



Vision Statement

**For all to make
courageous,
Life-giving
choices.**

Morning Star Offers Abortion Pill Reversal

This fall Morning Star will begin offering Abortion Pill Reversal as another medical pregnancy service. “We have been working on this process over the last year and we are excited and hopeful to finally be able to provide this Life-saving service to our community,” says Linda Plummer, Executive Director.

Sometimes, after taking the first abortion pill, known as mifepristone or RU-486, a woman will change her mind and want to continue with the pregnancy. APR is a method to counteract the effects of mifepristone. Mary Grap, Morning Star Nurse Clinic Manager, who will be administering the APR at Morning Star’s clinics, answers some of the most common questions surrounding APR... *(Continued on page 3)*

LIVE CONNECTED A Relationship Workshop for Mothers

On July 20, Morning Star launched the first in-person group educational class since the pandemic hit our community. Utilizing the new multi-purpose education room in the Harrisburg clinic, Live Connected is an 8-week, no-cost course geared toward first-time mothers. *(Continued on page 4)*



“ Even at times of trial and uncertainty, we at Morning Star Pregnancy Services are very thankful for the blessings that God has bestowed on us!

Linda Plummer
Executive Director

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Join Morning Star’s Circle of Friends online at www.SupportMorningStar.com

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

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.

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A LETTER FROM THE *Executive Director*

Morning Star's Vision for the Future...

Dear Morning Star Supporters,

Even at times of trial and uncertainty, we at Morning Star Pregnancy Services are very thankful for the blessings that God has bestowed on us! We realized our dream on November 16, 2020, when we moved into our new building. We are now just one mile from Planned Parenthood and closer to the women and men who need us most.

Our new location on North Front Street in Harrisburg gives us a better opportunity to provide three valuable programs that will enable us to further reduce abortions in our community:

Abortion Pill Reversal (APR). Planned Parenthood and other abortion providers have increasingly promoted chemical abortions through the abortion pill. In fact, they have won approval to do so remotely (over the phone or internet) so that a woman does not even visit a doctor, nurse or medical provider. **Morning Star will offer treatment to REVERSE the effects of the abortion pill.** (See article on front cover for more on this exciting news)

Expanded STI Testing. Through our new STI Testing Lab and a newly hired nurse clinic manager, **Morning Star is now able to offer HIV testing.** This



allows us to reach even more young people with life-saving and positive life-changing counseling. (See *Derrick's Story* on page 4)

Fatherhood Program. A father's support is critical in helping a mom choose Life for her unborn baby. Statistics show that **85% of mothers who have an abortion say they would have chosen Life if the father had been present or more involved.** Morning Star's new Nurse Clinic Manager, Stephen Morris, is eager to further develop a more robust Fatherhood Program at Morning Star. (Learn more about this program on page 3)

These initiatives are a big part of our Morning Star VISION going forward, but they're only PART of the exciting LIFE-AFFIRMING things happening here! Read more exciting news throughout this annual newsletter.

I look forward to seeing you at our Shooting Star 5K Run and Walk for Life this year on September 11, 2021, at City Island. ★

The Lord Jesus bless you!

Executive Director





Developing a Robust Fatherhood Program

Empowering Dads to Choose Life for their Babies

A father's support is critical in helping a mom choose Life for her unborn baby. Statistics show that 85% of mothers who have an abortion say they would have chosen Life if the father supported them in their pregnancy.

Morning Star's Nurse Clinic Manager, Stephen Morris, is eager to develop a robust Fatherhood Program. Steve knows the importance of listening to what is going on in the lives of fathers and asking about their hopes and plans for the future. "Once I have a good understanding of their situation, **I encourage them to take responsibility for their child. I emphasize that this is a decision they are making together and I want to help them to develop their identity in their relationship,**" explains Steve. "Having these kinds of talks with another guy makes it more relatable and I think they value that."

People may think men are hesitant to share their thoughts and emo-

Women know fathers are essential in their lives and the lives of their children.

tions on topics like family planning and sexual health, but Steve has found during these counseling sessions that dads are open and willing to explore these topics. "They appreciate that someone is listening and they are seeking affirmation for the good things they are doing, like providing for their partner and being committed," says Steve.

Our counselors know that moms often feel alone. They feel parenting isn't feasible because they don't have the emotional and physical support of the fathers. "Morning Star is helping dads stand in that gap," says Steve, "helping them to be present in such a significant event, even if it's not perfect."

