

LIFE ISSUES Q & A

Q: DOES THE CHURCH DO ANYTHING FOR WOMEN WITH UNEXPECTED PREGNANCIES, OR FAMILY MEMBERS TRYING TO SUPPORT THEM?

Yes, while the Church wants to do more, through *Catholic Social Services* in Lincoln the Church provides financial support as well as housing. CSS helps cover expenses such as rent, utilities, and medical bills, giving out more than \$46,000 in the first three months of 2022. CSS also provides counseling services as well as food and meal services, diapers, and clothing. In addition to financial support, CSS in Lincoln provides housing for women of all faiths and ethnicities escaping domestic violence or abortion in the *St. Gianna Women's Homes*. St Gianna's also provides employment and education assistance as well as counseling services. Since opening, they have helped over 280 women and 360 children, provided 123,000 nights of housing, and helped save 41 babies from abortion.

There are other supports for mothers and families offered through the Church in Lincoln. Volunteers from NAM in the *Society of St. Vincent de Paul* make home visits and help connect struggling individuals and families with agencies and programs which can help. *St. Mary's and Christo Rey* parishes, along with many other communities in Lincoln, have food pantries. And *Embrace Grace* here at NAM is a support group for single and pregnant women.

Members of the Church can also direct women to *Women's Care Center* and *Birthright of Lincoln* which offer free pregnancy tests and ultrasounds, counseling, and referrals for further financial, medical, and housing services. If one is facing homelessness, Lincoln offers a public service called *All Doors Lead Home Coordinated Entry System* to help.

CSS and St. Gianna's
402-474-1600

Society of St. Vincent de Paul
402-HELP YOU
www.lincolnsvdpcouncil.org

Food pantries in Lincoln
www.foodpantries.org

Embrace Grace
namembracegrace@gmail.com
Lizzy Kuehl 402-540-4037
Maria Stitt 402-525-4972

Women's Care Center
402-423-0533
5632 S. 48th St

Pregnancy Center of Lincoln
402-483-4247
III Piazza Terrace

Birthright of Lincoln
402-466-2609
4770 Linden St

All Doors Lead Home
Contacts:
2. Matt Talbot Kitchen
402-477-4116
3. People's City Mission
402-475-1303

Q; DOES THE CHURCH DO ANYTHING FOR MOTHERS WHO HAVE HAD AN ABORTION, OR FATHERS WHO HAVE SUFFERED BECAUSE OF ABORTION?

Nothing we can do is too big for God's mercy and Christ, through the ministry of the Church, is anxious to embrace and heal those suffering because of abortion. Project Rachel provides support and fosters healing for women and men. Additionally, Rachel's Vineyard provides weekend retreats for healing after abortion, and these retreats are open to women, men, couples, siblings, and others. Most importantly, through the Sacrament of Confession, the Church makes available Christ's loving mercy and healing.

WWW.HOPEAFTERABORTION.COM

1-888-456-HOPE (4673)

PROJECTRACHEL@CSSISUS.ORG

WWW.SUPPORTAFTERABORTION.COM



Q: IS THE CHURCH REALLY JUST PRO-BIRTH, OR DOES THE CHURCH HELP CHILDREN AFTER THEY ARE BORN?

Through Catholic Social Services, the Church strives to do more and more for children. CSS helps pay bills, buy diapers, and much more. Plus, through the St. Gianna Homes, mothers and their children are provided housing, food, and other forms of aid. The Church also supports the adoption services provided by Nebraska Children's Home Society and the Lutheran Family Services of Nebraska. Additionally, the Church desires to walk with mothers, fathers, and their children, offering all kinds of support through the various parish groups here at North American Martyrs. For example, a mother can reach out to Women of Martyrs, a father can reach out to Martyrs Men or the Knights of Columbus, or both can attend a couples Bible study or Alpha or RCIA. In these groups, they will find a welcoming community of men and women who are followers of Jesus and who therefore will strive to help in any way they can.



Q: What about in cases in which the mother's life is at risk? Can she get an abortion then?

There are certainly times when a pregnancy can lead to serious complications, some of which are life-threatening to both the child and the mother. However, in these situations an abortion is not necessary and can even pose more dangers for the mother.

For example, *preeclampsia* is a potentially fatal blood pressure condition that can develop in pregnancy. An abortion can take 1-3 days to complete, leaving the mother in risk for the whole duration. On the other hand, a C-section can be done within an hour, thus serving as a better option for mothers in an emergency situation.

In short, doctors can morally perform an intervention to address a serious medical issue even if doing so might bring about the death of the child.

The clear distinction between such an intervention and an abortion is the intended goal. In the case of a legitimate medical intervention, the goal is to save the mother and everything possible is done to ensure the survival of the child as well. In the case of an *ectopic pregnancy*, the affected tissue with the embryo can be morally removed because the intention is not the death of the embryo. For another example, if the mother develops *uterine cancer while pregnant*, the intention of the doctor is to remove the cancerous tissue, and the unintended result is the loss of the child's life.

As medical technology advances, procedures will be able to ensure the safety and health of the mother and might one day save the lives of children at any stage of development.

Q: IF THE CHURCH IS AGAINST ABORTION, WHY DOESN'T SHE ENDORSE CONTRACEPTION?

It is true that the Church is against any contraceptive act or method by which one intentionally inhibits his or her fertility. However, this does not mean that she desires couples to have children beyond their means to support. The Church promotes methods of family planning which, when properly followed, can be just as effective at avoiding pregnancy as oral or barrier contraceptives but which do not work against one's fertility and which respect God's plan for marital love. For more information on these methods of family planning, see the list of resources provided by the Lincoln Diocese Family Life Office at www.lincolndiocese.org/nfp/nfp-resources-and-support.

What can I do to help?

- Consider making a **financial donation** to Catholic Social Services and St. Gianna's to help support their efforts and expand their outreach so they can help even more women and children.
- **Volunteer** with the Society of St. Vincent de Paul here at Martyrs.
- Consider heading up a **support group**, such as Embrace Legacy, for dads. Reach out to Mark Heffley or Fr. Hall if you're interested.
- You can also **reach out to the parish office** and we would be happy to direct you to different places of need.