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# CAPSS CONNECTIONS

christian association of pregnancy support services

NOTES FROM THE NATIONAL OFFICE

## WE'RE GOING IN, WITH BACK-UP

BY THERESA MCRAE WHITE

Raging wildfires that wiped out whole neighborhoods in my home city of Kelowna during BC's summer of terror were highly effective teachers. An indelible lesson for me, a watcher from the sidelines, was the essential symphony of team-work.

No one, no matter how carefree or venturesome, dared to approach the fire beast without major back-up. Pick axes and water hoses weren't enough. Needed support ran the gamut, from high-level strategic battle plans to massive well-trained firefighting crews; from satellite imaging and thermal mapping to powerful earth-moving equipment; from airborne water-bombers and bird-doggers to ground-level communication command forces. Caught between rip-roaring 300 foot-high flames that jumped fireguards, firefighters needed emergency rescuing. Back-up saved their lives.

In our defence of life against potent forces of destruction, we too enter the fray with confidence, knowing we've got ultimate back-up – the promises of Almighty God Himself.

We're not blind to the perils, but we can put all our fears behind our backs, because our God is with us.

Our high calling to serve 'the least of these' comes with the gift of support from others. Each one of us is also on the watch for opportunity to give back-up to the rest of our team. We gain strength and courage keeping a back-up covenant with every brother and sister who shares in Christ's ministry:

We bless one another.  
We speak well of each other.  
We forgive each other.  
We extend the Kingdom to each other.  
We're accountable to each other.  
We're cooperative and supportive.

By committing to and receiving from this covenant of love, we'll have strong back-up to take possession of the land for Christ. ■



THERESA WHITE IS CEO OF  
CHRISTIAN ASSOCIATION OF  
PREGNANCY SUPPORT SERVICES

### WE ARE CANADIANS WHO BELIEVE:

Every flower in Canadian soil is to bloom,  
Every sunrise, from sea to sea, is to be celebrated,  
Every note across the land is to be played,  
Every mother in every community is to be cherished,  
Every child is to laugh with delight, to dance with freedom, to sing with joy.

## SPEAKING THE TRUTH IN LOVE

"Speaking the truth in love . . . requires an unremitting commitment to the truth. It requires the humility to speak the truth not as a weapon to defeat an opponent in a debate, but to speak the truth as a light in the dark corners of error, as a balm to heal the broken, and as a guide to those who have lost their way in the maze of Satan's lies . . ."

"The culture warrior wields the truth like a sword. He spars; he thrusts; he crushes. He does whatever is necessary to win. The servant of Christ is called to witness rather than to win. He offers the truth as a gift -- God's gift -- to bring the healing love of Christ to the lost."

*Rev. Dr. David L. Adams, Professor,  
Concordia Seminary, St. Louis, from  
www.lutheransforlife.org*

## ENERGY SMART

"Conserve your energy so that you can last the distance. Everything that gives out light is dependent on fuel: fire depends on wood, a light bulb on electricity, and human beings on food, water, and inspiration. Remember to serve yourself because if you burn out, who can you serve?"

*From To Lead is to Serve – How to Attract  
Volunteers & Keep Them by Shar McBee*

## TOUR DE FREEDOM

BY RITA LETKEMAN

### From Faith to Focus:

*"Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." I  
Chronicles 4:10:*

Early in 2002, I adopted the prayer of Jabez as my heart call. Little did I know how God would answer!

A seven-year volunteer at the Surrey CPC, I decided to do something about CPCs being portrayed in negative light. A long-held dream to cycle across Canada came to the forefront of my mind. Simone Dumont, director of the Surrey CPC, and my husband both gave wholehearted support, so there was no backing out! My sister got time off from her work to cycle with me, so we were on the way.

The hardest work - the fund-raising -- entailed educating and informing people about CPCs. We kept our focus through discouraging times through praying friends who believed in the vision and backed us up.

### From Focus to Fortitude:

*"For such a time as this"* we determined to move out in faith, in fear and trembling.