Looking into the future, Steve envisions the Fatherhood Program growing to offer education and essential life skills. "So many of the men say they want to be a dad someday, but aren't ready 'now.' They are not prepared financially, they don't know what type of family structure they can create for their new baby, and they're worried about being a role model," explains Steve. By providing fathers with tools and resources they can integrate into their daily lives, Morning Star knows these dads will be more present in the lives of their children. ★

Morning Star Offers Abortion Pill Reversal

(Continued from front cover)

How does APR work?

Mifepristone blocks the progesterone receptors causing the pregnancy to begin to separate from the uterine lining. If the pregnancy is viable and progesterone is given according to protocol, the progesterone can overcome the affects of the first abortion pill, allowing the pregnancy to continue.

How effective is APR?

APR has proven to be 68% effective if given within the first 72 hours after taking the first abortion pill.

Is APR safe?

There have been about 2,000 successful reversals to date, with no known side effects or birth defects noted. There is no evidence that taking mifepristone will increase the rate of birth defects. Progesterone has been proven safe during pregnancy when used to support a pregnancy for other reasons.

Can APR be used if the client has taken the second abortion pill?

The second abortion pill works to contract the uterus and expel the pregnancy, and is 95% effective in terminating a pregnancy. Therefore APR is most effective when given within the first 72 hours of taking the first pill. The sooner APR is started, the better chance of success.

How does a client find out about APR?

If a client visits Morning Star and is considering the abortion pill, information on APR is provided. Women may also find us online through the Abortion Pill Network.

What happens after a client reaches out?

When a client contacts Morning Star for APR, our sonographers will perform an ultrasound to determine viability of the pregnancy. If appropriate, progesterone will be administered. The client will then be referred to an OB doctor for follow-up and to receive prenatal care. ★

Morning Star Includes HIV in STI Testing

Derrick was afraid his latest partner might have given him a sexually transmitted infection (STI), gonorrhea specifically. Too young to drive, Derrick was able to find a ride to Morning Star for a free STI testing appointment. However, after sitting down with one of Morning Star's Nurse Clinic Managers and discussing his sexual health and the other seven sexual relationships he had been in, Derrick came to understand he also needed to be tested for HIV. Furthermore, during his confidential counseling appointment, Derrick began to open up and talk to his counselor about the sexual abuse he had endured over the years....*

Every day Morning Star counselors listen to and educate young women and men like Derrick. Our counselors understand the importance of providing free STI testing and treatment services to our community. "So many people don't understand how an STI doesn't just affect their physical health, but their emotional health and their future goals," remarks Steve Morris, Nurse Clinic Manager. According to the Center for Disease Control (CDC), there were 26 million new STIs in 2018, with almost half of new STIs among youth aged 15-24. Additionally, the CDC reported that one in five people in the US have an STI, totaling

nearly 68 million infections in 2018. Left untreated, STIs can cause many health issues including male and female infertility, permanent damage to a woman's reproductive system, pregnancy complications and health risks to unborn babies.

Morning Star provides free testing for gonorrhea, syphilis, chlamydia and, as of 2021, HIV. From 2017 to 2019, Morning Star saw a 45% increase in the number of clients who came for STI testing. "HIV is an important test to include for our clients," explains Steve. "The experience of getting an HIV test causes them to reevaluate their perspective on sex and relationships. Knowing their HIV status helps them feel as though they can make a fresh start as we encourage sexual integrity and healthy relationships."

If a client tests positive for chlamydia, gonorrhea and/or syphilis, Morning Star's Nurse Clinic Managers can start them on a treatment program immediately. If exam results come back positive for HIV, Morning Star staff members are able to refer them to a physician for ongoing management care.

Morning Star provides STI testing five days a week, more than any other free clinic. Morning Star even continued STI testing throughout the

pandemic, when the PA Department of Health was not providing those services. Through both counseling and treatment, Morning Star is supporting clients' sexual health and well-being—empowering women and men to choose healthy relationships moving forward. ★

**Name changed for confidentiality*



Live Connected

A Relationship Workshop for Mothers

(Continued from front cover)

The one hour and 15-minute segments will explore the women's roles as mothers, healthy relationships and effective communication skills, and being intentional about who comes into their children's lives. In addition, topics on external influences such as financial literacy, technology and stress management will also be covered.

"We know that healthy connections are a vital component of every part of our lives, especially as mothers," says Leslie Moyer, Director of Educational Programs. "As we sit with our clients and counsel them on so many of these issues individually, we felt it necessary to provide this education to more women."

