

LIFELINES

OFFICIAL NEWSLETTER OF
THE PREGNANCY RESOURCE
CENTER OF METRO
RICHMOND



A Special Walk for Life Issue

WHY I WALK FOR LIFE

BY ALISHA MITCHELL,
DIRECTOR OF DEVELOPMENT

Some of my fondest childhood memories were made at the Walk for Life events that helped raise funds for the PRC of Metro Richmond. I remember being so excited to raise enough to earn a t-shirt, to go get my face painted, and to be toted around with my sister in a little red wagon my dad lovingly pulled us down Monument Avenue in. This walk was an annual tradition in my family. My mother volunteered as a patient advocate at the center, so naturally we were raised with a love for LIFE.

My beautiful mom passed away in 2000 from cancer, but even though her life was cut short, her legacy lives on. Years after her passing, my dad received a phone call from a woman who was a patient she'd counseled at the PRC years prior.

The woman didn't know she had passed, and she was calling to thank my mom for helping her to make the best decision of her life: *keeping her baby*. My dad remembers hearing a young child playing and laughing in the background. *The sound of life. The sound of legacy. The sound of generations forever changed.*

Now, I Walk for Life in her memory, which is the same reason I work at the PRC today. My mom was so passionate about helping women choose life for themselves and for their children, and about helping them find the support and resources they need to parent. Most of all, she was passionate about sharing the gospel of Jesus Christ, because He had changed her own life so radically.

I Walk for Life because my mom passed those passions down to me, and because I carry her memory with every step. I Walk for Life because every life matters, every single one has purpose in God's eyes and in His plan: the lives of the unborn, and the lives of the women who carry them in their wombs. I Walk for Life because of lives lost and lives stolen. I Walk for Life so that more women can be impacted by what the PRC has to offer and find the life changing hope and light of Jesus.

Why do you Walk for Life? Tell us by sending an email to: reachout@prcrichmond.org, we'd love to hear your story.

83% of women who have had abortions say that had they received loving support; they may have made a different decision. Will you Walk for Life to help us offer this kind of loving support to more women?

*According to a study done by the Vitae Foundation

PRC'S ANNUAL WALK FOR LIFE



It's finally Spring, and time for a walk in the park!

The Pregnancy Resource Center (PRC) of Metro Richmond's annual Walk for Life will be a wonderful spring event at Deep Run Park again this year, conveniently located in western Henrico County! Last year was incredible and the most successful Walk we have ever seen, and we are even more excited for this year as **we are also celebrating 40 years of service to men and women facing unplanned pregnancies!**

In addition to 2022 being our 40th Anniversary, **we are also gearing up for a huge MOVE of our Willow Lawn location this year!** Needless to say, the funds you raise are answers to our prayers and will make this move possible!

The PRC Walk for Life is a fundraising event for the whole family! The walk is a non-competitive, easy two-mile walk, and the path is stroller friendly. Light breakfast items will be provided. Stay for fellowship and lunch afterwards! If you are unable to join us on April 30th, you may still collect pledges and then walk on your own.

Mark your calendar for Saturday, April 30th and head to friendsofprcrichmond.org now to register as a Walker and start raising funds today!

Funds raised go to support the vital services the PRC of Metro Richmond offers to women and men unprepared for pregnancy in the RVA community.

Be a Light for Life + Join us!

REGISTER OR DONATE TODAY AT WWW.FRIENDSOFPRCRICHMOND.ORG

REGISTRATION STARTS AT 9:15AM | WALK BEGINS AT 10:00AM

EVENT LOCATION: DEEP RUN PARK, HENRICO COUNTY
9900 RIDGEFIELD PARKWAY, RICHMOND, VA 23233 | SHELTERS 4 & 5



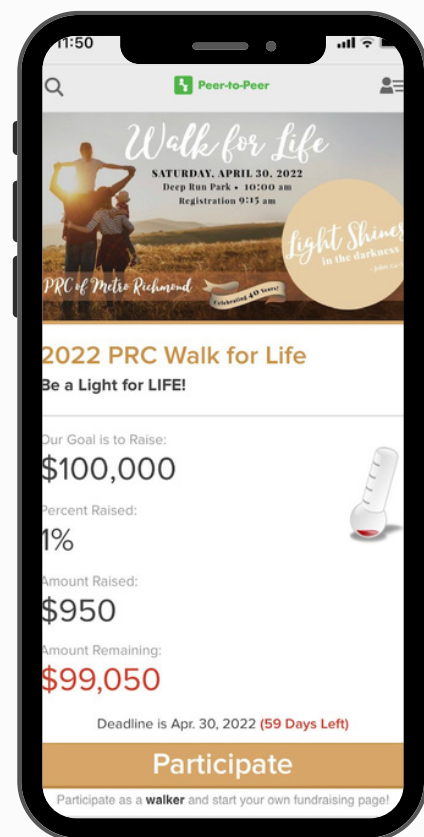
WE NEED WFL AMBASSADORS!

