



**NEWSWORTHY**

## Morning Star to Offer Another Way to Save Lives

Morning Star hopes to soon provide another way to save babies' lives and the hearts of their mothers by offering Abortion Pill Reversal (APR).

Continued on page 3

**INSIDE LOOK**

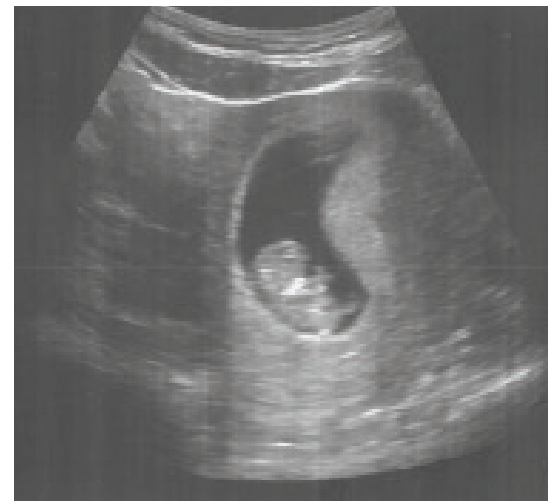
## A Look Into the Womb

### Morning Star Sonographers Introduce Mothers to their Babies for the First Time

Lena\* was facing an unplanned pregnancy. She had been pregnant before and had chosen to have an abortion. Now she was unsure what she wanted to do, so she turned to Morning Star.

After finishing a confidential counseling appointment, Lena was introduced to one of Morning Star's sonographers for her ultrasound. As the sonographer showed Lena her baby on the screen, Lena began to cry. It was a mixture of joy and sadness. The baby Lena was currently carrying was approximately the same gestational age as the child she had aborted a few years ago. Lena explained to our sonographer that she was told her first baby was "just tissue." Now she saw for herself that her child was truly a baby.

*\*Name changed for confidentiality*



Continued on page 4

**ALSO IN  
THIS ISSUE**

**Morning Star launches  
brand new website for  
students, parents and teachers**

Page 7

**Morning Star is reaching  
more women, men and  
families in our community**

Page 6

**A letter to you from  
the Executive Director  
of Morning Star**

Page 2

**Join Morning Star's Circle of Friends online at [www.SupportMorningStar.com](http://www.SupportMorningStar.com)**

Circle of Friends is a group of committed monthly givers who make Morning Star's mission possible!

## VISION STATEMENT

For all  
to make  
courageous,  
life-giving  
choices.

### BOARD OF DIRECTORS

Sandra Stoner  
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Joel Santolla  
Vice Chair/Treasurer

Stephanie Moser  
Secretary

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Eve Lickers

Jill Miller

Tom Pyne

James Zugay, Esq.

### MEDICAL DIRECTOR

Mary Beth Higgins, MD

### STAFF

Linda Plummer  
Executive Director

Stephanie Diecidue  
Director of Advancement

Diane DeVan  
Client Services Director

Leslie Moyer  
Director of Educational  
Programs

## MISSION STATEMENT

Morning Star  
Pregnancy Services  
exists to empower  
people to make  
life-giving choices.  
As a demonstration  
of Christ's love, we  
promote sexual  
integrity, offer material  
and health services,  
and encourage  
emotional and spiritual  
wholeness.

## A LETTER

### From the Executive Director

Dear Morning Star Families,

On behalf of our clients, staff and board members, I thank all of you who have supported Morning Star year in and year out. I thank those of you who have been able to assist this ministry through the pandemic with prayers and financial support. And I thank the many people who have become monthly supporters, enabling us to plan for a bright future.

Your donations have had a prolific impact on our community during COVID-19. As abortion clinics continued to stay open during the pandemic, Morning Star kept our doors open as well. With your support, Morning Star patient advocates delivered face-to-face pregnancy services appointments to our most vulnerable clients — those who were strongly considering abortion and some who had even gone so far as to have already scheduled an appointment for the abortion procedure. **We are happy to share the news that 99 of those mothers have chosen life for their babies during this pandemic period!**

COVID-19 challenged us to provide phone and video counseling, distribute emergency supplies of formula and diapers to families, and deliver other programs and services in new and different ways. During this time, when our educators could not go into schools to teach our healthy relationship skills curriculum, they intensified their focus on providing one-on-one appointments virtually with our mothers and fathers. Our staff is educating women on how to manage relationships, resolve conflicts, navigate break-ups, and set healthy boundaries. We know that healthy relationships are paramount in achieving a fruitful life, and our educational program is a key component of Morning Star's mission to encourage emotional and spiritual wholeness.