On departure day, May 1, my sister Rhonda, Tammy (a Surrey volunteer who would ride as far as Calgary) and I dipped our bike tires in the Pacific Ocean and started out to cover 144 km on

our first long day. For the next two months, every day began with devotions, for spiritual renewal, then breakfast, for physical strength. Extra boosts of energy came from e-mail and prayer cards sent from CPC friends and family.

Each day we focused on riding that day's distance. We shed tears and joyous celebration, bonds grew stronger, and we picked up cycling and support teammates along the way. Friends and relatives stopped by to visit us at campgrounds and encouraging e-mails kept on flowing in. Our daily itinerary was aggressive, and events planned at CPCs across the nation inspired us to focus and persevere.

### From Fortitude to Finish:

*"Let us run with endurance the race that is set before us, looking unto Jesus the author and finisher of our faith."*

The journey was far more difficult than we had imagined. At many bone weary times spirit-lifting songs came to our minds and helped us to picture the finish line. We reached that line for real on Canada Day, and on schedule, we touched the Atlantic Ocean in Halifax to complete the 2003 Tour de Freedom cyclethon.

From sea to shining sea, from the setting to the rising of the sun, may the Name of the Lord be praised!

RITA LETKEMAN IS A VETERAN  
VOLUNTEER WITH THE SURREY (BC)  
CPC

## TO THE TOUR DE FREEDOM TEAM

Thank you Rita, Rhonda, Tammy and team for doing the 'Tour de Freedom' on behalf of all of the CPC's of Canada. There is no doubt in my mind that much fruit will be the result of your obedience. Thank you from the bottom of our hearts. We love you all and we are so proud of all of you.

*"You did not choose me, but I chose you, and appointed you that you would go and bear fruit, and that your fruit should remain." John:15:16*

SIMONE DUMONT, STAFF AND BOARD OF  
THE SURREY CPC

As far as the east of Canada is from the west, so far you poured out your strength as a blessing to CPC ministry in our nation. You finished this race, set before you by the Lord. Well done, Rita and friends!

THE CAPSS BOARD AND MEMBERS



Celebrating the Tour de Freedom arrival in Toronto, Canada's largest urban centre, with Rita Letkeman (right) are Marilyn Gratz, new CAPSS Board chair, and (centre) Cathy Dienesch, North York Pregnancy Care Centre Executive Director.

## YESTERDAY COMPUTER SONG

It won't be a laughing matter.  
But if your computer system crashes and you have no backup, it won't hurt anymore than it already does to sing the Beatle's song "Yesterday" to these lyrics.

Yesterday,  
All those backups seemed  
a waste of pay.  
Now my database has gone away,  
Oh I believe - in yesterday.  
Dreadfully  
— I see nothing where files used to be.  
There's a millstone hanging over me.  
How can a system crash so suddenly?  
I pushed something wrong.

What it was — I could not say.  
Now - all my data's gone  
And I long for yesterday-ay-ay-ay.  
Yesterday. The need for back-ups seemed  
so far away.  
I thought my data was all here to stay.  
Now I believe — in yesterday.



## FORWARD THINKING ABOUT BACKING UP

BY JÜRGEN SEVERLOH

Backing up your computer data is like dentistry. You usually don't go unless you really have to. Except in the case of computer failure or theft, you don't end up with a filling or two, you lose all your teeth—and nobody smiles when that happens.

Believe me, the effort it takes to manage your backups is a fraction of the time, expense, and effort involved in re-inputting (if you even can) your data and programs. We lost 8,000 files during the 'love bug' virus days a few years ago—but because we had a proper backup system in place we were able to restore 98% of them. Our own centre's website email alone receives about 100 virii attacks a month.

And apart from innocent staff mistakes and virus attacks, every hard drive you own has a limited lifespan. Just checking the warranty will give you a rough idea of long it will be before you may have a hard drive crash. So the question isn't 'if' you'll lose data, it's when.

Here are a few tips on how to get ready for the big event. If the jargon here doesn't really make sense to you it means you need to get a techy buddy to help.

**Good Idea Number One:** Expensive but worth every penny is setting up a

RAID (Redundant Array of Inexpensive Disks) system. This is a set up three-to-five separate hard drives that morph together to create (what the computer thinks) is a single hard drive. If and when one of the drives fail the other two or so drives retain all the information. You get a warning that a drive has failed, that drive is replaced and the good drives re-write all the information to it again. You don't lose a byte.

