and events
- \$4,250 Pregnancy Center average monthly lease cost (4 centers)
- \$2,850 Ultrasound unit annual maintenance (per machine)
- \$2,000 New ultrasound exam table (Gig Harbor)
- \$2,000 Two new laptops for new employees
- \$2,000 Training/education/conferences per employee per year
- \$1,000 Smart Program – training and curriculum for two classes
- \$600 Provides one life-changing ultrasound
- \$500 Healing Tide retreat for abortion recovery or pregnancy loss
- \$300 Provides parenting classes & resources for one family
- \$200 Brand new car seat for parenting client
- \$50 “Grab & Go” bag with material assistance
- \$1 Every dollar helps!

The above items are all critically important and needed to serve as estimated 12,000 clients during 2024.

Donations of all sizes and designations are welcome.

“Where most needed” is the preferred designation by Care Net of Puget Sound.

Items above are symbolic of how donations may be used.

Care Net of Puget Sound is a member of ECFA and upholds the highest standards of integrity and accountability.



# Speaker Check List

## Before Presentation:

- Attended or watched the SOHLS speaker/table host training webinar
- Received confirmation email from Megan Reedy (mreedy@carenetps.org)
- Reviewed your speaker packet
- Spoken with your church contact
- Learned about the church, requested a tablecloth & table, screen etc.
- Shared the SOHLS video with the pastor/staff to include it as part of your presentation
- Practiced your speech or content you plan to share
- Checked directions to the church
- Downloaded resources from Care Net website ([supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads))

## Presentation Day(s):

- Check in with church contact person
- Silence cell phone
- Obtain copy of SOHLS video (Download to thumb drive or access online at [supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads))
- Bring packet of materials.
- Pray
- Remember you are being prayed for

## After Presentation:

- Make use of the remaining brochures & materials or return to Care Net.
- Hang up poster in church after obtaining permission.
- Report any problems to Megan Reedy at mreedy@carenetps.org
- Fill out a speaker's presentation survey online and give feedback while your memory is fresh. (A link will be emailed to you.)
- Return the "Get Involved" sheets by mailing or hand-deliver to Michele Lewis in the admin office or email a scanned copy to kcady@carenetps.org as soon as possible.
- Give the church the thank you note before leaving. (see Appendix B.)

# Dos & Don'ts

## DOs

**Do** practice, practice, and practice.

**Do** dress appropriately and modestly – like for a job interview.

**Do** bring all your materials and supplies (your notes, sign-in sheets, etc.).

**Do** arrive early.

**Do** check in with the pastor or contact person.

**Do** learn how to use the microphone and where to put your notes.

**Do** pick a seat with easy access to the front.

**Do** reapply lipstick, assess zippers, buttons & shoelaces and check your teeth.

**Do** silence your cell phone.

**Do** pray. Ask God to take away any fear or anxiety.

**Do** relax and take a deep breath.

**Do** repeat questions into the mic if there is a large group or if your talk is being recorded.

**Do** assume there is at least one person in the room who...

- has had an abortion.
- has helped someone get an abortion.
- has been told they should have been aborted.
- has been raped or sexually abused.
- is experiencing relationship violence.
- is struggling with homosexual feelings.
- is living with a boy/girlfriend.
- will reject everything you say.

**Do** Remember: “I can do all things through Christ who strengthens me!”

## DON'Ts

**Don't** be late.

**Don't** wear shirts with sayings or advertising.

**Don't** make this a political soapbox or an opportunity to express your contempt for Planned Parenthood.

**Don't** give out your personal contact information.

**Don't** start slow.

**Don't** just read your speech.

**Don't** just give a list of Care Net services.

**Don't** go over the allotted time.

**Don't** focus on mistakes.

**Don't** worry. (You are being prayed for.)

# Speaking Tips

## DOs

- Do** have fun & be yourself.
- Do** make eye contact and SMILE.
- Do** vary your voice: speed, tone, volume.
- Do** speak to reach the back of the room.
- Do** vary the pace of your talk.
- Do** use pauses (quiet can be good).
- Do** use natural gestures.
- Do** step out from behind the podium if you can.
- Do** use a mini story.
- Do** be clear and concise – less is more.
- Do** get rid of bad habits (fidgeting, biting lip, etc.).

