

## LOVE THEM BOTH

(From an article produced by: Love Them Both  
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### YOU'RE PREGNANT – WHAT NOW?

- What am I going to do?
- I don't want anyone to find out.
- He said he'd leave me if I got pregnant.
- I'm just a student and my whole life is ahead of me.
- They just won't understand.
- I can't afford it.
- I'm too young/old.
- I can't cope with any more now .

### I'M FRIGHTENED!

*You need someone you can talk to.*

Someone you can trust not to tell your secret .... Someone who can help you think, to stop the panic.

**The decision you are about to make, you will live with for the rest of your life. You need to think it through. Calmly . . .You have two options:-**

### DO I KEEP THE BABY? DO I HAVE AN ABORTION?

#### DO I KEEP THE BABY?

*It isn't a baby at all – it's just a blob of cells.*

Deep down in your heart you know it is a baby, even if it doesn't look like a baby yet. All the DNA is there, the programming for the development of this person.

*How will I get by? The father and my family won't have anything to do with me!*

Help and support are in place for you – you only have to make a phone call. People are trained to help and understand your problems and give you practical aid – don't be afraid.

*I had plans, a career . . . .*

All that can still happen for you, as it has happened for many, many other women before. Don't be disheartened.

*What about the trouble it will cause in my family? It will be terrible.*

You are not alone when you phone for support. If you decide to keep your baby, you will be surprised at the strength you'll have that you never thought possible before.

*Many women don't plan a pregnancy but find they can adjust their life.*

One young mother-to-be considered abortion and, when she found she had help, decided against it. She has said how thrilled she is to be a mother and is very proud of her little son.

*“I have come that they may have life and have it more abundantly.”  
John 10:10*

## **DO I HAVE AN ABORTION?**

*If I have an abortion no one will ever know.*

Abortions are not as safe as they are claimed to be. Things can go wrong. **You** will know – and **you** are the person about whom we are concerned.

*I can just get on with my life.*

Yes, but you might find that you will suffer from what is called post-abortion grief. This can affect your personality, your relationships. Many women try to cope silently with this pain ....even after forty years.

*What about “pro-choice”?*

**“Pro-choice”** means that you have a right to make up your own mind about what you do. **Nobody is denying you that choice.** We just want you to consider all your options before you make this decision which can affect the rest of your life.

*It might seem that having an abortion is a quick solution to an unwanted pregnancy, that keeping the baby will make your life more complicated.*

You need advice that will help you make a decision, whatever that might be. Friends are not usually informed enough, even though they care about you.

We do not know you, but we care about **YOU, your future happiness and your baby**, and we offer you the help and support every pregnant woman needs.

## **I'VE DECIDED I'M GOING TO KEEP MY BABY!**

**Congratulations, Mother!**

*You have courage and determination ...*

And an appreciation of the gift of life you are giving to the baby who is growing inside you.

You have taken the first step – **you** have made **your** decision!

*Every pregnant woman has to make changes in her life.*

Some changes are early in the pregnancy, like coping with morning sickness. Other changes are about a job, money, support. These are all individual and personal.

*You need to decide:*

- what doctor or hospital you will choose;
- how long you want to work, if you have a job;

- who the relations and friends are who will give you their support;
- what you are going to do, if you can no longer live where you are living now.

## **YOU ARE NOT ALONE IN YOUR DECISION**

*There are people who want to help you ...*

- Ask a close friend to be your “buddy” and attend ante-natal classes with you.
- Ask a Church member if there is a Caring Group which can help provide baby clothes and equipment.
- Ask the Pregnancy Support Centre for a contact in your area.

## **YOU CAN OBTAIN HELP FROM ....**

- Centrelink (Parenting Payment & Family Payments – Enquiries: **13 61 50**);
- your doctor;
- the Outpatients’ Department of the public hospital near you: the Social Worker, Ante-natal Clinic;
- charity organisations’ shops and recycled clothing outlets in your area (listed under these headings in the phone book, or under various Churches);
- your Minister of Religion, whether you are a practising Church member or not;
- Pregnancy Assistance Inc., 195 Lord Street, East Perth, or your nearest Pregnancy Support Centre, as listed in the phone book.

This is a treasured time in a woman’s life... to feel the stirrings of life within you... to realise that YOU are part of the great mystery of Creation... to give LIFE to another person, whose identity, personality and talents will also make a difference to the world.

*May the peace of God, which is beyond all understanding,  
Keep your heart and mind in the knowledge  
And love of God and of His Son,  
Our Lord, Jesus Christ.*

*May the God of all consolation bless you  
In every way, free you from all anxiety,  
and strengthen your heart in His love.*

For further information

Contact  
Pregnancy Assistance Inc.  
9328 2929