

NEWSLETTER

why do they consider abortion?

Vitae Foundation Research Findings:

1. *The Dream*

A woman's "Plan" or "Dream" represents her internal emotional framework, providing structure, stability, and a sense of future orientation. Information about a pregnancy is interpreted through this framework, shaped by her existing expectations, concerns, and aspirations.

2. *The Idea of Choice*

Choice is often deeply internalized by women, functioning as a guiding mantra. At the same time, many report feeling they have little genuine autonomy in the decision, frequently characterizing abortion as a necessary evil.

3. *Emotional Death*

When confronted with an unexpected pregnancy, many women perceive that each available option carries a form of psychological loss, creating a sense that no choice is free from significant emotional consequence.

4. *Aborting Whom?*

Many women experience conflict over what, or who, is being lost in an abortion: the unborn, unseen, and not-yet-known child who is still perceived as part of themselves, or aspects of their own current or future identity.

5. *Mentally Not Ready*

Women who feel psychologically unprepared for motherhood often must engage in additional emotional processing to develop the identity and readiness associated with becoming a mother.

6. *Framing The Decision*

For many women, the real question isn't "Should I have an abortion?" but "How can I carry this pregnancy and become a mother without losing my dreams or the sense of who I am?"

7. *The Identity Equation*

Carrying to term depends on three factors: a woman's sense of identity, the support available to her, and her ability to embrace the new identity of motherhood.

8. *Address Her Needs*

Pregnant women who hadn't planned to be often respond more positively to messages that speak directly to their needs than to messages focused on idealistic moral frameworks.

9. *Defense Mechanisms*

Compartmentalization, minimization, justification, and rationalization commonly appear as defense mechanisms among women who have experienced abortion.

10. *Courage Over Guilt*

Whether rooted in spirituality, religion, or an internal sense of right and wrong, many women acknowledge—directly or indirectly—that guilt is a natural response to abortion. To ease that guilt and the difficult emotions surrounding their experience, many emphasize the courage required to make such a heavy and complex decision.

11. *A Way Forward*

Women respond best to messages that show real options for carrying their child without losing themselves. At the heart of it, they need hope for their future.



Observed each year on September 5, the International Day of Charity celebrates the power of generosity and the charitable work that uplifts those in need around the world. The date honors Mother Teresa, who passed away on September 5, 1997, and whose life of extraordinary compassion and unwavering service to the poor and marginalized continues to inspire acts of kindness and a spirit of giving today.

National Working Parents' Day

September 16th, 2026

According to the U.S. Bureau of Labor Statistics, about 61 percent of families with children have both parents working outside the home. That rises to nearly 65 percent when the youngest child is at least six, and falls to around 56 percent when the youngest is under six. These numbers reflect the reality that working parents carry a full load—managing childcare, coordinating schedules, and still striving to make meaningful time for one another and their children.

Many families navigate opposite work shifts so someone is always home, often leaving little time for parents to be together. Responsibilities are shared and constantly shifting—staying home with a sick child, arranging school events, and keeping life running smoothly through careful planning and teamwork. It's a daily balancing act built on communication, patience, and love.

Yet amid the busyness, the sweetest moments shine the brightest. Family dinners, bedtime stories, movie nights, and vacations become treasured highlights—the places where working parents feel the joy and reward of all they pour into their families.

Working parents, take a moment to appreciate all you do. Spend time with your children and savor these days—soon enough they'll be grown and the busiest seasons will be behind you. For now, celebrate your perseverance and the strength it takes to keep everything moving.

National Day of Remembrance For Aborted Children

September 12th, 2026

Since Roe v. Wade, an estimated 66 million unborn children have lost their lives to abortion in America. On September 12, pro-life Americans across the nation will gather for the National Day of Remembrance for Aborted Children—coming together in prayer, reflection, and honor for those whose lives were taken.

This remembrance matters because these children are far more than a number. Each one was a distinct human being, with a mother and father, a unique DNA, and a future that was never given the chance to unfold.

We honor victims of violence because their lives held inherent worth. Abortion's victims deserve to be remembered for the same reason.