## DON'Ts

- Don't** apologize because you are not an experienced speaker.
- Don't** apologize or point out mistakes you make – keep going.
- Don't** use “company speak” – terms not everyone will understand.  
(baby bucks, baby boutique, Smart Love, Healing Tide etc.)
- Don't** respond with, “I’m not going to tell you”
- Don't** tell them there are time issues (running late etc.).
- Don't** have anything in your mouth (gum, candy, mint, etc.).
- Don't** be preachy.
- Don't** use judging words or phrases.

# Client Stories

## Maurine\*

When Maurine came to Care Net, she was basically homeless. Immigrated from Kenya, she was working two jobs to make ends meet when she was kicked out of her living situation. It was then that she also suspected she was pregnant. That is when she came to Care Net in Federal Way.

Maurine walked into our center for a pregnancy test but found so much more. She shares, "Care Net provided me a safe space to affirm that God is close to the brokenhearted." Care Net provided Maurine with a pregnancy test, ultrasound and helped her get all the referrals she needed to prepare for the arrival of her son.

When Hakam was 8 months old, Maurine graduated with her master's in communications from Liberty University. Despite some church hurt she had experienced, eventually Maurine felt God leading her back to Himself and today she is an active part of Overcomer Covenant Church in Auburn. It was at Overcomer that she reconnected with Care Net last January through Sanctity of Human Life Sunday.

Her son Hakam (Hebrew for wisdom) is the joy of her life and is turning 5 this summer.

Maurine closed her call with one of our team members with the following words, "To every person and church who's given to Care Net keep giving. You are literally transforming lives. You are assigning meaning to somebody's life. When I look at my son and how much to a joy he is in my life, and I just thank God that our story was turned around."

\* A slide with photos of Maurine and Hakam can be downloaded from our site at [supportcnps.org/sohls-downloads](https://supportcnps.org/sohls-downloads).



## Brooklyn

When Brooklyn\* came in for her pregnancy consultation, she immediately told the receptionist she wanted an abortion. With 4 children all under 10, she was overwhelmed at the thought of being pregnant again. Though married, Brooklyn shared with our client advocate that she feels like a single mom, due to her husband's demanding work schedule.

We listened as Brooklyn poured out her heart and shared about her challenges as a mom, reassuring her that Care Net is a safe place for her to process all this and was not here to judge her. When her pregnancy test was positive, we asked Brooklyn if we could pray for her before her ultrasound and she said, "Yes."

Though unknown to us in the moment, that prayer and ultrasound were a turning point for Brooklyn. At the end of the appointment, Brooklyn shared with us that she came in thinking an abortion is what she needed but hearing the team pray for her and her family and seeing that baby on the ultrasound changed that. Brooklyn said that Care Net gave her hope that she would be okay and chose life for her little one.

\*Name and minor details changed to protect confidentiality

# Ways to Get Involved

There are many ways to volunteer with Care Net.

- Donate clothes and diapers.
- Pray.
- Answer phones.
- Help women and men in pregnancy centers.
- Help with special events.
- Donate time for center maintenance or construction projects.
- Talk to kids in school about relational health.
- Help with data entry or mailings.
- Clean & organize a Care Net center near your home.
- Become a church liaison.
- Host a baby shower or diaper drive for your local Care Net center.
- Help coordinate baby bottle drives for Sanctity of Human Life Sunday.

# Scriptures

**“Rescue those being led away to death...”**

Proverbs 24:11a (NIV)

**“This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Therefore, choose life, so that you and your children may live.”**

Deuteronomy 30:19 (NIV)

**“...Before I was born the Lord called me;  
from my mother’s womb He has spoken my name.”**

Isaiah 49:1b (NIV)

**“Before I formed you in the womb, I knew you,  
before you were born, I set you apart;  
I appointed you as prophet to the nations.”**

Jeremiah 1:5 (NIV)

# References

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Warren, R. C. (2016, April 19). Ending Abortion in the Church. Retrieved from

<https://www.care-net.org/get-involved-blog/ending-abortion-in-the-church>

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# Appendix A: Downloadable & Printable Materials

In addition to the print items, you will receive in your Speaker/Host packet, we have other items available for you to use as needed such as this year's video, program and event flyers, and PowerPoint slides.

Visit our SOHLS download page at: [supportcnps.org/sohls-downloads](https://supportcnps.org/sohls-downloads) or click the links imbedded in this section.

\*The video is currently still in editing and will be made available soon at the link above. We will send you an email when it is complete. \*

## Downloads for video screens

To view each slide, left-click and use the left and right arrows to scroll through.

To download, right-click on each link and select "save link as."

