

Because the best choice is an informed choice!

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Opportunities for Change

It is with great pleasure that I announce we have begun our STD services. Hallelujah! The resources needed have finally all come together at once. September 21, 2011 we had our first STD patient. Our Client Advocates, Nurses, and Practitioners have gone the extra mile and dedicated time to increase their knowledge and skills in order to serve our community in this capacity.

We have been anticipating this day for several years, and I could not be more delighted with the client response. Through education, medical services, and counseling, sexually active youth and young adults are able to learn more about their bodies, emotions, psychological effects of their sexuality, and how they can enjoy safe and healthy relationships.

One young lady nodded in agreement continuously as an unhealthy relation-

ship with its potential consequences was described. Her agreement was because she is in the midst of such a relationship and stated it is all true. We had an opportunity to work with her to set goals that would produce different outcomes in her future. Goal setting was a new concept for her. She left equipped to make healthier choices and hopeful for a better life.

Students will also benefit as we are able to offer continuum care; from the classroom to medical services to education and counseling.

If you haven't dropped by the clinic lately, you have missed the opportunity to experience the high energy in the office. With the addition of STD services and Community Education, we are bursting at the seams for space. Our appointment schedule has twice as many slots. At times

clients in our waiting room overflow into the parking lot. During monthly volunteer meetings chairs have to be set in the hallway to accommodate everyone. With that said, we are prayerfully seeking a new location and the right time to make the move.

How can you help? Pray! Are you a N.P., P.A., or M.D.? You can volunteer two-three hours once a month. Know of a location? Give us a call.

Cathy Seapy
Executive Director



"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run the race marked out for us."
Hebrews 12:1



This is a powerful charge to all of us who identify ourselves as Christ followers in the 21st century. We owe a tremendous debt to all of those "witnesses" that have run before us with courage and conviction, with passion and perseverance. It is also a humbling responsibility to those who will follow us in this race and in this cause, to run with integrity and truth, with grace and humility. As we meet the challenges of our generation and prepare to pass the baton to the

Running the Race - 25 years and still running strong

next, it is of the utmost importance that we clarify our goals and that we see the prize as clearly as the apostle Paul did.

Dr. James Dobson once compared the Christian life and ministry to a relay race. When you have the baton clenched firmly in your grasp, it's easy for you to run your race strongly and swiftly around the track. But relay races are won or lost in the passing of the baton. If the next runner doesn't grasp the baton as quickly and firmly as the runners before him, then precious time is lost or a baton is even dropped and the race is lost.

It is a fitting metaphor as we prepare for the next 25 years. LivingWell Medical Clinic has clarified its goals, is united in purpose and prepared to meet the challenges of running this race that God has called us to. We are indebted to all of those who have run before us, and are grateful for those who have been faithfully running with us for the last 25 years. It is our charge to those that follow to

continue this race with the same purpose and passion, conviction and courage. To be faithful stewards of the sanctity of human life and to be a witness to the next generation that Jesus Christ is indeed the Way, the Truth and the Life!

It has been a distinct honor and privilege for me to serve as the chairman of this wonderful ministry. Although I am stepping down as chairman, I will continue to serve on the board for as many years as the Lord allows. I am more excited than ever for the future of LivingWell. By starting up the STD testing and getting into so many classrooms to teach our young people the truth about sexuality and abortion, we are having a greater impact than ever before. So, let's press on together and see just what the Lord has in store for us!

Bruce Horne
Founder
Board Member

Day of Silence



For the first time, Living-Well Medical Clinic presented the pro-life message in a school. Forest Lake Christian School welcomed us on October 18th, The Day of Silence for the

Unborn. I arrived not knowing what to expect but hopeful that God would work in the hearts of these youth. Over 200 students, teachers, staff and parents filed into the gym silently. During the next 60 minutes there was a wave of emotion: awe and joy at the science behind the miracle of human gestation, anger and shock at the historic facts of abortion, and excitement in being part of changing history for LIFE!