After completion of the first 8-week workshop, Morning Star will begin offering the educational classes twice a week, at two different times, to accommodate attendees' busy schedules. All participants will receive educational materials free of cost. In addition, incentives will be given to those moms who complete five sessions and layettes and bonus items will be given to those who complete all eight educational classes.

Many times, when an abortion-vulnerable mother comes to Morning Star and ultimately chooses Life for her child, Morning Star refers her to a doctor and transitions her into prenatal care. "We build such close relationships with these moms and want to continue to support them through childbirth," explains Linda Plummer. "Live Connected will help us bridge that gap." ★



“Linda, we’ve got you!”
 Dr. Archer visually demonstrates the support our donors give Linda and Morning Star staff in providing essential Life-saving services to our community.



2021 Annual Life Saving Banquet Makes History

Thanks to our Morning Star families, we surpassed our fundraising goal of \$175,000. Holding a two-night event to accommodate COVID-19 restrictions, and with a most memorable keynote speaker, Dr. Ron Archer, Morning Star raised \$226,552.89 making our 2021 banquet

THE MOST SUCCESSFUL BANQUET IN MORNING STAR’S 49-YEAR HISTORY!

You can watch the banquet recap at www.SupportMorningStar.com.

...like a tree firmly planted by streams of water, which yields its fruit in season and its leaf does not wither— whatever (they) do prospers.
- PSALM 1:3 (NASB)

Morning Star to Celebrate 50 years at the 2022 Annual Life Saving Banquet!

Keynote Speaker - Nicole C. Mullen

Morning Star is excited to announce Nicole C. Mullen as our Keynote Speaker at the 2022 Annual Life Saving Banquet. Held at the Radisson Hotel on **Thursday, April 28, 2022**, attendees will be captivated through words and song as Nicole delivers a powerful message.

Nicole C. Mullen has long been known as an undeniably talented artist who is unafraid to be vulnerable and transparent with her audience. She continues a legacy of sincerity and artistic integrity that in the past has been recognized with two Grammy® Award nominations and nine Gospel Music Association Dove Awards.

Nicole, at one time a single mother, is familiar with broken relationships. She can relate to those who have walked through abuse, betrayal and hurt. She has learned to forgive and come out of a ‘night season’ stronger than she’s ever been before. **“I want people to be healed, released, empowered, and encouraged.” ★**



NEW HARRISBURG CLINIC IMPACTS COMMUNITY

With Double the Clinic Space Morning Star Advances our Mission

For 49 years Morning Star has been an integral part of the Harrisburg community, providing pregnancy and sexual health services in a professional and caring environment. Over the last three years, Morning Star saw dramatic growth, creating a new need: a larger clinic located where we are needed most. In the fall

of last year, Morning Star moved into a 6,000-square-foot building in the city of Harrisburg, just one mile from Planned Parenthood. Take a look at how this new clinic impacts our community for generations to come! ★



Together, we will increase the number of services we provide to save LIVES and impact LIFE.

Help us reach our \$1 million Capital Campaign goal by sending your gift in the enclosed envelope.



1 Dedicated STI Testing Lab

Our new, dedicated STI Testing Lab accommodates up to six STI testing appointments each day, **increasing the number of men and women we see for STI testing and treatment by up to 100%**. Through this increase, Morning Star reaches even more individuals at risk for abortion before they experience an unplanned pregnancy.



2 Fourth Counseling Room

With the addition of a fourth counseling room, Morning Star's patient advocates have the space available to counsel **more than 700 additional clients each year**, providing ongoing support as they choose Life for their babies.



3 A Second Ultrasound and Exam Room

Morning Star's new location doubles our ultrasound and examination rooms. With this additional capacity, our sonographers are able to provide Life-saving ultrasounds to even more pregnant women in our community, **up to an additional 1,000 ultrasounds each year**.



4 Multi-Purpose Education Room

With a new multi-purpose education room and group meeting space, Morning Star is immediately **increasing the number of women, men and families who can attend in-person education classes and workshops**.



5 Baby Boutique

When a mom completes an education class at Morning Star, a counselor takes her to our Baby Boutique where she can select baby clothes and handmade blankets. This opportunity **creates a special moment** for a mom as she looks forward to the arrival of her new baby.