- **SOHLS 2024 Video** (We highly encourage you to use this engaging video.)
- **Slide of Maurine** (client story)

### Care Net Promotional Slides

- Light & Life Fundraising Dinner promo
- Care Net 101 Introductory Seminar
- Baby Bottle Drive promo

### Program Slides

- Men's Programs
- Client Services
- Healing Tide
- How to Get Involved
- Smart Program

## Printables

You may choose whichever flyers apply to your location for your display board, on bulletin boards, plastic frames, or in whatever format works best for your display.

To view each slide, left-click and use the left and right arrows to scroll through.

To download, right-click on each link and select "save link as."

### Display Table Signage

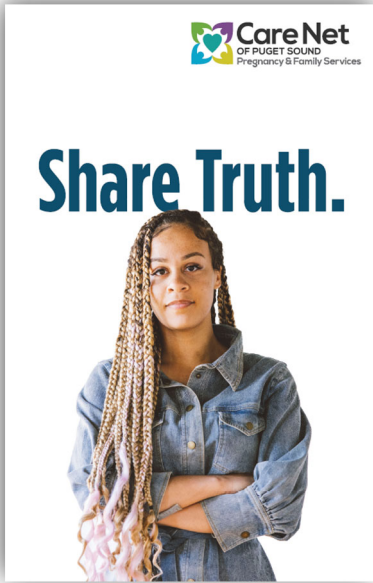
- Medical Services
- Healing Tide
- Men's Programs
- Parenting
- Offering Hope
- Smart Programs

### Forms

- "Get Involved" sign-up sheet

# Appendix B: Pre-printed Materials

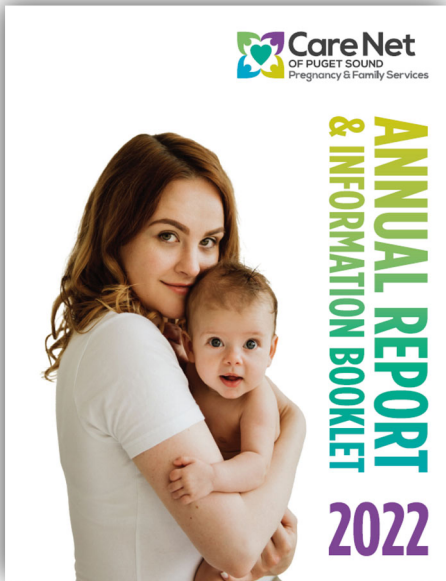
## Share Truth Booklets (10)



## Outreach Poster (1)



## 2022 Annual Report (1)



## Care Net Overview Brochures (10)



## Light & Life Postcards (5)



## Care Net 101 Postcards (5)



## Care Net Stickers (10)



## “Get Involved” Sheets (2)

Extras may be downloaded from [supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads).

## Care Net Palm Cards (10)



CareNet OF PUGET SOUND Pregnancy & Family Services

Event Date: \_\_\_\_\_  
Location: \_\_\_\_\_

**Please Print. GET INVOLVED!**

Name \_\_\_\_\_ Email \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Church/Attending \_\_\_\_\_

I give permission to be contacted by  Text  Email  Call

Check areas of interest below. We will contact you soon about your requested information.

Print Newsletter  Healthy Relationship Presentations  March Programs  Mobile Device  
 E-newsletter  Pregnancy & Infant Loss Support  Special events  Volunteer Opportunities  
 Prayer partner  Support After Abortion  Other \_\_\_\_\_

Name \_\_\_\_\_ Email \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Church/Attending \_\_\_\_\_

I give permission to be contacted by  Text  Email  Call

Check areas of interest below. We will contact you soon about your requested information.

Print Newsletter  Healthy Relationship Presentations  March Programs  Mobile Device  
 E-newsletter  Pregnancy & Infant Loss Support  Special events  Volunteer Opportunities  
 Prayer partner  Support After Abortion  Other \_\_\_\_\_

**SIGN UP ONLINE!**  
Go to [supportcnps.org/get-involved](http://supportcnps.org/get-involved) or scan the QR code from your phone now!

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## Giving Table Tent (1)



## Items not pictured:

Thank-You Card with Envelope (1)

Donation Envelope (1)

# Contacts

## **Technology questions**

Tammy at [thanks@carenetps.org](mailto:thanks@carenetps.org)

## **Presentation questions**

Dawn Darby at [ddarby@carenetps.org](mailto:ddarby@carenetps.org)

## **All other questions**

Megan Reedy at [mreedy@carenetps.org](mailto:mreedy@carenetps.org) or (253) 720-6386