**Good Idea Number Two:** Hard drives are way cheap these days so add another one to your computer or server. Do a total backup to it and then daily incremental backups afterwards using either the internal Microsoft Windows backup program or a third-party one. If appropriate, add another hard drive to a computer on your intranet; preferably (in the case of theft or fire) one that is as far away from the server as possible.

**Good Idea Number Three:** Add a 250 MB Zip Drive to your computer or server. Using a backup program set up a rotation of backups for your data (not your programs; you have the disks for those). This will allow you to have both onsite and offsite backups. A little more expensive and definitely more finicky would be adding a Tape Drive: you get the same results as the zip drive but you can also add more information to the backup, including the system files and programs.

Remember, good ideas numbers one and two are limited to accidents and hardware failure. They do not protect you against flood, fire, or filching. For these you will need good offsite (physically away from your centre) backups.

**Grandfather-Father-Son:** The best backup regimes use daily (Son), weekly (Father), and monthly (Grandfather) backup sets. What this gives you is a very decent set of backups that address the issues of daily incremental and off-site backups. For details, check out <http://www.dlftape.com/ThreeRs/Reliability/Rotation/Grandfather.htm>

So don't wait until the inevitable abscess—go find that computer guru husband-of-a-volunteer and give him a chance to waste time playing on computers for you

**From the website:** Given that there are myriad ways to lose your data, it's good to know there's one best practice for building it back: having multiple copies of your data on multiple tapes in multiple locations.



JÜRGEN SEVERLOH IS EXECUTIVE DIRECTOR OF THE CPC OF WINNIPEG.



## CALLED TO SERVE

"He will watch over your coming and going  
Both now and forevermore." Ps. 121

**Guelph Ontario:** Bonnie D'Elia has taken over the reins from Diane Morin. Beginnings CPC has moved to new storefront location (175 Woolwich St. Guelph N1H 3V4)  
**Hinton Alberta:** Gary Giffin is the new executive director after Noreen Symborski's move to **Lethbridge, Alberta**

**Saint John New Brunswick:** Rick and Kerry Clements are new co-executive directors of the Fundy CPC following the retirement of Karen Thompson

**Kingston Ontario:** Mark Arney, chair of the Board, is interim head of New Day Pregnancy Support House following Freda Jamieson's retirement.

**Sudbury Ontario:** Carolyn Smith is interim Director following Fran Tait's retirement

**Uxbridge Ontario:** Karen Perrott is keeping the pilot light burning after Tina Healey's departure.

**Aldergrove, BC:** Marleen Eberding has taken over from Dianne Palmer as executive director of the Fraser Valley Pregnancy Centre.

## TRYING TOO HARD

BY CHERYL THOMAS

When you run a machine too hard and too long, it burns out. When human machines, people, strive too hard for too long to reach a goal, they too risk burn out.

*BURNOUT: a state of fatigue and/or frustration brought on by an intense pursuit of a goal or devotion to a cause. It brings on a series of physical, emotional and psychological problems.*

### Who suffers from burnout?

Super Achievers suffer from burnout. They usually have overly-full schedules and yet still take on more. They have a difficult time saying no. When working on projects they usually do more than their share. Part of their problem relates to their inability or unwillingness to delegate. They like things done right and done on time. Consequently they do almost everything themselves.

I liken burnout victims to jugglers. They start out juggling three balls (jobs / tasks / causes). Once they feel competent enough, they pick up two more. Then three more. Now they're juggling eight tasks at the same time. Others marvel at their ability to do so many things at the same time.

The victim's pat response is, "I work well under pressure." That may be true. However, nobody works well under extreme levels of tension and

pressure for extended periods of time. Eventually the overall quality of their work diminishes. People around them become increasingly skeptical, disappointed, and critical of the victim's work. The victims sense these negative feelings and overcompensate by pushing themselves even harder. They actually pick up four more balls, the quality of their work deteriorates even further, and the vicious cycle of burnout claims another victim.

