

Help prevent abortions by supporting Motherhood with prayer and charitable acts through these groups.

Comprehensive Confidential Health Services

Sancta Familia Medical Apostolate 402-991-3393
10506 Burt Circle Omaha NE 68114-2094 ^{SEP}Catholic Health Care for the whole family from conception to natural death. Provides healthcare to pregnant mothers in need and support to organizations that protect mothers and their unborn babies. Mon-Fri, 8am-5 pm

Pope Paul VI Institute www.popepaulvi.com ^{SEP}6901 Mercy Rd. Omaha, NE 68106 Phone: 402-390-6600 Offering Catholic Reproductive Health Care, General OB- GYN Infertility, Maternal fetal medicine. NaPro TechnologyTM., Creighton Model Fertility Care TM System, (Natural Family Planning) Thomas Hilgers, MD, ^{SEP}Sr. Renee Mirkes OSF, PhD. Ethicist ^{SEP}Kelly Morrow, MA, PhD. Clinical Psychologist ^{SEP}Catherine E. Keefe, MD. Obstetrician/Gynecologist Kristina Pakiz, MD. Ob/Gyn

Couple to Couple League www.cclomaha.org Natural Family Planning HotLine: 571-4111

Pregnancy Testing and Services

Assure Women's Center www.assureomaha.com
6510 Sorensen Parkway, Omaha, NE. 68152
14225 Dayton Circle, Omaha, NE 68137
STD and pregnancy testing by appointment 402-390-9700
402-397-0600 Helpline

Essential Pregnancy Services www.essentialps.org
Free Pregnancy & STD Tests. No Hassle Counseling. Maternal Assistance. Hotline: 402-554-1000
Benson Center: 6220 Maple St. 68104, 402-554-0121
Bellevue Center: 908 W. Mission Ave, 68005, 402-933-2988
Maple Village Center: 3029 N 93rd St, 68134, 402-763-8768

Gabriel's Corner <http://gabrielscorner.com>
Free Pregnancy Tests - Pregnancy Counseling
131 S 16th St, Council Bluffs, IA 51501
Phone: (712) 323-7756 Hours vary. Call first.

Life Choices www.fremontpregnancy.com
Location - 1835 E. Military, Fremont, NE 68025
Mailing Address: P.O. Box 902, Fremont, NE 68026
Phone: 402-721-5551 or 402-720-5526 for appointment.
All services are Free & Confidential.

Birthright International www.birthright.org
Nationwide (800) 550-4900 Norfolk (402) 379-1004
Council Bluffs (712) 322-2100 Carroll (712) 792-6592
Sioux City (712) 258-3436 Lincoln (402) 466-2609
Kearney (308) 234-9880 Grand Island (308) 381-7845
Columbus (402) 564-5006 Fremont (402) 721-5551

Nebraskans United for Life www.NUFL.org
Free Pregnancy & STD Tests
Educational services, library, brochures, parenting classes.
143 S 38th St, Omaha, NE 68131
Phone: 402-399-0299 Fax: 402-399-0501

HIV/AIDS/STD Testing

Douglas County Health Department STD Clinic
4102 Woolworth Ave. Phone: 444-7750
Mon 12pm-8pm. Sat 8am-12pm
No one will be denied services due to inability to pay.

Council Bluffs Health Department FREE STD Clinic
www.cbhealth.org
209 Pearl Street
Council Bluffs, Iowa 51503
712-328-4666 ask for Rachel. Testing by appointment only

Homes for Mothers and Babies

Bethlehem House www.bethlehemhouseomaha.org
Serving women who are pregnant and homeless since 2005. Offering private rooms in a safe environment.
2301 S 15th St. Omaha, NE 68108. Phone: 402-502-9224

Mater Filius of Nebraska

A Catholic apostolate created to help pregnant women who find themselves without support. Women receive housing, counseling, medical attention, workshops and continuing education at no cost.
5924 S. 36th Street, Omaha, NE 68107
Contact: Julie Mainelli 402-676-1773 or
Stacey Floersch 402-212-3348

Other Services

Project Rachel Post-Abortion Healing.
Reconciliation and healing from the pain of abortion.
888-456-HOPE or projectrachel@cssisus.org

Rachel's Vineyard Post-Abortion Healing Retreats
Reconciliation and healing from the pain of abortion.
Heather Hruby: (402) 885-4305

Catholic Charities www.ccomaha.org
Adoption Services, Individual, Marriage and Family Counseling. Phone: 554-0520 or (800) 403-2435
Sheehan Center 3300 N 60th St, 68104
Hours: Mon-Thurs 8:30am-6pm, Fri 8:30am-5pm

Surprise Thrift Shop
100% of donations and sales benefit pro-life groups.
Shop and save at 143 S 38th St, Omaha, NE 68131
Hours: Mon-Sat 10am-4pm Phone: 402-341-0625

Omaha for Decency www.omaha4decency.org
Pornography degrades women, harms everyone and is addictive. Don Kohls: 895-0233

KVSS - Spirit Catholic Radio www.kvss.com
102.7 FM. Phone: 571-0200

Knights of Columbus www.kofc.org
6.8 million members. For membership contact your pastor.

Abortion is an act of direct killing that takes the life of a human being that begins at fertilization. Help prevent abortions by supporting Motherhood with prayer and charitable acts through these groups.