The pandemic forced Morning Star staff to think outside the box when we received a phone call from Children and Youth Services asking for assistance for a mom who was co-sleeping with her baby, putting the baby

at increased risk for sudden infant death syndrome. Our nurse manager, Mary, was able to deliver Morning Star's Safe Sleep Class over the phone that same day to the new mother, and Morning Star provided her with a Pack 'n Play crib, giving her baby a safe place to sleep. In opening a dialogue with this mom, Mary identified other emergency needs as well. Morning Star was not only able to provide her with diapers and formula, but also to make a connection with this mom so she feels supported in her community.



As society begins to get back to the new "normal," Morning Star will evaluate what our new "normal" will be, keeping many of our innovative methods to connect with and support those in our community. There is always a reason for the trials and tribulations we each go through in life, and I put my faith in God that Morning Star will come out of this pandemic stronger and even better able to serve the women, men and families who need us most.

Thank you for being a part of this ministry to support and empower the most vulnerable to choose life for their babies.

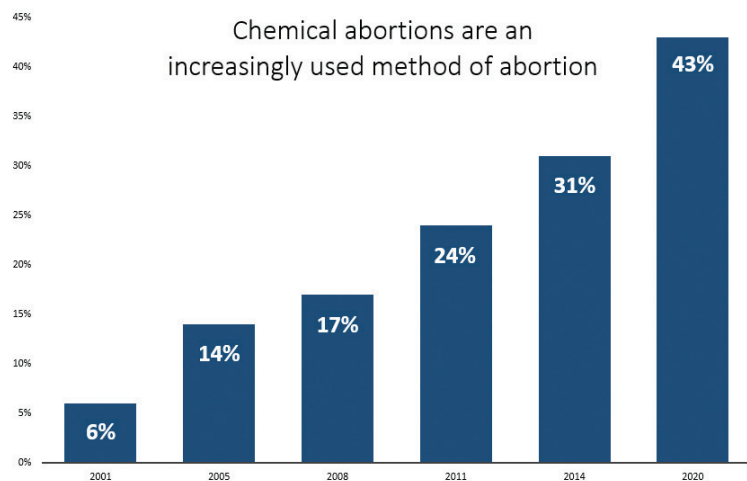
For Such a Time as This,

Executive Director

Within approximately 72 hours of taking the first pill in the chemical abortion process, women will have a chance to reverse their decision and save their baby through the Abortion Pill Reversal process.

## MORNING STAR TO OFFER ANOTHER WAY TO SAVE LIVES (Continued)

Over the years, the number of chemical abortions has steadily increased.



By Heartbeat International. Copied with permission from "Abortion Pill Rescue Network" [www.heartbeatinternational.org/our-work/apr](http://www.heartbeatinternational.org/our-work/apr).

The abortion pill is a two-step process. The first pill, consisting of a chemical called mifepristone (or RU-486), blocks progesterone, a hormone that is essential for a baby to live in the womb. The second pill, misoprostol, brings on contractions to force the baby from the mother's uterus. If a woman has second thoughts about aborting her baby

after taking the first pill, the pregnancy has a chance to be saved through APR. The APR process provides a high-level dose of progesterone and can reverse the effects of mifepristone, giving a mother one last chance to choose life.

Women who are having second thoughts after taking the abortion pill will be able to contact Morning Star to schedule an immediate appointment to start the reversal process. In addition, as an affiliate of Heartbeat International, Morning Star will also receive direct referrals for APR appointments through their 24/7 contact center.

As a first step, Morning Star sonographers will provide an immediate ultrasound to ensure the pregnancy is still viable. Once the pregnancy is confirmed, trained Morning Star nurses will administer APR immediately, under the guidance of Dr. Mary Beth Higgins, Medical Director at Morning Star. In the weeks that follow, Morning Star will monitor the mother's pregnancy and provide additional ultrasounds to ensure she is on course with a healthy pregnancy.