Those who fall prey to burnout are not bad people. They simply lose perspective on what is really important in life, strive too hard to reach a business or ministry goal and let other areas (family, social, recreational) flounder. If they do not heed warning signals or symptoms, honestly believing things will get better soon, and if they continue to expose themselves to too much stress over too short a period of time, they reach burn out. Even if they achieve their goal and get what they wanted, it usually isn't what they expected, and the reward doesn't compensate them for their efforts.

### Are you about to burn out?

Burning out warnings are constant exhaustion, paranoia, forgetfulness, emotional tension, boredom, lethargy, impatience, irritability, skepticism and cynicism, and a superman complex; a sense of omnipotence. Do not rush to the burnout

doctor if you are experiencing some of these symptoms. It is common to experience some of these ills occasionally, yet temporarily, in some areas of life. True burning out symptoms are constant, growing, and pervasive throughout all aspects of life, and can lead to physical and emotional sickness.

Being successful takes hard work, smart work, and dedication. However, if we try TOO hard to succeed, at the expense of other areas of life, it is only a matter of time before we run out of steam. We won't fall victim to burnout if we keep your goals in perspective and our total life in balance. We'll be successful, not just in our ministry, but in all areas of our life. ■



CHERYL THOMAS IS EXECUTIVE DIRECTOR OF THE LONDON CRISIS PREGNANCY CENTRE, LONDON ON, AND IS EXECUTIVE SECRETARY ON THE CAPSS BOARD.





## Volunteer Support Ministry (hotline, labour support, baby basket, office staff)

There are many other services that we offer to our clients that have not yet been mentioned. One of these is our 24 hour hotline. Another is the ministry of helping our clients through our baby bucks room where new and gently used clothing and other items are loaned or are earned through our incentive program. Our support is a service that we also offer during our difficult hours of labour. Each mom upon receiving her baby basket full

### MESSAGE IN A BOTTLE

BY DETRA BLAIR

*"Baby, oh baby. The places you'll go!  
The worlds you will visit!  
The friends you will know!"*

(Dr. Seuss)

So begins Week 1 – Day 4 in a booklet we developed to accompany the LCPC's Baby Bottle Boomerang Campaign. But I'm getting ahead of myself.

At the 2002 CareNet Conference I met a representative of Plans For You, a support ministry for North American CPCs. I had my Board's okay to purchase an initial 600 bottles, and with that purchase and e-mailed support from [www.plansforyou.org](http://www.plansforyou.org) 1-864-350-2081) we were on our way to an amazing venture that spanned Mother's Day to Father's Day.

We purchased more bottles, bringing to 1000 our distribution to 19 supporting churches, along with a one-minute video or DVD, both professionally produced by my son who makes TV commercials. You can see the video at [www.tilting-planet.com/recent.html](http://www.tilting-planet.com/recent.html)

Each bottle was accompanied by a devotional booklet that introduced specific Centre ministries. Week 1 focused on the Ministry Centre. Week 2 – The Adoption Option. Week 3 – Mom's Support Group. Week 4 – Post Abortion Healing. And week 5 – Volunteer support ministry (prenatal classes, incentive programs, clothing ministries, etc.).

Conceived on Day One of our Baby Bottle Boomerang was an imaginary child whose development we traced each day, along with a suggested way to fill the bottle. For example we noted on Day 20 that our baby's heart started beating ("Give 1 cent for each time your heart beats in one minute").

On Day 23 we highlighted the early beginnings of our baby's eyes and ears ("Give 10 cents for each eye and ear in your family").

Shortly after Father's Day, our church contacts met for a 'collective' celebration, with pizza and pop as enticers. Each church's total was joyously announced to cheers and whistles all around. To date 600 returned bottles have brought in more than \$15,000 and late sightings are being reported in campgrounds and on store and kitchen counters across our city.

We've been overwhelmed by the heart response to this campaign. It has given our church community a new appreciation for the CPC and its services, and raised awareness of opportunities for involvement. As an example of the response, one tearful young woman called to say, "Page 20 – that's me – I need to talk to someone about a decision I made six years ago." She is now involved in a post abortion healing program. Several children emptied



If you're looking for community awareness, whole-centre participation (our clients helped to stuff bottles), potential myriad successes year after year and a fundraiser that is not work intensive – this is it!



