

MARK YOUR CALENDAR!

Healing Rain

9th Annual Fundraising Banquet
Friday, April 16, 2010
Blue Mountain Community Church
Palmerton, PA

Watch your mailbox for your invitation to our annual banquet. In addition to an **exceptional dinner** and **inspiring musical entertainment**, we will also be holding a **“Unique Silent Auction,”** featuring many quality gifts and services. All proceeds benefit our clients by allowing us to continue to offer our services.

During the banquet’s program, you will hear **personal stories** of those whose lives have been changed through the services of Care Net of Carbon County, and witness firsthand the benefits **right here in our community**.

If you do not receive your invitation by March 26, please call us at 610-379-0411 and we’ll get it to you ASAP. *Please join us!*

CHECK OUT OUR NEW WEB SITE!

Our web site has received a much-needed facelift and now has more information than ever!

Check out carenetcarbon.org to see our new look. The web site has interactive features and is loaded with up-to-date news from many resources.



UPCOMING EVENTS

Annual Banquet
April 16, 2010

Bike Run
September 25, 2010

CARE NET
of Carbon County
531 Mahoning Street
Lehighton, PA

610-379-0411
1-800-395-HELP

Web site:
carenetcarbon.org

HOURS:

Monday
11:00 am to 6:00 pm
Tuesday
11:00 am to 7:00 pm
Wednesday
11:00 am to 9:00 pm
Thursday
11:00 am to 7:00 pm
Friday
11:00 am to 6:00 pm



- Search the web with **GoodSearch.com** and each time you do a search, GoodSearch will donate about a penny to Care Net!
- Shop online at **GoodShop.com** and a percentage of each purchase will be donated to Care Net! More than 600 top stores participate, including **Amazon, Target, Staples, Best Buy** and more!

Here's how it works:

1. On the **GoodSearch.com** homepage, type **Care Net of Carbon County** in the box requesting the charity name and click **Verify**.
2. Search the Internet just like you normally would — the site is powered by **Yahoo!**, so you'll get high-quality search results.
3. **Fifty percent of the revenue generated from advertisers will be shared with Care Net!**

MISSION STATEMENT
“We are a Christ-centered community resource providing support to those facing pregnancy and encouraging healthy choices in sexuality, fertility and parenting.”

THANK YOU . . .

We give a huge THANK YOU to all our participating churches who have helped us with donations, our Baby Bottle Campaign, Mother's Day Carnation Sale, Giving Tree, and Sanctity of Life Sunday!

- All Saints Church-Palmerton
- Ben Salem UCC
- Bethany Evangelical Congregational Church
- Bethany Wesleyan Church
- Blue Mountain Community Church*
- Calvary Bible Fellowship
- Calvary Chapel of the Poconos
- Christ Evangelical Free Church*
- Christ UCC, Jim Thorpe
- Christ UCC, Walnutport
- Covenant United Methodist Church
- Crossroads Community Church
- Dinkey Memorial Evangelical Lutheran Church
- Discovery Fellowship
- Ebenezer Evangelical Congregational Church
- Faith Alive United Methodist Church
- First Congregational Church, Mahanoy City
- First United Church of Christ, Palmerton
- Grace Lutheran Church
- Grace St. Paul's United Methodist Church
- Hope of Christ Church
- Jerusalem Lutheran Church
- Meads Memorial Methodist Church
- Peoples Evangelical Congregational Church
- Reynolds United Methodist Church
- Sacred Heart
- St. Joseph's Church, Jim Thorpe
- St. Joseph's Church, Summit Hill
- St. Nicholas Church, Walnutport
- St. Peter the Fisherman
- SS Peter & Paul, Lehighton
- Salem Bible Fellowship Church
- Trinity Lutheran Church
- West Penn Immanuel United Methodist Church
- Zion's Evangelical Lutheran Church

**also supplied Holiday baskets to our clients*

From the Director

Dear Friends,

Thank you for taking the time out of your busy schedule to read our newsletter. And thank you for the prayers, volunteer hours, material resources and financial gifts you give to support the work here. **This ministry is a beacon of hope** and help to so many in the community. The stories of changed lives are endless, and God is using **you** to enable this work to continue.