Linda Plummer, Executive Director of Morning Star, says, "By becoming a part of the APR Network, Morning Star can become a quick and effective advocate in our community to save babies within this crucial time frame. Morning Star's continuing goal is to save even more mothers' hearts and the lives of their babies and APR is allowing us to do just that." ★



**SATURDAY  
October 3, 2020**

**Harrisburg City Island**  
Run at 8 AM - Walk at 10 AM

Register online, download your fundraising kit, and see the schedule at  
**[www.SupportMorningStar.com](http://www.SupportMorningStar.com)**

### Prizes and Medals

Overall Top Male and Female Runner  
& Top Male and Female Runner  
in each age category:  
14 and under, 15-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70+

**Special Prizes to the Top Two Fundraisers!**

**LIVE MUSIC  
FREE PANCAKE BREAKFAST  
FREE CITY ISLAND TROLLEY RIDES**

**Partner with Morning Star  
Become a Shooting  
Star Sponsor**

### Sponsorship Levels

**\$10,000 - LEGACY**

**\$5,000 - CHAMPION**

**\$2,500 - DEFENDER**

**\$1,000 - SUPPORTER**

**\$500 - FRIEND**

**Call 717-920-0411 or visit  
[SupportMorningStar.com](http://SupportMorningStar.com)**



## A LOOK INTO THE WOMB (Continued)

Morning Star's sonographers are a part of these very personal and emotional experiences of women seeing their babies for the first time. "To show someone that it's an actual baby and to see them change their mind is one of the most rewarding parts of this job," says Ann, a Registered Diagnostic Medical Sonographer (RDMS).

**Last year Morning Star provided 1,447 ultrasounds, a substantial increase from 1,119 in 2018!**



**ANN**

Ann gives a glimpse into a typical ultrasound appointment, "One of the most typical responses from our clients is, 'Oh, that's a baby!' If they are only a few weeks into their pregnancy, many women will exclaim, 'That little dot is my baby?!' Or, if they're further along in their pregnancy, moms will say, 'Oh, wow! That really looks like a baby!'" During their ultrasound appointments, Ann shows them Morning Star's seven-to-ten-week-old fetal models. These life-size replicas are invaluable in allowing moms to see and understand what their baby looks like.

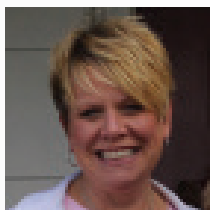
**In 2019, Morning Star provided medical services appointments to 713 women at risk for abortion, as compared to 561 in 2018.**

Lori, also an RDMS, says she loves being in the position to educate the mothers. "Many women don't know what to expect during their pregnancy. They don't know all of the changes their body will undergo and the transformations and growth that will take place with their baby from week to week. These ultrasounds are a wonderful tool to not only show them a visual picture, but to empower them with the knowledge they need to understand what is happening throughout their pregnancy."



**LORI**

During an ultrasound, Morning Star sonographers answer a large variety of questions from our clients, ranging from which parts of the baby they are looking at, whether it's a boy or a girl, and how the female reproductive system works. However, Lori says the most typical questions are "When am I due?" "Where is the heartbeat?" and "Does everything look normal?"



**ANGIE**

**575 women chose life in 2019, an increase of 95% from 2017!**

"Let's not forget the impact of the ultrasounds on the fathers of the babies," says Morning Star RDMS, Angie. "It is so important for the father of the baby to be at these appointments and to give the mother the support she needs. We

## TAKING ACTION

### YOUR Donation Makes an Impact on YOUR Community

#### 9 Ways to Support Morning Star

Every donation made to Morning Star has a direct impact on the lives of the women, men and families that come through our doors. Your support gives hope to vulnerable men and women faced with unplanned pregnancies and allows Morning Star to provide the life-saving services that saved the lives of 1,335 babies over the past three years.

#### Ways to Give:

**1. JOIN OUR CIRCLE OF FRIENDS** - Support Morning Star by becoming a monthly giver. Knowing that we can depend on your recurring gift allows Morning Star to better allocate our resources as we continue to grow. Go online to [www.SupportMorningStar.com](http://www.SupportMorningStar.com) to give by credit card or contact our office at 717-920-0411 to set up a recurring donation from your bank account.



#### **2. SPONSOR OUR BANQUET AND 5K RUN AND WALK -**

Sponsor Morning Star's two biggest fundraising events of the year, our annual Life Saving Banquet and our Shooting Star 5K Run and Walk for Life. Go to [www.SupportMorningStar.com](http://www.SupportMorningStar.com) or contact our office at 717-920-0411 to become a sponsor today!

always keep in mind that he is just as scared as she is, and when he sees the ultrasound and sees his baby for the first time, it is usually shock and disbelief.” Angie explains, “The mom has been experiencing pregnancy symptoms all along. The morning sickness, tiredness...but for the father, the ultrasound makes this real for him. It’s pretty emotional. Even the manliest man can cry when he sees his baby for the first time.”