Last updated: October 2017

For changes or additional copies: (402) 558-2218,
or Family.ArchOmaha.org/blogsearch/Respecting_Life/

Bishops Pastoral Plan for Pro-Life Activities

Marion Miner, Associate Director for Pro-Life & Family
Nebraska Catholic Conference
215 Centennial Mall South, Suite 310
Lincoln, NE 68508
402.477.7517 mminer@necatholic.org

Archdiocese of Omaha Respect Life Apostolate

Whitney Bradley, Coordinator: 402-551-9003 ext. 1306
wabradley@archomaha.org

Priests for Life www.priestsforlife.org

PO Box 141172 Staten Island, NY, 10314
Phone: (718) 980-4400, (888) 735-3448, Fax: (718) 980-6515

Nationwide Pregnancy Help - Optionline / CareNet

1-800-395-HELP (4357)

Vital Signs Ministries www.vitalsignsministries.org

PO Box 34278, Omaha, NE 68134
Denny & Claire Hartford Phone: 341-8886

Voices for Life

PO Box 1805, Council Bluffs, IA 51502-5161
Eileen Smith. Phone: (712) 322-5161

Lincoln Right to Life (402) 489-7968

PO Box 6321 Lincoln, NE 68506

Nebraska Right to Life www.nerighttolife.org

(402) 438-4802 PO Box 80410, Lincoln, NE 68501-0410

Pro Life Lawyers Martin Cannon, Attorney.

Phone: 402-455-6000

Rescue the Heartland PO Box 55204, Omaha, NE 68155

American Life League Inc. (ALL) STOPP www.all.org

PO Box 1350, Stafford, VA 22555 (540)659-4171
Phone: (888) 546-2580 Fax: (540) 659-2586

Omaha Chapter STOPP

Stephen Zach, 4339 California St. Omaha, NE 68131-1741
Phone: 558-2218

Council Bluffs Chapter STOPP

Mary Lybarger, 206 Redbud Lon. CB, IA 51503
Phone: (712) 325-0268

Human Life International www.hli.org

Pro-Life Missionaries to the World (800) 549-LIFE

After a woman is killed-or injured. If someone you know has been injured or killed following an abortion, you may be able to bring legal action on her behalf. Also, be assured that this service is free of charge. Life Dynamics Abortion Research. Abortion Lawsuits and Abortion Medical Malpractice. Call toll free (800) 401 -6494.

Total protection for all human beings! Life starts at the beginning. When egg and sperm unite = conception.

Prayer Opportunities

Bellevue Abortion Facility, 1002 W Mission Ave, Bellevue
Wed, 8:30-10:30am, Thurs, 9:30-11:30am, 3:30-5:30pm, Fri,
7:30-10:30am, Sat, 7:30-10:30am

Planned Parenthood, 3105 N 93rd St, Omaha
Monday, 8:00am-12:00pm, Saturday, 10:00-11:00am

Chapel of the Holy Innocents

Mass on the 2nd and 4th Saturdays of the month at 8:15am

CONTRACEPTION FACTS

A Contraceptive is supposed to prevent conception, not produce an abortion. Yet the truth about these drugs is that all of them can and do cause abortions.

Oral Contraceptives allow fertilization to occur at a rate of 2-10% of the time. They cause the lining of the uterus to become inhospitable to the developing baby who literally dies from lack of nourishment and is aborted.

IUDs work by interfering with the enzymatic processes of the developing baby and by inflaming the lining of the uterus, making it inhospitable to implantation.

Norplant consists of six-one inch long silastic rods implanted in the arm and contains the progestin, *levonorgestrel*, which acts for 5 years. There are approx. 1,500,000 users. At a 50-65% ovulation rate times a 25% conception rate, this amounts to between 2-3 million chemical abortions per year.

Depo-Provera works-the same way. It is injected under the skin every 3 months. Based on an estimated 1 million users and an ovulation rate of 40- 60%, it has been determined that at the lower rate there are 400,000 ovulatory cycles times a 25% conception rate yielding about 100,000 chemical abortions per cycle or 1,200,000 per year.

Breast Cancer and abortion

In the U.S., women under age 45 who have had abortions may have a 50% higher risk of breast cancer, according to a study reported in the Journal of the National Cancer Inst. The risk is more than doubled for women under 18 who have abortions.

Legal Abortion. Is it Safe?

"Lime 5" That's the name of a book by Mark Crutcher of Life Dynamics. This book is an expose of the abortion industry. It contains page after page of documented evidence of medical injury and death of women at abortion clinics. A window into the degrading and dangerous world of legal abortions has been opened. All the cases in the book are a matter of public record.

RU-486. A Human Pesticide. In Hitler's Germany, I.G. Farben owned a company, Degesch, which made Zyklon-B, the poison gas used in the gas chambers. After the war, the company was split into 3 companies. One was Hoechst A.G. It owns Roussel Uclaf, the French company that developed and made the human pesticide. RU-486 requires 3 visits to a clinic. The mother may pass baby parts in hours or in days. Excessive bleeding, pain, tubal pregnancy -incomplete abortion, psychological upset, post-abortion syndrome and death are some of RU-486 risks. Dr. Willke.

James Sedlak's (founder & president of STOPP International) 12 year crusade has sparked opposition to Planned Parenthood world wide via his books, tapes, media interviews and numerous speaking engagements. In 1995, the Vatican recognized his efforts by inviting him to a congress for pro-life issues in Rome. Planned Parenthood Federation of America's own data for 1994-95 indicated that it made nearly \$110,000,000 per year selling birth control products. PP creates a demand for these products via the sex ed it promotes in schools, says Sedlak. As promiscuity thus rises, so does the number of unintended pregnancies due to contraceptive failure. PP then turns to surgical abortion as a backup. Also, the so-called contraceptive drugs & devices PP profits from act, a significant percentage of the time, by preventing the implantation of the already conceived human being in the womb. Thus, notes Sedlak, even those PP affiliates that do not commit surgical abortions do cause early chemical & IUD abortions by their products.