Besides the pregnancy test and options counseling available to our clients free of charge, the majority of them (male and female) seem to enjoy the "Earn While You Learn" program. This is a program that rewards Mom and Dad for coming in and taking classes that educate him/her about how to be a better parent or spouse. They earn "Mommy Money" or "Daddy Dollars" to "shop" in our little "store," and purchase items that they need, such as diapers, wipes, clothing, and baby furniture.

Most of them are also learning how to make their relationships better. Next to walking in God's truth, that is the key to getting through life. You can have the best job and career and all the money you need, but if you have a lousy relationship, you're not going to be happy. They all want a romance that will last a lifetime but don't know how to get it. We are so thankful that we can be here to offer help and guidance in so many areas.

Thank you for partnering with us to provide God's hope and help to others.

Suzi

. . . AND THANK YOU TO:

- **Morning Call's** "Be an Angel" Campaign found donors of breast pumps and gates.
- **Al Zagofsky**, producer of Carbon County Magazine (carboncountymagazine.com), who runs our "Dear Suzi" column.
- **Mobile Edge** gave us lots of coats with their "Coats for Kids" campaign.
- Your donations in memory of **William Tarr, Sr. Pastor Tarr** was an ardent supporter of this ministry.

BOARD OF DIRECTORS

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UPDATE is published by Care Net of Carbon County. We are a Christian ministry committed to the Lordship of Jesus Christ, serving those in physical, social, and spiritual needs. All services are provided free of charge and offered without discrimination as to race, national origin, age, or marital status. The official registration and financial information of Care Net of Carbon County may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not imply endorsement.

FOCUS ON . . . CLASSES AT CARE NET

Several instructors have shared their thoughts on classes they are teaching at Care Net. Read on . . .

Divine Debutantes ~ *Jillian Stone*

Etiquette and manners are a lost art in today's culture but not at Care Net. Every Tuesday from 7 PM - 8:30 PM Divine Debutantes is held at Salem Bible Fellowship church in Lehighton. The class is for young ladies between the ages of 13 and 19 but really any age is welcome.

At Divine Debs young girls are taught the importance of treating people with respect and dignity and valuing themselves as how God values them. They also learn how to be beautiful inside and out, how to dress modestly, how to serve others and the community, the value of good nutrition, leaving a legacy with their lives, abstinence and purity, how to date, what to look for in their future husband, and developing thankful attitudes. The class ends with the young ladies planning and hosting a tea for their friends.

If you are interested or you know someone who might be interested, contact Jillian Stone at 570-818-4216 for details.

Forgiven and Set Free ~ *Janet LaRocco*

I would like to share something that God has placed on my heart. God has given me a great passion for *Post Abortion Distress*. My name is Janet LaRocco. I had 2 abortions when I was younger and know exactly what this subject is all about.

Statistics show that **93% of women who have had an abortion regret it**, so I'm not alone, and neither are you if you are suffering the after-effects of abortion. It has become an epidemic in this country, and most of us don't even realize that it is affecting us. That's because most of us try to bury the hurt and pain it has caused. As we all know, if something is bothering us, it usually will catch up to us at some point in our lives.

It took about 20 years of shame, self loathing, uncontrollable anger, drug abuse, sexual promiscuity, a lost job, loss of friends, a failed marriage and finally a suicide attempt for me to realize that most of it was caused by the affects that my abortions had on me.

I know that I told you that 93% of women **regret** their abortion and that is a lot. I would like to take that even further so you will know just how many hurting women there really are. Ready? Since 1973 there have been approximately 50,000,000—yes, that is **50 million**—babies killed by abortion, **and that is just in this country (US)!** You can imagine the amount of hurting women out there who never received any kind of healing whatsoever. I don't know about you, but this not only scares me, it saddens me very deeply. Now we are left with an entire nation of hurting women. What do we do? We need to do what Jesus Christ does . . . reach out to these hurting souls and help them heal.

Since my abortions God has not only forgiven me, but He also has blessed me with His true gift of healing. It is because of His gifts to me, that I am able help other women who are hurting from their abortions. The way God helped me was by introducing Care Net into my life. I went through a Bible Study called "*Forgiven and Set Free*," specifically designed for post-abortion women. Not only did God heal me, but He also blessed me with the ability to share my story with others in order to reach them.