And this day is not only about grieving the past—it is about shaping a different future. By remembering these children, supporting women and families, and continuing to advocate for a culture that protects life, we move closer to a day when every child is valued, welcomed, and safeguarded.

NATIONAL COFFEE DAY

September 29th, 2026

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

As a reminder: During SEPTEMBER, Options for Women's commission will increase to 20% on every sale through the above unique link! (The commission rate will return to 15% on October 1st.)

Celebrate National Coffee Day with purpose—sip something delicious and support Options for Women, Help for Families.

National Family Day

September 28th, 2026

This day matters because the evidence is powerful. Research from CASA at Columbia University shows that families who share meals five to seven times a week see dramatically lower rates of smoking, drinking, and drug use among teens—and even stronger protection for younger teens. Regular family dinners also support better grades and healthier emotional wellbeing.

National Family Day turns this research into a simple, hopeful reminder: gathering around the table can strengthen children, calm anxieties, and create a rhythm of connection any family can embrace.

Here are some ways to take part:

- Eat dinner together
- Switch off devices
- Cook as a family
- Ask open questions
- Start a new meal tradition
- Include extended family



“ Our mission is to **promote** Godly values, **provide** excellent coffee, and **protect** every beating heart. ”

OUR PURPOSE

At seven weeks of development, a baby is the size of a coffee bean, and for the first time—a **heartbeat is clearly detectable**.

As a values-based business we donate **10% of our total proceeds** to pregnancy care centers and pro-life organizations across the US.



OUR COFFEE



Our coffee is sourced through Direct Trade. This is the only way to ensure farmers are paid honest and **legitimate wages**.

Our coffee is specialty grade and is harvested from small lot farms in award-winning coffee regions. **Pesticide and mold-free**.

Volunteer Spotlight

Donna Gilliam

Donna has been volunteering with Options for Women, Help for Families for several months. After hearing from her pastor, Aaron Campbell, about a need for volunteers, she reached out to learn more and soon stepped into co-facilitating the DFS class on Thursdays.

Her time in the classroom has opened her eyes to the challenges many families face today. It has also given her meaningful opportunities to share her own family's journey—the struggles and victories her children have experienced while overcoming addiction. Through serving, Donna has gained a deeper understanding of the heart and work of Options for Women and the impact it has in the community.

Pregnancy Resource Center Tax Credit

MO Tax Credits - OFW is an approved Missouri tax-credit organization, which means your generosity can go even further. When you donate \$100 or more, you become eligible for a 70% Missouri tax credit—a powerful way to reduce your state tax liability while supporting families in need. Even better, this credit comes in addition to any charitable deduction you may also qualify for.

Your gift makes a meaningful impact, and Missouri rewards you for it.

IRA Charitable Giving - For those age 70 and older, there's now an incredibly tax-smart way to support the mission of OFW. You can make tax-free charitable gifts directly from your tax-deferred retirement account to a nonprofit like ours. These gifts still qualify for the Missouri PRC Tax Credit, and they also count toward your Required Minimum Distribution. It's a powerful way to reduce your taxable income while making a meaningful difference for women and families in our community.

Your generosity truly works double duty.



Weathering The Storm A Bible Study 1-day Retreat

Saturday October 3, 2026
8:15am - 5pm

This 1-day retreat is a compassionate, faith-based Bible study designed to support women who have experienced miscarriage or infant loss. Through Scripture, guided reflection, and community, this program offers a safe place to grieve, heal, and rediscover hope. Each session gently leads participants toward God's comfort, reminding them that even in the darkest storms, His presence brings peace and restoration.

\$15 includes workbook, light breakfast, lunch, and snacks.

TO SIGN UP PLEASE CALL OPTIONS FOR WOMEN, HELP FOR FAMILIES AT 573-339-2032 OR SCAN THE QR CODE.



Upcoming Events

OPTIONS FOR WOMEN'S 14TH ANNUAL BANQUET

Steps of Courage

Greg Mayo -Keynote Speaker

October 13th, 2026

5pm - doors open 6pm - dinner

3305 N. High St. Jackson, MO

RSVP - 573-275-0420

director@optionsforwomencape.com



SAVE THE DATE!

QUARTER AUCTION

**Saturday,
March 6th 2027**