Being the first person to see a new human being is probably one of the most rewarding parts of being a Morning Star sonographer. However, there are moments that can hit hard, both for our sonographers and the families. “My job is a gift,” says Angie, “but, like with all jobs, there are difficult times. For me it’s seeing a fetal demise. Even if the mother thinks she doesn’t want the pregnancy, it’s still a traumatic and emotional time.”



**GINA**

Gina, RDMS, who joined Morning Star in August of 2019, added to Angie’s sentiment, “One of the hardest parts is knowing that there are things you just cannot fix. We see women in all types of emotional stages at Morning Star. When there is a mother who is excited about her pregnancy but the ultrasound shows that her pregnancy is not viable...you know the grief that is coming behind this information.”

**Morning Star provided over 3,650 appointments to the more than 2,000 clients who visited our three clinics in 2019.**

The services Morning Star provides have an impact on Central PA like none other. “There’s so much more to this ministry than what many realize,” says Gina. “I heard about Morning Star when I first started school. My instructor was a volunteer, and I loved hearing about the impact Morning Star was making on the lives of others. Morning Star is about supporting women as a whole, both their mental and emotional needs. We come alongside women, from the beginning of pregnancy all the way through a child’s birth and beyond. I wanted to be a part of that. I have the skills that enable me to share in that, and that is a beautiful thing.”

Morning Star has opportunities for RDMS and other medical professionals interested in using their skills and expertise to support women or couples experiencing an unplanned pregnancy. For more information, contact Linda Plummer, Executive Director, at [lpummer@supportmorningstar.com](mailto:lpummer@supportmorningstar.com) or call 717-901-3377. ★



**3. LEAVE A LEGACY** - Remember Morning Star in your will or designate Morning Star as the beneficiary of your retirement plan to save lives for generations to come. Contact our office at 717-920-0411 for more information on planned giving.

**4. SHOP WITH AMAZONSMILE** - AmazonSmile is a website offered by Amazon with the same products, prices and shopping features as Amazon.com. When you shop at AmazonSmile, Amazon will donate 0.5% of the purchase price of eligible products to Morning Star. To get started, go to [smile.amazon.com](https://smile.amazon.com) and select Morning Star Pregnancy Services as the charity that you would like to support.

**5. DOUBLE YOUR IMPACT** - Does your workplace offer a Matching Gifts Program? Contact your Human Resources Department to see how you can double your impact.

**6. GIVE A TRIBUTE** - Honor or remember a loved one with a donation to Morning Star in their name. Morning Star will send a card to the person of your choice noting the contribution.

**7. BABY BOTTLE BLESSING** - Spare change saves lives! Through our Baby Bottle Blessing campaign, Morning Star provides empty bottles to organizations, churches and schools to fill with checks, cash or coins, then collects the filled bottles and provides a report of the funds raised. To schedule a Baby Bottle Blessing campaign or to learn more about our virtual Baby Bottle Blessing opportunities call 717-920-0411.

**8. RUN OR WALK AT OUR SHOOTING STAR 5K RUN AND WALK FOR LIFE** - Register to run or walk at our annual Shooting Star 5K Run and Walk for Life. Make it even more fun and form a team or join a team! Call, text, tweet, snapchat and message all of your friends and join together to fundraise for a great cause. Go to [www.SupportMorningStar.com](https://www.SupportMorningStar.com) for event information, to register and to create your fundraising page.

**9. RETURN THE ENCLOSED ENVELOPE** - Support Morning Star with a one-time donation or monthly support by completing and returning the envelope included in the Summer 2020 Newsletter.

Go to [www.SupportMorningStar.com](https://www.SupportMorningStar.com) for even more ways to give! ★

**FOR 48 YEARS,**  
**Morning Star has been**  
**an integral part of the**  
**Harrisburg community.**

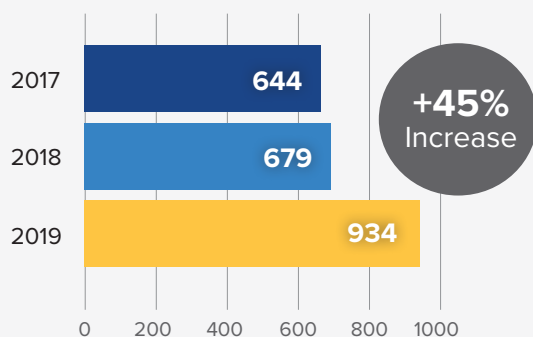
Morning Star provides pregnancy and sexual health services in a professional and caring environment. As we reflect on the last few years at Morning Star, we see hope, we see lives changed and we see dramatic growth.