DETRA BLAIR IS EXECUTIVE DIRECTOR OF THE LAMBTON CRISIS PREGNANCY CENTRE IN SARNIA, ON.

distinct... with the LCPC. It... when the office is closed.

To me each phone call is a divine appointment from God. It is an opportunity to show God's mercy and kindness to someone who's hurting. Sometimes my role is to share information, answer questions, make centre appointments, calm fears, but mostly to listen and pray. I'm available to a person in need of a kind word and encouragement that they are not alone in this world.

What a great job I have! To serve in this way only brings joy. In life we often have the opportunity to extend God's love to a person who is in need of a kind word and encouragement that they are not alone in this world.

piggy bank "life savings" to "stop abortions and help the babies." One note attached to a bottle read, "This given in memory of my three miscarriages" and another offered encouragement to centre volunteers. A ladies' group has asked to help with our client Christmas party.

**PONDER THE MEANING**

New hi-tech scanning equipment that shows babies smiling, crying, yawning, blinking, leaping, turning and jumping before birth is creating quite a stir in the media world. Asked to comment on these images on a Sept 15 CNN program (<http://www.cnn.com/TRANSCRIPTS/0309/15/pzn.00.html>) Dr. Nancy Snyderman, vice president of Johnson & Johnson, stated: "Well, I think they're fascinating and

this is technology that continues to evolve. And we should tell people, in the future, you're going to see more and more and more. This is really a non-invasive way to look at fetuses while they're developing. And we're seeing more things than before. We've seen finger movement before when fetuses were 15 weeks of age. We've seen yawning when they're 20 weeks. And now at 26 weeks, we've been able to see eyes blinking, and facial movements that look like smiling."

**STAYING STRONG IN THE TRENCHES**

QUOTED EXCERPTS FROM THE KEYNOTE PRESENTATION OF LORNA DUECK AT CAPSS 2003 CONFERENCE, IN OTTAWA.

"The crisis pregnancy mission is working in God's trenches. Your pilgrimage must be set on intimacy with God, because Psalm 84 tells us that's how to go from strength to strength."

"If you are really passionate about pursuing intimacy with God, as you pass through the valley, you will make it a place of springs of refreshing."

"I don't know of any short-cuts. I have to find an intimate place with Jesus early in the morning, read scripture daily and call on God to 'light my path today.' Even Jesus got up early in the morning for quiet times that gave him a focus and a battle plan."

"A second key to staying strong in the trenches is that we are duty bound to joy. Where's the godliness in pushing too hard and working too fast? We have a Biblical mandate to have fun! If the joy of obedience is not a reality, we need to confess it and offer a thankful heart to our good God."

"Use the gifts I've given you to serve others. Make love your motivation. I stockpile you with my all-sufficient grace, equipping you with more than enough for every good deed I've prepared for you. Serve joyfully." I Peter 4:10, I Cor. 14:16, 2 Cor. 9:8

**QUOTED EXCERPTS FROM LORNA'S LIFE STORY.**

"My birth mother tried four times to get an abortion. Pregnant and alone, she found her way to a Salvation Army centre in Hamilton where my life began. She has never fully recovered from the trauma of being pregnant and abandoned."

"My mother tried to raise me alone but waved the white flag when I was two. Relatives were determined that someone in the family was going to keep this child, to take care of an unwanted problem. It was a God adoption, but it was not a smooth adoption, and love had trouble getting through. Even so, God has been faithful to step in and heal hurts, layer after layer, and we're all hanging in there."

"I know women who come to you don't think God is big enough to solve the mountain they face. But God IS big enough! And somebody's garbage is God's treasure. He makes miracles of our lives. I just want to say from the bottom of my heart, 'Thank you for being CAPSS!' There's a country to change - and you're going to do it one heart at a time." ■



LORNA DUECK, A DIRECTOR ON THE CAPSS BOARD OF REFERENCE, IS A NATIONAL BROADCASTER, RENOWNED SPEAKER, AND HOST OF CROSSROAD COMMUNICATIONS LISTEN UP! TV PROGRAM.

