

# NEWSLETTER

## *Abortion Recovery Awareness Month*

We live in a culture where abortion is portrayed as a “quick and easy” solution. Those in a pregnancy help community are well aware of the regrets that follow the choice of an abortion. Sometimes that regret comes immediately, other times it comes later in life. Regardless, there is hope for healing and recovery after the loss of an abortion.

### **Abortion PTSD**

In a study of post-abortion patients 8 weeks after their abortions, researchers found that **44%** complained of nervous disorders, **36%** had experienced sleep disturbances, **31%** had regrets about their decision, and **11%** had been prescribed psychotropic medicine by their family doctor. For many women, the onset or accurate identification of PTSD symptoms may be delayed for several years.



### **Signs and Symptoms**

- Feelings of Guilt
- Anxiety
- Avoiding children or pregnant women
- Feeling “numb”
- Depression
- Thoughts of suicide
- Anniversary reminders
- Reliving the abortion in your mind
- Wanting to get pregnant again
- Fear of Infertility
- Unable to bond with your other children
- Fear that future children may die
- Eating disorders
- Alcohol and drug use



---

## *Releasing Grace*

Releasing Grace Ministry was the result of a desire of volunteers of Birthright and Options for Women staff to be an agent of grace in the journey of restoration, healing and transformation for those wounded by abortion.

Releasing Grace Ministry offers a 9 week Bible study created for the post-abortive individual. Members will encourage and support one another as they walk the path to healing alongside each other. After 9 weeks of study, the course culminates in a one-day reconciliation retreat where members will experience God's love for them in tangible ways and watch God bear fruit from their 9 weeks of study together.

You can find more information about this ministry on our website  
[www.optionsforwomencape.com](http://www.optionsforwomencape.com)



## *Staff Member Spotlight*

### Sharon Burgard

Sharon has been serving at Options for Women since October 2017. Cheryl Stillwell had called her one day and asked if she would be interested in a job at Options, at which time Sharon had already retired from SEMO and had the availability to fill the position.

She serves as a Client Services Director. Sharon also teaches Earn While You Learn classes. As well as leads the Releasing Grace Post Abortion Program.

Serving at Options has opened her eyes to the many needs of parenting in a variety of situations. Sharon appreciates the opportunity to be involved with young parents and try to encourage them in their own life choices; to make better choices for them and their children.

## *Board Member Spotlight*



### Evan Morris

Evan had been praying and felt God convict him to get more involved with the issue of life and abortion. He then went to talk to Kendra Odom on Sunday morning about it. Funny that God was at work, in that she asked him if he was interested in serving at Options, before he said anything.

He's been serving now since November of 2024. Evan serves on the board and will be helping teach a class for new dads.

For Evan it's been amazing to see how many things Options does for the community. He loves to hear about how all the hard work leads to women choosing life.



Upcoming Events



## Midwest March for Life

*May 1, 2025*  
*Jefferson City*

Activities will begin at  
8a.m. on the capital  
lawn.

If you are not able to  
attend, please pray!



## Fr Kelly Band

Mark your calendars!

May 31, 2025

Check out our  facebook and  instagram  
for more details!



Don't Forget you can support Options for Women  
by purchasing delicious coffee through the link above.