With my friend, Debbie Balch, and Care Net, we are able to offer this Bible Study to many more women in post-abortion pain, and give them the chance to heal. It is an 11-week class, which will cover anger, depression, relief, denial, and a host of other issues through God's Word. It is done in a small group setting and is strictly confidential. I invite anyone who has had an abortion and is in pain, or knows someone else that might need our help, to please call Care Net. I promise you it is worth going through, to finally let it all go, and live the rest of your life ***Forgiven and Set Free!***

FOCUS ON . . . CLASSES AT CARE NET: continued

Anger Management ~ Cheryl Deutsch

I was led to moderately restructure Care Net's anger management course ("Anger: Causes and Effects") in preparation for facilitating it my second time around. The course currently includes DVD instruction on Anger and Forgiveness presented by Pastor Ed Young, featuring seven half-hour sessions in all. Alongside the DVD's, our group participants study through a workbook entitled "Anger: Our Master or Our Servant?" I am planning on replacing this workbook the next time around with a publication titled "Overcoming Emotions that Destroy" by Chip Ingram and Dr. Becca Johnson. Questions and answers after each chapter will also be incorporated in the class. Excerpts from other publications, informative handouts, and Bible studies about anger and forgiveness by Dr. Charles Stanley are all integrated throughout the course. One thing we learn is that where there is fear, depression, grief, etc., there is usually anger...whether we know it or not...and where there is anger, unforgiveness is not far behind. Unforgiveness is HUGE, because Jesus said if we do not forgive those who sin against us, then our Father in Heaven will not forgive us!! (Matthew 6:14-15)

I have received positive feedback from a few participants and, when applied in their daily lives, how much it has helped them. While preparing for this course last fall, I came to realize that almost everyone could benefit from it—in fact, be changed in big ways, since most of us keep either our anger, or what causes it, deep inside sometimes. We don't realize the damage it has caused usually...until there's almost too much damage to repair! Although nothing is impossible for God (*Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."* Matthew 19:26; *For I can do everything through Christ, Who gives me strength.* Philippians 4:13), the more damage that has been done, the deeper the despair and the longer and harder it will be to make things right. I pray God's mercy on us all—we so need it!

I thank the Lord and Care Net for this opportunity to make a difference in people's lives and change hearts for the love of our Savior. My prayer for everyone is that they would learn how to safely, properly, and constructively handle the emotions that trauma has caused in their lives, especially anger...**before** the damage done is beyond repair! In Jesus' Holy Name and all for His glory!

SCHEDULE OF CLASSES AT CARE NET

MONDAY

"Forgiven and Set Free"

When: Mondays 7:00 – 9:00 pm

Instructor: Debbie Balch & Janet LaRocco

Cost: \$20.00

Description: Post Abortion Recovery Bible Study that is a thorough application of God's healing from the guilt, pain, and grief after an abortion.

TUESDAY

"Divine Debutantes"

When: Tuesday Nights 7:00 – 8:30 pm

Instructor: Jillian Stone

Cost: None

Description: Faith-based course teaching teen girls how to be beautiful from the inside out. Learn proper manners, including hosting, and how to relate to guys.

WEDNESDAY

"Anger: Causes & Effects"

When: Wednesday Evenings 5:00 – 6:30 pm

Instructor: Cheryl Deutsch

Cost: \$12.00

Description: Learn from a biblical perspective why you are angry, sad, bitter, unforgiving, or sick, and how you can become a happier, healthier person.

THURSDAY

Bible Study Class – "Revelation"

When: Thursday Nights at 7:00 pm

Instructor: Suzi DeMara

Cost: None

Description: Interesting whether you read the Bible or not. Fill in the blanks and worksheets.

COMING SOON

Care Net Volunteer Training

When: starting in April

Cost: \$25 for training manual

Description: On-site training to know how to begin helping in a life-affirming, Christ-centered organization.

Parenting Classes

When: Tuesday Nights at 7:00 pm, starting April 6

Costs: \$10.00

Description: Biblical Approach to Parenting and "1-2-3 Magic" in a 10-week course.

Alpha Pre-Marital Classes

When: To be determined

Instructors: Joe & Marie Courtney

Description: Pre-marital preparation classes

Letter to My Future Husband

Now that I have been talking to Suzi about marriage, I keep on thinking about who I am going to marry. How will I know that person is right for me?