**A LAWYER TAKES THE STAND FOR LIFE**

BY JANET EPP BUCKINGHAM

The abortion debate as a public policy issue has become very polarized. At one end are those who value the life of unborn children. At the other end are those who value the lives of women trapped in unwanted pregnancy. It is crisis pregnancy centres that minister to both, valuing the lives of unborn children and their mothers.

When I was in university, a good friend became pregnant. She was a backslidden Christian and not married. She decided to carry the baby to term but give it up for adoption. She continued to attend church throughout, feeling the need for support. Yet her church turned its back on her. Several church members called her a 'monster' for giving her baby up for adoption. Yet she knew she could not manage a baby at the time. My friend often wished she had taken the easy route of abortion.

I later learned that many evangelical Christian women and girls in similar situations do take the route of abortion. They cannot face the condemnation of other Christians.

Many Christians do not know how to support women in these situations. Crisis pregnancy counsellors are trained to come alongside women in crisis and give them practical care.

I value the ministry of crisis pregnancy centres. They not only save the lives of unborn children, but also save the souls of the mothers. ■



JANET EPP BUCKINGHAM IS GENERAL LEGAL COUNSEL AND DIRECTOR, RELIGIOUS LIBERTY WITH THE EVANGELICAL FELLOWSHIP OF CANADA

REMEMBERING THAT DAY

BY WENDY LOWE

The picture of a handsome young man sits on my desk to remind me that what we do today will impact tomorrow.

When the Centre opened in May 1985 I was an originating volunteer counsellor. One Saturday morning I was working with other volunteers when two young women came in. One was in her late teens and already knew that she was pregnant. I chatted with her friend in the waiting room while another volunteer counselled her. When she came out of the counselling room, she announced to her friend that she had decided that she would carry to term and parent. Her friend was immediately angry, certain that she would ruin her life if she did not have an abortion. She also wasn't happy to see that we were a pro-life organization.

As they left the centre that morning we prayed that this teenager would be able to stand up to the influence of her friend and have the courage to follow through on her desire to carry to term. I doubted that it would happen. Our client was visiting from out of town, and follow-up wasn't possible. As is so often the case in a CPC, we didn't learn of the final outcome.

Jump forward to a speaking engagement this past spring. I met a lovely woman named Cheryl who was volunteering with a Centre in her local community in another province.

In late summer, she called to tell me that she had just become the Executive Director of her centre. She asked if she could spend a week in our centre to be mentored and trained for her new role. We were delighted to have her come. When I took her out for dinner she told me her story. She had come to our centre in Calgary during the summer of 1985 and we had

helped her. As she told her story, I remembered that I had actually been in the Centre the day she had come in and had joined in prayers for strength for her to stand up to pressures to abort.

Our prayers were answered for Cheryl beyond anything we had the wisdom or faith to think of praying for. She became a believer; her son, Brandon, became a believer; her friend became a believer. Cheryl became a CPC director and her friend supports our centre.

Brandon's picture reminds me of how great the payoff is when we are present in people's lives and faithful to the small part God has asked us to play. God is at work doing things we could not fathom in our everyday encounters.



WENDY LOWE IS EXECUTIVE DIRECTOR OF THE PREGNANCY CARE CENTRE OF CALGARY

FINDING THE CALM AT THE CENTRE

BY CHERYL ADAMA

A girl I knew well 17 years ago faced two real and opposing forces that vied to determine the fate of her unborn child.

Just finished high school, this young girl had moved from her small town to a city, envisioning a new life of independence and freedom. Not long after settling into new surroundings with a girlfriend, she was shocked to discover she was pregnant.

Her world instantly stood still and spun out of control. All strength left and despair flooded in. Her roommate took control. With confidence and strength, she relentlessly told her that a baby would ruin her life and an abortion was the only viable solution. Her friend took her by the arm to a crisis pregnancy centre, but not far into the counselling session realized this was not a place to find an abortion. She quickly whisked her helpless pregnant friend out the

door, determined to find 'help' elsewhere.

A few more extremely stressful days later, the frightened girl made contact with a sister who invited her to come home and offered to help with her baby. The girl also mustered up courage to write to her boyfriend who immediately jumped on a plane to bring a pledge of support in person. Their combined encouragement prevailed as a stronger influence than fear. In the new calmness and confidence that emerged, this young girl made a life-saving decision.