Each student completed an evaluation form rating their abortion position before and after the presentation, and stating what was the most valuable thing they learned. The following is a representation of the evaluations (F=female, M=male, age, statement, then before and after: 1=pro-abortion, 5=pro-life):

F, 14 "If the baby was made through rape, it's still a baby. That baby can still grow up to be

extremely successful and happy if you let it." 2-4

M, 16 "How fast human life is created and how fast it can be taken away." 5-5

M, 15 "A human is a human no matter how early on it is." 5

F, 15 "That I can stand up for the children who don't have a choice." 4-5

M, 16 "Abortion is WAY more common and much more of a problem than I had thought." 5

F, 15 "That abortion is really bad. Before I wasn't sure what to believe but when I saw the videos and the ultrasound and hearing information about abortion made me not want to like abortion at all. The presentation was amazing. It helped me understand more about abortion. The videos almost made me cry." 4-5

M, 18 "The comparison between abortion, slavery and the holocaust." 5-5

M, 17 "That life begins at conception and that we should treasure it, just as we treasure our (own). This was very interesting and educational." 5-5

M, 17 "Seeing the baby's face on the ultrasound was amazing." 5-5

F, 14 "... We killed a whole generation of people... Abortion is murder and you can't stress that enough! It's like shooting someone or choking them, but abortion is killing a child that didn't get to see daylight." 5-10

F, 15 "I really thought that the statistics were the most valuable, they put everything in perspective. Good Job!" 4-5

F, 14 "I loved the statement that said..." "What would your parents be more disappointed in, that you got pregnant or that you killed their grand-child?" 5-5

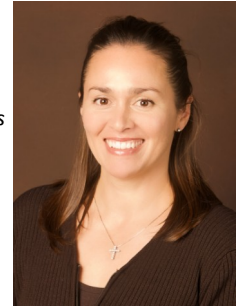
F, 14 "I learned how to really defend pro-life. I'm so glad we had the assembly. I thought the presenters did a great job. They really inspired me to stand up against abortion." 5-5+

F, 17 "Right after the day at school yesterday the topic of abortion came up at work and I used what I learned in chapel to change the mind of my employee. So thank you!" 5-5

F, 14 "How to talk to someone about abortion, and now I am well equipped! The presentation was amazing and well put together! I am very thankful that God allowed us to be able to have this day of Silence! We all are blessed to be here and our parents chose life, we all need to thank God everyday for life. Thank You!!!" 5-5

How amazing is that! That our youth can realize that they are blessed because THEIR mother chose life! This presentation blessed me personally. I saw that when a teen is presented with the facts, truth in love, they will more likely choose life. For the first time since Roe v Wade, more youth are PRO-LIFE!! They CAN make a difference given the chance. How can you arm yourself to speak truth to the youth in your life? We have many resources to help equip you.

Ashley
Community Education Director



Dear Baby

Each ultrasound I have the privilege to witness is amazing. One particular scan a few weeks ago was overwhelming. I connected with a baby as never before. There was such a sense of profound destiny for this baby. I now somewhat know what Elizabeth must have felt like as stated in Luke 1:41 "And it happened as Elizabeth heard the greeting of Mary, the babe leaped in her womb..." I'm not saying this baby is like Jesus, but he has been marked and my spirit knew it and leaped, and I will forever be marked by this experience.

After the exam was complete and mom and baby had left the clinic, I retreated to my office to ponder what I had experienced. I broke out in tears and was compelled to write a letter to him.

Dear Baby,

I scanned you today and you touched my heart. I have scanned many babies at your stage in life, but you caused emotions in me that I have never had before.

I connected with you in a special way. You are not in any

danger because your mommy loves you very much. In the quiet of my office once you had left, I let the tears flow. I prayed that God's plan for your life would be fulfilled, for like me, He saw your body forming, your beautiful agile body moving.

Because you were old enough, your mommy and I listened to your beating heart, what a beautiful heart you have. I sense that your heart will break at what breaks God's heart.

I prayed that even as you grow inside that secret place, you would hear the Father's voice. I pray that you will always be aware of His closeness.

May God bless your life little one. Thank you for sharing your small life with me for that short moment.

Vanessa Borough
Nurse Manger
Certified Sonographer



Forever
marked
by this
experience...



Celebrating 25 Years ~ Fall Gala



FALL GALA ~ SETTING CAPTIVES FREE

September brought renowned Cal Thomas to Grass Valley for our annual Fundraising Gala. His humor and wit kept people laughing as we celebrated 25 years of Setting Captives Free through prevention, intervention, and restoration. Our Founders were honored and LivingWell was presented with a California State Senate Resolution from Senator Doug LaMalfa. Three volunteers were honored for serving above and beyond: Kevin Maxwell, M.D. serving since 1987, Neva Monigatti-Lake, M.D. serving since 1991, and Chris Shade, Client Advocate serving since 1990.



LIVINGWELL THANKS THE FOLLOWING FOR UNDERWRITING OUR FALL GALA

Julia Amaral & Mark Strate
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Lefty's Grill

Ken & Stephanie Meyers
Randy Jackson Photography
Sierra Financial Advisory
Twin Cities Church
Roy & Judy Webley
Larry & Patricia White

Homeless and Hopeless....