2017  
295  
Chose  
Life

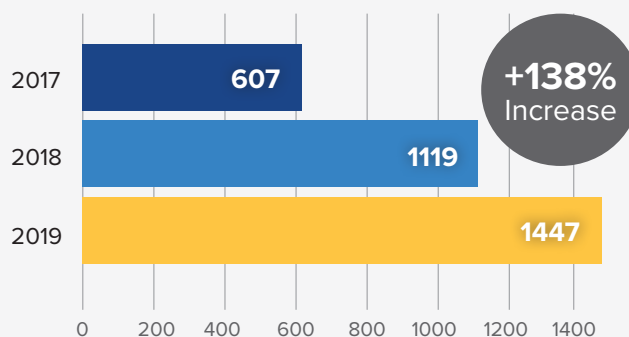
2019  
**575**  
Chose  
Life

**95%**  
**INCREASE**  
in Women  
Choosing Life!

Number of Clients  
Receiving STD Testing



Total Pregnancy Services Appointments  
Including Ultrasounds



2018 Client Visits:  
**3,296**

2019 Client Visits:  
**3,655**

Morning Star offers safe sleep education classes for new parents and provided

**50 Pack 'n Play**  
**cribs in 2019**

to mothers and fathers who did not have a safe place for their baby to sleep.



## Morning Star Launches New Website

### Unfiltered-Truth.com is a Resource for Teens, Parents and Educators

On June 8, Morning Star's Education Team launched [www.Unfiltered-Truth.com](http://www.Unfiltered-Truth.com), a brand new website for teens, parents and educators.

The new site provides local educators with information on Morning Star's Unfiltered-Truth Program, a Sexual Risk Avoidance (SRA) curriculum which lays the foundation for healthy and rewarding relationships. Students learn wise decision-making skills, effective communication tools and real-life relationship strategies. Unfiltered-Truth is based on an accepted public health model that communicates primary prevention strategies to empower youth to avoid high-risk behaviors and develop healthy relationships that set them up for a successful future. Unfiltered-Truth.com will allow teachers to communicate directly with our staff to schedule instructional sessions for their classes. In the 2019-2020 school year, before COVID-19 closed Pennsylvania schools, Morning Star's Sexual Integrity Program reached over 1,000 students.

#### We believe all youth deserve successful relationships.

School students who visit [www.Unfiltered-Truth.com](http://www.Unfiltered-Truth.com) will find more information about the lessons they received in class:

Character Development, Refusal Skills, Sexual Risk, Relationship Red Flags and more. Interactive programs, including quizzes and homework for students, will also be added to the website content.

Finally, [www.Unfiltered-Truth.com](http://www.Unfiltered-Truth.com) offers a section specifically for parents where they can find information about their teen's curriculum and review articles that support them. This page also highlights a new Morning Star service called Families Talking Together (FTT). FTT is designed to support parent-adolescent communication as parents strive to help their teens to become healthy, productive adults. Parents meet with a certified instructor in a short, 40-minute session to learn strategies on how to confidently talk with their teens. Leslie Moyer, Director of Educational Programs at Morning Star says, "Years of research have revealed that teens take the values they learn from their parents seriously. I am excited that Morning Star can offer this resource to parents in our community so they can positively impact the lives of their pre-teen children."