Unfiltered Truth gets High Marks with Youth

In the 2020-2021 school year, Morning Star taught the principles of sexual risk avoidance (SRA) both in-person and remotely in nine middle and high schools as well as two community groups. Even with the difficulties due to the pandemic, Morning Star instructors engaged almost 900 students in several days of lessons.

Upon completion of these classes, student feedback surveys reflected the following themes: making good decisions about current and future relationships, the skills to resist risk behaviors, smart tips for safe dating and strategies for boundary and goal setting. (See right for responses)

“We are proud of the student engagement we were able to achieve,” says Leslie Moyer, Director of Educational Programs. “One teacher commented that the students were eager to continue talking about the lessons days after we left, adding that he was ‘impressed with the amount of knowledge the students learned.’”

Morning Star’s youth education program is called Unfiltered-Truth because teens want accurate and honest information. Unfiltered-Truth recognizes that the consequences of teen sexual activity are more than

Student Responses:

“I think I will be better about saying NO when in a pressured situation.”

“I would recommend my family to take some of these lessons. It will help us become stronger. These classes would help me improve myself mentally and personally.”

“I learned how to keep good relationships. I also learned how to spot red flags in relationships, and what to do when these red flags are spotted.”

“I’m glad my school presented these classes. They taught me the appropriate steps of intimacy, the foundational goals with-in relationships, relationship strengthening tips, break up advice, and the need to focus on future goals.”

becoming a teenage parent or avoiding sexually transmitted infections, but also the documented emotional problems involved in sexual relationships without long term commitment. Teen welfare is best served when the healthiest outcomes are emphasized and teens are empowered to avoid damaging and risky behaviors.



#unfiltered

Morning Star offers a second educational program, Families Talking Together, supporting parents’ communication with their young teens on sex and other risks. Parents meet with a certified instructor in short 40-minute sessions as they begin to navigate the teen years. They learn strategies on how to confidently talk with their children about risk behaviors.

To find out more about the educational programs Morning Star offers, contact Leslie Moyer at (717) 901-3375 or email lmoyer@unfiltered-truth.com. ★

WHY YOUR GIFT MATTERS!

A staggering **2,007 babies were lost to abortion in 2019** just within our surrounding communities, according to the PA Department of Health’s 2019 Abortion Statistics Report.

YOUR donations will give women who may be considering abortion the resources and empowerment to choose Life for their babies. You can support these services by mailing a donation to Morning Star in the enclosed envelope. ★





SHOOTING STAR 5K RUN AND WALK FOR LIFE



Saturday, September 11, 2021

Harrisburg City Island

Run at 8 AM - Walk at 10 AM

Once each year, Morning Star supporters grab their sneakers and make a difference in the lives of those facing unplanned pregnancies.

Reaching out makes a difference.

The Shooting Star 5K Run & Walk for Life is an effective fundraiser for Morning Star because of your efforts. When you walk or run, when you invite friends to join your team, or when you recruit sponsors, you are spreading the word about Morning Star's Life-saving services, and you are multiplying our support! And because the 5K Run and Walk event brings in needed operational funds, YOU are changing lives, one at a time.

We Make it Easy:

1. Register Online
2. Download our Fundraising Tool Kit
3. Create an Online Donation Page
www.SupportMorningStar.com

5K AWARDS

- ★ Overall top male and female runner - medals & prizes
- ★ First place male and female runners in each age category - medals & prizes
- ★ Second place runners - medals

5K Run Age Categories:

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Special Prizes to the Top Three Fundraisers!