We first met Kendra in 2008. Her family life was unstable which left her feeling unimportant. She had dabbled with drugs, as both parents were addicts and offered her drug cocktails regularly. Her pregnancy test was negative. We loved her and offered resources to keep her safe.

It was early in 2010 that we saw Kendra next. Her circumstances seemed worse than before, only the players were different. Having been thrown out by her parents when she turned 18, she now was living with her boyfriend struggling with the same addictions as her parents. Kendra would accept any prescription drug offered her just to stay as numb as possible. Her pregnancy test was negative, and again we loved her, ministered the hope of Christ and offered resources. Thankful for our support, but not willing to make different choices, she returned to her boyfriend's house.

Last week Kendra arrived and her story was familiar. The difference? Now she is homeless, an I.V. drug user, and feeling very hopeless. Her pregnancy test was again negative. It was obvious she had been led here every time by the Holy Spirit, not because she might be pregnant, but because she was desperate for a morsel of hope. This time she was ready to admit her choices had not produced the outcomes she hoped for.



Kendra was here most of the day. We fed her, ran errands with her, shopped with and loved her in every way we were able. In the afternoon we knew it was time to gently confront her more aggressively than we had her past two visits. Knowing her history we walked through her choices one by one and offered alternatives. We camped on her choice to not accept Jesus as Lord and Savior. She had expressed a desire before but said she was not ready. This time she fell to her knees and begged us to help her know Jesus. Right in that moment Kendra became a follower of Christ. She received her first Bible and wrote her name and the date in the front. We told her Jesus wrote her name in the Book of Life for all eternity. She attended church with her advocate and was connected with a recovery group.

You can rejoice! It is because we partnered together that Kendra is no longer hopeless!

Changing and Saving Lives

WHICH LIFE WILL YOU CHANGE TODAY?

Change for Life bottles are now out and being filled with coins and bills. Every bottle that is filled through Change for Life represents a life that will be changed.

- A life changed by accepting Christ in the counseling room
- A baby's life changed when his 17 year old parents choose life over abortion
- A life changed after seeing a baby's heartbeat through ultrasound
- A high schooler changed after choosing sexual self control
- A lifestyle changed after STD education and testing

- A life changed and set free from the bondage of a past abortion experience
- A new family changed through the selfless gift of adoption
- A life changed through receiving a crib at the thrift store
- A college student's life changed when his parents chose life 20 years ago

Which life will you save today?

Contact LivingWell for your Change for Life bottle and begin changing lives.

BLANKETS FOR BABIES

Do you like to knit or crochet? We are currently in need of layettes of blankets/hats/

booties to be given to our clients. These handmade items are a touch of love that go a long way when a new mom is trying to connect with her baby. Can't knit or crochet, why not purchase some baby yarn. We have some retired grannies who have the time but not the funds for yarn to crochet blankets for us. Together we can blanket our babies with love.



Elizabeth White
Development Director

HOPE Retreat

Perhaps you are feeling some conflict about a past abortion.

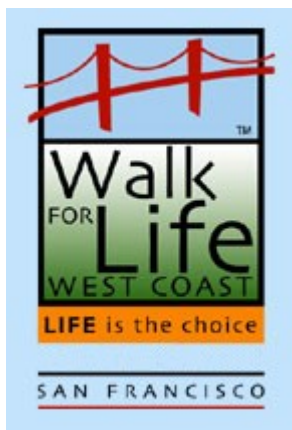
A lot of women feel hopeless about ever resolving the pain connected with their abortion experience.

But healing is possible. Many women (and men) will seek and receive help this year; you can be one of them. Just contact Cathy at 272.6800 or cathy@livingwellgv.org to attend the next HOPE Retreat.



There is no need for you to continue grieving silently. Reach out to someone who understands.

Next retreat: February 3-5, 2012



January 21, 2012

For details go to www.walkforlifewc.com



How To Reach Us

Phone: (530) 272.6800

113 Presley Way, Suite 4
Grass Valley, CA 95945

Email: info@livingwellgv.org

Partner site: livingwellgv.org

Client site: pregnancyhelptoday.com

24-Hour Hotline
(800) 395.HELP

Life Line is a publication of the LivingWell Medical Clinic, a Christ-centered ministry dedicated to upholding the sanctity of human life by providing compassionate and tangible services to youth, young adults and their families.

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