A 17-year-old young man alive today is an incredible artist, an extreme mountain biker and a wonderful son. He's my son and his name is Brandon.



Last year, as a new CPC director, I re-visited the Calgary Pregnancy Care Centre - the place I had been taken 'by mistake' in my time of crisis. I shared my story with Executive Director Wendy Lowe, who not only remembered that fateful day, but recalled that they had prayed after our hurried departure.

My personal 'tug-of-war' experience makes it crystal clear to me that prayer plays a vital role when an abortion-minded client leaves the doors of our centre. I am so glad Wendy prayed! I am so glad for crisis pregnancy centres! ■



CHERYL ADAMA IS EXECUTIVE DIRECTOR OF THE COMOX VALLEY CPC IN COURTENAY, BC. SHE AND HER HUSBAND WAYNE, RECENTLY CELEBRATED THEIR 17TH WEDDING ANNIVERSARY WITH CHILDREN BRANDON, NICOLE AND DAVID.

## SHINING LIKE STARS



**Florence Kehl, Executive Director of the House of Blessing in Stratford, Ontario**

has been awarded the Ontario Medal for Good Citizenship. The City of Stratford nominated their distinguished citizen (affectionately known as Flo) for founding the House of Blessing 20 years ago. Reports noted that Flo mortgaged her home "to put her beliefs and convictions into reality." Also a recipient of the Queen's Jubilee Award, Flo's reaction was to say, "The only reward I'm really wanting is the Father's words, 'Good and faithful servant, enter into your reward.'"



**Donna Beckett, Executive Director of Niagara Life Centre in St. Catharines, Ontario** is

the first recipient of the CAPSS Lee Parker Servant Leadership Award. This award was presented at the CAPSS 2003 conference in honour of former Lindsay Ontario CPC director Lee Parker who, in 2002, claimed her eternal reward in Heaven. The award recognizes Donna's outstanding contribution to pregnancy care ministry within the Niagara region and throughout Canada. It was co-presented by Lee's husband and best friend, Jim Parker, and Susan Somers, who is carrying on Lee's legacy as Director at the Lindsay, Ontario Crisis Pregnancy Centre.



**Jürgen Severloh: Executive Director of the Winnipeg CPC** and a founder and stalwart supporter of CAPSS, recently received the

Joe Borowski Award, given for lifelong contribution within Canada to the noble cause of life. More recognition came when singer-songwriter Jaylene Johnson, upon receiving the honour for Best Contemporary Christian Song at an international song writing competition, dedicated her song, titled "Daughter" to Juergen, for his work at the Winnipeg CPC. ■

## I SING BECAUSE

BY RUTH GRAHAM MCINTYRE

Some years ago, after my teenage daughter gave birth to my first grandchild, my heart ached to know that this child was only loaned to us for a few hours since my daughter had decided to release this child for adoption. I left the hospital that early morning to drive back to where I was staying. I was exhausted. My mind was spinning. I felt numb. It had been months of emotional turmoil and unbelievable heartache. I was spent.

As I drove those dark streets of Philadelphia by myself a song came to my heart. I don't even remember learning the song but it was written by Bill and Gloria Gaither:

*"Keep silent ye mountains, ye fields and ye fountains.*

*This is the time I must sing.*

*It's the time to sing praises to the Rock of the Ages.*

*This is the time I must sing."*

I didn't sing because I was happy. Far from it. I sang because there was joy. Joy in the God who was in control when so much was out of control. Joy in the God who loved me, my child, and my grandchild when we all felt cast aside. Joy in the God who would show us what to do when we needed wisdom for the days ahead.

I sang because God was real and personal and He was in that car with me on those lonely Philadelphia streets. Joy does not depend on what is around us but Who is within us. ■



RUTH GRAHAM MCINTYRE, AN ACCLAIMED AUTHOR AND SPEAKER, OFFERED THIS PERSONAL REFLECTION TO CAPSS CONNECTIONS. FOR MORE INFORMATION ON HER MINISTRY: WWW.FORPREGNANCYHELP.COM

## CHIEF EXECUTIVE OFFICER

Theresa McRae White  
EX OFFICIO

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