CHIP TIMED 5K

LIVE MUSIC

PANCAKE & SAUSAGE BREAKFAST

CITY ISLAND TRAIN & CAROUSEL RIDES

BOUNCE HOUSE



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

Sponsorship Levels

\$10,000 - LEGACY

\$5,000 - CHAMPION

\$2,500 - DEFENDER

\$1,000 - SUPPORTER

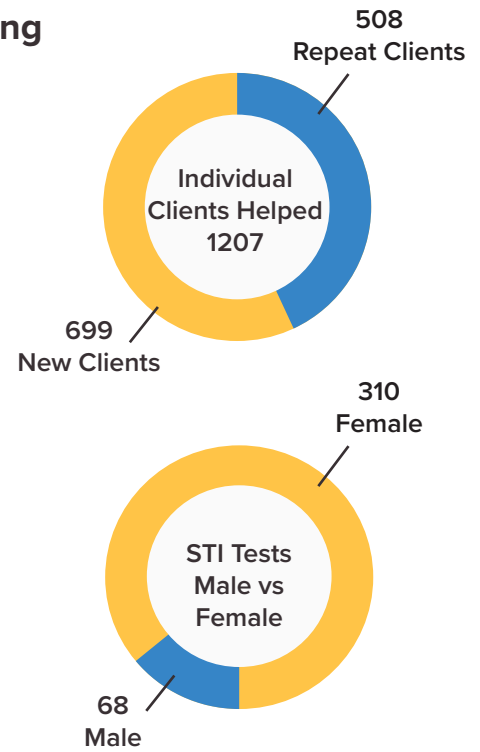
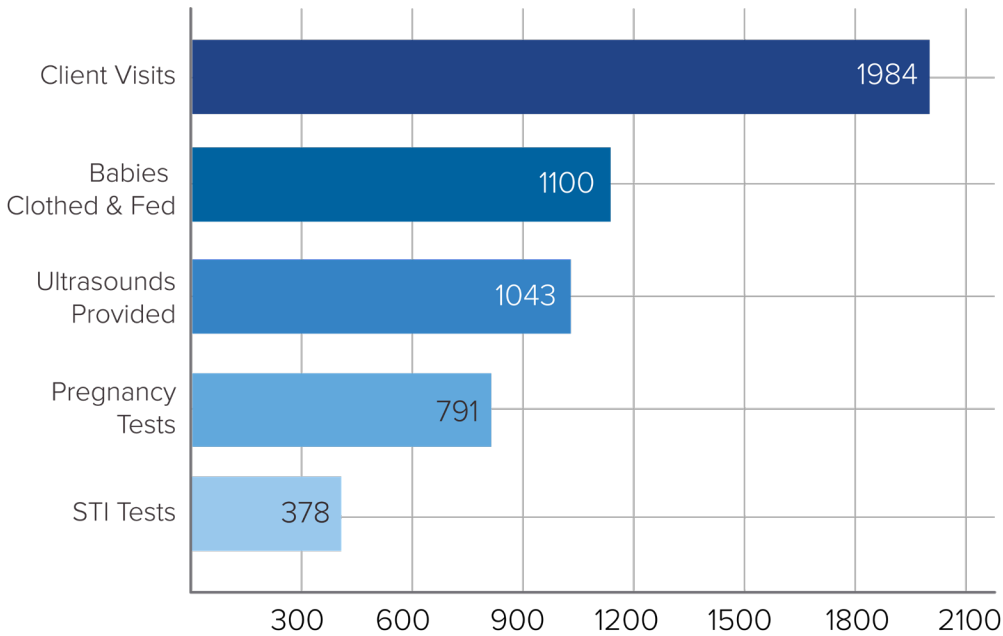
\$500 - FRIEND

To learn more about
sponsoring:

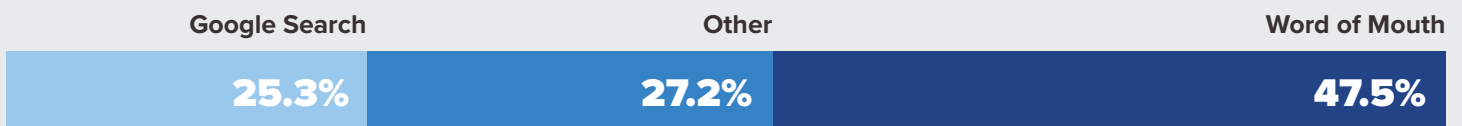
Call 717-734-4630 or visit
SupportMorningStar.com

OUR IMPACT ON CENTRAL PA DURING THE PANDEMIC IN 2020

While other businesses and organizations had to close, Morning Star remained open—saving hearts and lives.



How do clients hear about us?



488 Women considering abortion **CHOSE LIFE!**
That's 11 1/2 school buses full of eager kindergarteners in 2026!



**Based on a 42-passenger bus*

At the Heart of Morning Star - Our Volunteers

19 years – Listener. Advocate. Counselor. Supporter.

God placed Janet on a path 19 years ago and she has been the ministering hands, the non-judgmental ears and the heart of Morning Star ever since.

After retiring from elementary teaching in upstate New York, Janet and husband, Dave, moved into the Harrisburg area and were looking for a way to give back to their new community. At church one Sunday, Janet saw a Morning Star volunteer announcement in the bulletin. “I knew I was being directed by God to go to Morning Star,” says Janet.

In the fall of 2002, Janet underwent training and became a Morning Star counselor. “I was so happy to be able to make a difference in our community. But as I reflect back, I think counseling made just as much of an impact on me,” says Janet.

“Being able to open yourself up to listening, without judgement, as women and men trust their fears, struggles, doubts, and life hardships with you...it’s a humbling and eye-opening experience.”

Janet recalls a particular woman who had several children with different fathers. The woman’s own mother had gotten her into drugs and prostitution by the age of 16.

Janet explains, “I remember talking with her and coming to realize these hardships, some very traumatizing, many people endure.” Affected by this mother’s story, as well as so many others, Janet began to understand this was just the beginning of her own personal journey. “I knew God had a lot for me to learn on this path. I tried to be a good listener, to never judge, and to provide them with education and referrals so they felt supported and not alone in their situation.”

For 17 years Janet counseled clients who came to Morning Star for unplanned pregnancies, STI testing and materials support. Then, in 2019, Janet transitioned into the role of organizing the material donations. From diapers and formula to homemade receiving blankets and baby outfits, Janet and a team of volunteers organize the donated items each week. Last year, during financial hardships in our community due to COVID-19, Morning Star clothed and fed 1,100 babies. “I get a kick out of seeing the baby clothes, making a layette basket for a mom, always thinking in the back of my mind the basket is a blessing to whoever receives it,” says Janet.

Dave, Janet’s husband of 53 years, is



Janet and Dave Tanner

also an active volunteer at Morning Star, helping to move or repair things in our clinics and administrative buildings. Morning Star is grateful for the support of Janet and Dave, and the other volunteers in Middletown, New Cumberland and Harrisburg. **Morning Star would not have the community outreach and impact that we do without our volunteer support!**

“19 years ago, one of the things that impressed me when I came to Morning Star,” reflects Janet, “was the group of people that had such a heart and compassion for Life...and it has carried through all these years.” ★

To complete a volunteer application, go to www.SupportMorningStar.com.

Do you have a heart...

*for the unborn?
for seeing lives changed?
for a healthy community?*

Circle of Friends is a special group of supporters we count on to provide sustaining funds each month. Being able to count on regular monthly giving empowers our team to move our mission forward in confidence knowing we are securely supported as we provide essential services to the moms and dads in our community.

Join today! Call 717-734-4630 or go to www.SupportMorningStar.com





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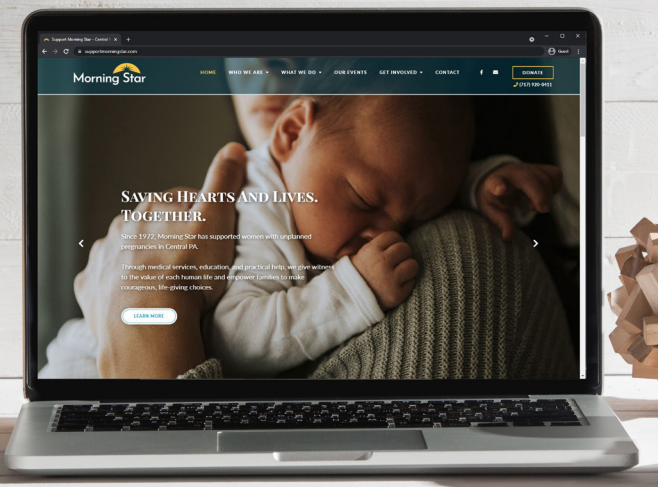
Register for the Shooting Star 5K Run and Walk for Life & learn more about our Life Saving Banquet online at www.SupportMorningStar.com

Be Informed and Subscribe Today!

Do you want to be more informed about the ministry you support?

Sign up to receive your Morning Star Updates! Learn about the lives being saved in our community, details about the services and programs Morning Star provides and the different ways you can get involved.

Go to SupportMorningStar.com. At the bottom of the home page enter your name and email address. Click on the submit button and you will begin receiving the latest news about the mission you believe in. It's that easy! ★



Morning Star Pregnancy Services is a tax exempt organization recognized by the Internal Revenue Service under section 501 (c)(3) of the Internal Revenue Code.

All contributions to Morning Star Pregnancy Services are tax deductible. The official registration and financial information of Morning Star Pregnancy Services may be obtained from our office by calling (717) 901-3377, or from the Pennsylvania Department of State by calling them toll-free within PA at 1-800-732-0999. Registration does not imply endorsement.