I know that you will give me this special feeling. I find myself thinking about you more and more. The idea of not worrying about who has the hottest boyfriend or the ugliest one will all be in the past. I don't care how long it takes to find you, but thinking about you all the time makes me want to be deserving of your love.

Too often we act on feelings or impulses. Sacrificing the future by buying into the lie that "sex equals love" leaves little room for commitment or marriage. That's not love, and that's not why I'm thinking about and waiting for you. I am writing to you because I love you.

Real love is different from infatuation. It's not abusive or selfish or physical. Real love doesn't revolve around sex. Real love grows into a relationship where sexual intimacy will only serve to express that love. Sex can wait until marriage. Marriage will bring with it the promise of forever. In the end we'll know when we found each other. We'll be together for the rest of our lives and the wait will have been worthwhile.

“Marriage will bring with it the promise of forever.”

Love, your future wife

(written by a 15-year-old client)

Letter to G - d

Dear G-d,

I want my relationship to be based on someone who loves me for me. Not because they want to use me for sex and then leave me. Relationships are about love and feelings.

“Relationships are about love and feelings.”

Sex has value. Don't give your sex away unless you truly believe that you are going to be with that special person forever. I believe that I have the strength to wait until I get married to have sex again. Since I know what it can lead to and I don't want another child for a while.

P. S. Thank you for giving me this newfound strength.

(written by a 15-year-old client)

If you would like to be a part of our ministry, there are many ways you can help.

*Please indicate how you can help below and send this coupon to us at:
531 Mahoning Street, Lehighton, PA, 18235.*

- I would like to serve as a **volunteer** (i.e., counseling, cleaning, organizing clothing, providing transportation to clients).
- I'm interested in providing **babysitting services**. Please call me to discuss details.
- I would like to open my home to a pregnant girl who needs a place to stay temporarily.
- I'm interested in having someone from your organization speak about Care Net and/or talk about **“The Real Deal— Love, Sex and Relationships”**, or **pregnancy options**. Please contact me.
- I am giving a **one-time gift** of \$_____ (if applicable) in honor of / in memory of _____.
- I would like to make a **monthly pledge** of \$_____.
- I would like to help Care Net provide **Bibles** to their clients at a cost of \$5 each. My donation is \$_____.
- I'm not interested at all. Please do not send me any more information on your organization.

Name _____ **Phone** _____
Email Address: _____

Care Net of Carbon County is a 501(c)(3) non-profit corporation. All gifts are tax deductible.



An affiliate of the Care Net network

**531 Mahoning Street
Lehighton, PA 18235
610-379-0411 / 1-800-395-HELP
<http://www.carenetcarbon.org>**

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ALSO INSIDE:

- ♥ Check out the new look of our web site!
- ♥ Focus on Care Net Classes
- ♥ A huge "Thank You" to Our Supporters

**ALL SERVICES ARE
FREE AND CONFIDENTIAL**

Free Pregnancy Test /
Options Counseling

"Earn While You Learn" Program

Clothing and Furnishings
for Mother and Baby

Education on Abortion
and Abortion Alternatives

Adoption Information and Referrals

Relationship Education

Information on Sexually Transmitted
Infections (STIs)

Referrals to Community Agencies,
Educational and Vocational Services

Bible Study & Prayer Support

**NO APPOINTMENT
NECESSARY**

CALL OR WALK IN!

NEEDS LIST – CAN YOU HELP US?

Always Needed:

- Diapers (sizes 3, 4, 5, 6) & Baby Wipes
- Formula, breast pumps
- Baby wash and shampoo
- Strollers, high chairs, gates, Pack & Plays, baby monitors
- New or gently used cribs and crib sheets
- Bibles for adults and children, *or be a sponsor for \$5 per bible!*
- Bible story and other Christian books and videos for children
- Grocery store gift cards
- Ink cartridges for Epson NX300 (T069120/220/320/420/520)
- Paper products: towels, cups, plates, napkins, toilet paper, tissues, trash bags
- Office supplies: folders, stamps, envelopes, copy paper
- Cleaning supplies: toilet cleaner, window cleaner, dish detergent
- Juice boxes and bottled water

Volunteer Needs:

- "Gal Friday" to sort and count material resources, make copies, and staple.
- Be the contact at your church to keep church informed about classes and needs.
- Include Care Net in your Church or Community Organization Budget.