Parents can find more information about FTT and request a free virtual meeting with a Morning Star educator at [www.Unfiltered-Truth.com](http://www.Unfiltered-Truth.com). ★

## ANNUAL LIFE SAVING BANQUET

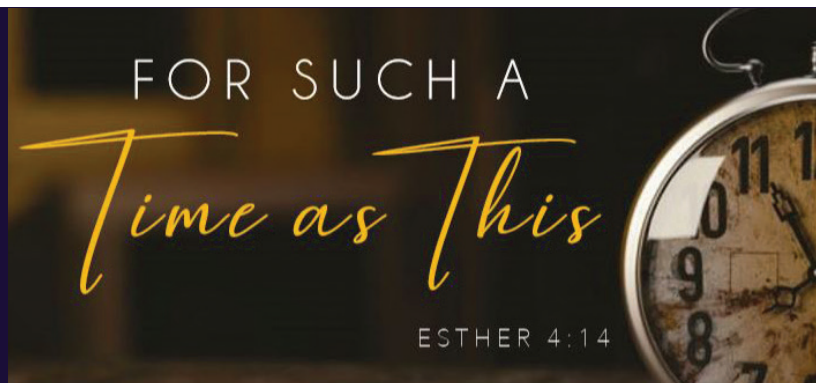
Sept. 3, 2020 | 6:30-7:00 PM

### VIRTUAL EVENT

Join us on September 3 for our  
Virtual Life Saving Banquet and help  
support Morning Star's life-saving services.

Plus, we have a  
**BIG ANNOUNCEMENT**  
you won't want to miss!

Call 717-920-0411  
or email [sdiecidue@supportmorningstar.com](mailto:sdiecidue@supportmorningstar.com)  
to request an invitation.



*The more families Morning Star can reach,  
the more lives we can save. To accomplish this  
mission, we must support the most vulnerable,  
educate our community and expand our reach.*

Partner with us to save lives.

**Legacy: \$10,000**

**Champion: \$5,000**

**Defender: \$2,500**

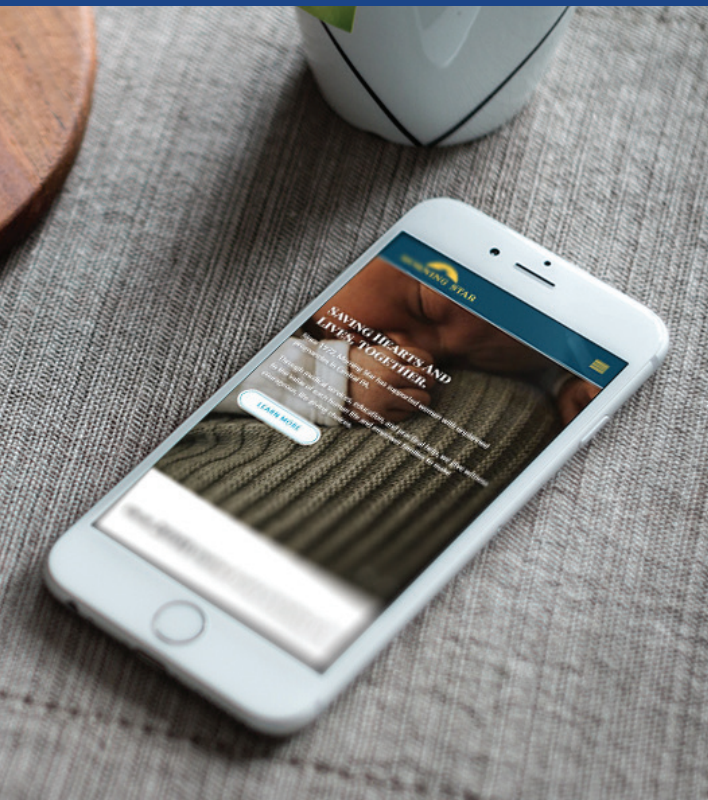
**Supporter: \$1,000**

Call 717-920-0411 or go to [www.SupportMorningStar.com](http://www.SupportMorningStar.com)  
for sponsorship opportunities.



3835 Walnut Street  
Harrisburg, PA 17109

Register for the Shooting Star 5K Run and Walk for Life & learn more about our Life Saving Banquet online at [www.SupportMorningStar.com](http://www.SupportMorningStar.com)



#### ANNOUNCEMENT

## The New SupportMorningStar.com

### Morning Star Releases Newly Designed Website for Supporters

In May, Morning Star unveiled our newly designed website, [www.SupportMorningStar.com](http://www.SupportMorningStar.com). To provide Morning Star supporters with a more user-friendly site, the Advancement Team created a new look and added valuable, up-to-date content and easier navigation.

Visitors will find pertinent information on the services Morning Star provides, updates on special events, volunteer opportunities and job openings, and a wish list of materials Morning Star needs to support our clients. The Advancement Team will continue to update and add new content to the website as we move forward.

For any questions, feedback or comments, please email [sdiecidue@supportmorningstar.com](mailto:sdiecidue@supportmorningstar.com). ★