

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 <sup>SEP</sup>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](http://www.popepaulvi.com) <sup>SEP</sup>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, <sup>SEP</sup>Sr. Renee Mirkes OSF, PhD. Ethicist <sup>SEP</sup>Kelly Morrow, MA, PhD. Clinical Psychologist <sup>SEP</sup>Catherine E. Keefe, MD. Obstetrician/Gynecologist Kristina Pakiz, MD. Ob/Gyn

**Couple to Couple League** [www.cclomaha.org](http://www.cclomaha.org) Natural Family Planning HotLine: 571-4111

### **Pregnancy Testing and Services**

**Assure Women's Center** [www.assureomaha.com](http://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](http://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 16<sup>th</sup> St, Council Bluffs, IA 51501  
Phone: (712) 323-7756 Hours vary. Call first.

**Life Choices** [www.fremontpregnancy.com](http://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](http://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](http://www.NUFL.org)  
**Free Pregnancy & STD Tests**  
Educational services, library, brochures, parenting classes.  
143 S 38<sup>th</sup> 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](http://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](http://www.bethlehemhouseomaha.org)  
Serving women who are pregnant and homeless since 2005. Offering private rooms in a safe environment.  
2301 S 15<sup>th</sup> 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. 36<sup>th</sup> 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](mailto: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](http://www.ccomaha.org)  
Adoption Services, Individual, Marriage and Family Counseling. Phone: 554-0520 or (800) 403-2435  
Sheehan Center 3300 N 60<sup>th</sup> 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 38<sup>th</sup> St, Omaha, NE 68131  
Hours: Mon-Sat 10am-4pm Phone: 402-341-0625

**Omaha for Decency** [www.omaha4decency.org](http://www.omaha4decency.org)  
Pornography degrades women, harms everyone and is addictive. Don Kohls: 895-0233

**KVSS - Spirit Catholic Radio** [www.kvss.com](http://www.kvss.com)  
102.7 FM. Phone: 571-0200

**Knights of Columbus** [www.kofc.org](http://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/](http://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](mailto:mminer@necatholic.org)

### **Archdiocese of Omaha Respect Life Apostolate**

Whitney Bradley, Coordinator: 402-551-9003 ext. 1306  
[wabradley@archomaha.org](mailto:wabradley@archomaha.org)

### **Priests for Life [www.priestsforlife.org](http://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](http://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](http://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](http://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](http://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 93<sup>rd</sup> St, Omaha  
Monday, 8:00am-12:00pm, Saturday, 10:00-11:00am

*Chapel of the Holy Innocents*

Mass on the 2<sup>nd</sup> and 4<sup>th</sup> 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.