

# NEWSLETTER

## Safer Internet Day

Feb. 10<sup>th</sup> 2026

SAFER INTERNET DAY WAS FIRST OBSERVED IN 2004 AND HAS SINCE GROWN INTO A GLOBAL MOVEMENT. IT WAS INITIATED BY THE SAFER INTERNET CENTRE NETWORK, A CONSORTIUM OF ORGANIZATIONS WORKING TOGETHER TO PROMOTE INTERNET SAFETY.

THE DAY'S RAPID EXPANSION REFLECTS THE INCREASING IMPORTANCE OF ONLINE SAFETY IN AN INTERCONNECTED WORLD. IT SERVES AS A REMINDER THAT, WHILE THE INTERNET OFFERS INCREDIBLE OPPORTUNITIES, IT ALSO COMES WITH RISKS THAT NEED TO BE ADDRESSED PROACTIVELY.

*Valentine's Day*

Feb 14<sup>th</sup> 2026

ENCOURAGE,  
SUPPORT, AND  
UPLIFT. EVERY DAY  
IS VALENTINE'S.

YOUR EFFORTS  
MATTER, AND YOUR  
HEART COUNTS  
EVEN MORE.

## RANDOM ACTS OF KINDNESS WEEK

FEB 14<sup>TH</sup> - 20<sup>TH</sup> 2026

We celebrate Random Acts of Kindness Week from February 14 to February 20 annually. It's a celebration of all the ways we can become a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody. The world can be selfish and cruel sometimes and not everyone receives the same kind of support they need. In such a world, it is important for us to constantly be reminded to be kind to one another and to give others hope whenever we can. A small and random gesture of kindness can go a long way.

## Do you want to make a difference?

To help reduce abortions you must first understand why over one million women choose abortion every year in the US - about 3,300 daily.

Women commonly believe (whether pregnant or not) that abortion is the “least of three evils” in an unexpected pregnancy.

- Adoption (worst) means I would be a mother, but a bad mother who “abandons” her baby.
  - Parenthood means my life as I know it is ended; “death of self.”
  - Abortion means I ended a life but I save my own, a kind of “self-defense.”
- Women also agree, “No one really wants an abortion.”

This is why women are conflicted, but most have a “secret plan” for abortion if an unwanted pregnancy occurs. Combine this with the feelings of fear (of disappointing parents), abandonment (especially by the child’s father), shame, coercion, or conflict from a previous abortion.

You will find them in your church, workplace, neighborhood, and even in your own family. One out of four women in any Catholic, Evangelical, or Protestant group has had one or more abortions and most have not experienced healing or reconciliation. Numbers are increasing for women who already have children and for married women.

**YOU can make a difference...**

## 10 Things You Can Say and Do...

1. Pray daily for abortions to end, for hope and healing for those involved in abortion, and to be used to save and change lives through your words and actions.
2. Use Heartbeat International's LOVE approach:  
**L** Listen and learn about her feelings, thoughts, wants, values, and beliefs, her perceptions of her needs, pressures, strengths, and resources. (She must believe you care.)  
**O** Open her Options of abortion, parentings, and adoption - lovingly, with accurate facts.  
**V** Introduce a new Vision and Value that she is made in His image and has been redeemed. She can be forgiven, healed, and can make positive choices for herself and her baby.  
**E** Extend and Empower her to carry through, with concrete resources and support.
3. Memorize Options for Women's text "help" line (573-381-0887) for those that need to connect in crisis.
4. Affirm every child as a welcomed child. Congratulate every pregnant mother (and father) you know or even casually encounter. Never imply that more children will be a burden.
5. Make a point of telling all young people in your life that there is nothing they could ever do to make you stop loving them, like God loves us despite our faults and sins. They never need to fear telling you anything.
6. Affirm birthmothers who choose adoption as good mothers and adoption as a life-giving choice for all involved. Christians are adopted sons and daughters of the Lord. Adoption is not "second-best."
7. Affirm hope and healing after abortion. Share frequently about the love and forgiveness of the Lord for all of us sinners.
8. Encourage sexual integrity among single people and within marriage. Inspire, don't frighten, young people into reserving sexual intimacy for marriage.
9. Promote a pro-life, family-friendly environment in the workplace in your conversations, in your organization's communications, and through your employee policies.
10. Give of your time, talent, and treasure within the pro-life movement.

## Upcoming Events

Join in the fun!!!

# QUARTER AUCTION

Event Date: **February 28<sup>th</sup> 2026**

Doors open : **4pm.**

Auction starts : **5:30pm**

Location: **Knights of Columbus**

**28745 US Hwy 61 Scott City, MO 63780**



**SAVE THE DATE!**  
June 26<sup>th</sup> 2026

## Father Kelly Band

KC Hall  
318 Spanish St.  
Cape Girardeau

More details to come.

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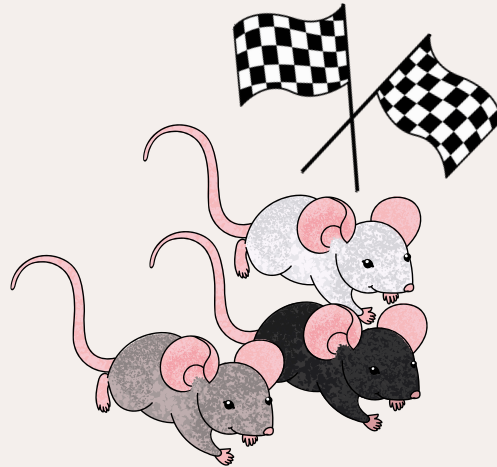
# Upcoming Events

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## Mouse Race

July 31st

KC Hall  
318 Spanish St.  
Cape Girardeau

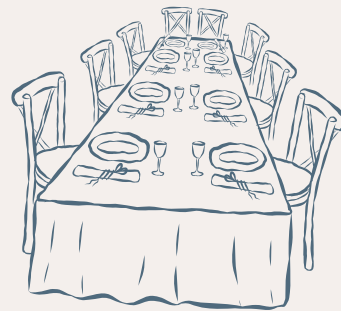


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## *Annual Banquet for Life*

October 13<sup>th</sup>, 2026

KC Hall  
3305 N. High St. Jackson



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Board Member Spotlight

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Brian Ziegler

Brian has been volunteering even before Options started here. He actually helped bring the Options program to Cape. Brian currently serves as a board member. Through his work with the Options ministry, he has gained a deeper understanding of the significant needs within our area.

Kim Ziegler

Kim has been involved since the beginning the Options for Women journey. She became involved with Brian and the Knights of Columbus to help the original Semo Life Savers transform their legacy into what it is today. Currently, Kim serves as a board member and on the fundraising committee. Options for Women has helped Kim grow in knowledge of how unplanned pregnancy clients are impacted by the services provided through the ministry. She is amazed at the generosity of the people in our area and how they support Options.



[MyLegacyWill.com](https://MyLegacyWill.com/optionsforwomen)  
[/optionsforwomen](https://optionsforwomen)  
[cape](https://optionsforwomen)

## Seven Weeks Coffee



We will always donate 10% of every sale to to pro-life organizations.

\$1.5 million donated + counting.

Estimated **15,000** babies saved (through services like free ultrasounds) + counting.

**WE WON'T STOP!**

JOIN THE PRO-LIFE COFFEE MOVEMENT →

<https://sevenweekscoffee.com/?ref=affirmlifescape>