ARE YOU INTERESTED IN LEADING A TEAM OF WALKERS OR RALLYING YOUR CHURCH FAMILY TO JOIN IN THE FUNDRAISING? CONTACT ANNE GREENWALD AT 804-673-4150 OR AGREENWALD@PRCRICHMOND.ORG FOR MORE INFORMATION ON HOW TO BECOME A WALK FOR LIFE AMBASSADOR FOR THE PRC.

WALK FOR LIFE FAQs

BEING A WALKER IS AS EASY AS 1, 2, 3...

- 1. REGISTER ONLINE or CALL US** - Go to friendsofprcrichmond.org and click the link in the banner at the top of the page to register. After registering, you can customize your page and ask for sponsors by emailing your personalized webpage to family and friends, and also by sharing on social media. If someone wants to pledge or donate in person, you can add it to your online total. *Paper pledge forms also available upon request.* If you opt to use the paper form, please be sure yours and your sponsors' information is complete and easy to read.
- 2. RAISE FUNDS** - Ask everyone you know to sponsor you! Let them know why you believe in the mission of the PRC. You'll be surprised at the number of people who will say **YES!** Ask neighbors, co-workers, family, and friends.
- 3. RECRUIT FRIENDS** - The Walk for Life is fun! It is even more fun if you come with people you know! More walkers means more sponsors and pledges, resulting in greater financial support for the very important services of the PRC of Metro Richmond. Become a WFL Ambassador to lead a team and recruit your church or organization!



WHAT YOU NEED TO KNOW:

You don't have to collect money...

You do not have to collect your pledges, you can simply have sponsors give through your online Walk page, or, if you are using paper pledge sheets, just turn them in at the Walk for Life, or mail to the PRC of Metro Richmond. If sponsors want to give you money, please mark "Paid Cash" or "Paid Check" below their name on your pledge sheet or enter it online as a cash or check donation received. *Unsure about how to use the online Walk page? WE CAN HELP YOU! Call our office at 804-676-4150 for assistance.*

You can walk anywhere, anytime...

We look forward to walking and celebrating with our fundraising walkers but if you can't be there, just walk on your own and make sure all your pledges are entered online. If using paper sheets, you can mail in your paper pledge form or bring it by our office. (1510 Willow Lawn Drive Ste 200, Richmond 23230)

You only have to walk 2 miles...

The walk course is an easy 2-mile route at Deep Run Park. Sponsorships are not per-mile but are for participating in the event and raising funds for The PRC. Join us after the walk for fellowship and a light lunch provided by Knights of Columbus.

We might walk in the rain...

The Walk for Life happens rain or shine so bring an umbrella or walk on your own another time if you like! Last year's weather was absolutely perfect, so we are praying for another day just like it!

The more funds you raise, the more prizes you can win...

Walk for Life T-Shirts and Gift Certificates for Dinner for Two are up for grabs! See below for the details!



RAISE FUNDS + WIN PRIZES!

RAISE \$250 IN PLEDGES AND RECEIVE A 2022 WALK FOR LIFE T-SHIRT. RAISE \$1,250 IN PLEDGES AND RECEIVE A GIFT CERTIFICATE FOR DINNER FOR TWO. PRIZES ARE CUMULATIVE, SO RAISE THE HIGHEST LEVEL OF PLEDGES AND RECEIVE BOTH GIFTS!

**Only sponsorships with complete address details will be included towards incentives.*



1510 Willow Lawn Drive, Suite 200
Richmond, VA 23230-3024

Light Shines in the darkness

John 1:4-5

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YOUR PARTNERSHIP IS MAKING A DIFFERENCE!

Each day, we depend on God's grace and the support of our faithful partners to keep our doors open. We are open approximately 250 days a year and our daily cost to operate both the Willow Lawn and Midlothian clinics and provide all of our services free of charge is about \$3,760 per day. Thank you to all who have faithfully given to our ministry over the past 40 years. Your partnership helps provide professional, respectful, and caring assistance to women and men who are facing an unplanned pregnancy. With your help, we offer the following free and confidential services to our clients.

Professional Pregnancy Testing • 24-Hour Helpline • Limited Ultrasounds • STD Screening • Confidential Pregnancy Options Counseling • Fatherhood Ministry • Parenting Classes • Mom's Support Groups • Material Goods Assistance • Sexual Integrity Training for Churches and Schools • Post-Abortion Recovery Programs

Please scan this QR code to give through our online giving page or send a gift in the enclosed envelope, thank you for your partnership!



WHO WE SERVED IN 2021:

