



expectant, hopeful

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dear friends



Erin Koolhaas

Executive Director

As I write this, it's early March, and it is cold! Here in the Central Valley, we are typically spoiled, expecting that February and March will give us little to no rain and a lot of sunshine. But not this year! It is cold and dreary and feels like spring will never arrive.

Does your walk with the Lord ever feel like that? A weary and dreary season while you wait expectantly for new growth, hope and warmth in your heart.

Take heart, dear friends. This season will pass! Let's continue to pursue relationship with Him...the spring will come!

client story

We remain expectant and hopeful in the works God does, and He is so gracious to show us pieces of the stories He weaves. Recently we had a woman come to us at Selah, our small satellite clinic, having been directed there from the sidewalk counselors during her walk to the abortion clinic.

Gloria shared that she had a chemical abortion several years prior, and she vowed to never have another. Yet once she found herself with this new, unplanned pregnancy, she saw no future ahead. Her family encouraged her to have an abortion as a means to cut ties with the father of baby, she tried taking Plan B, and every attempt she had made to schedule an abortion was met with obstacles (expenses, scheduling conflicts).

God closed so many doors in order to bring her to ours (1.5 hours away from her home!), where she confronted her unsettled feelings and accepted the reality of the life within her womb. Gloria left, expressing gratitude for MPC's ministry, and walked past the abortion clinic's doors and away from her pregnancy termination.

upcoming events

Baby Bottle Campaign

Each year we invite our church partners to help us raise funds for the daily operation of MPC through our Baby Bottle Campaign. Baby bottles are available all year long, but the majority of bottles are distributed from Mother's Day to Father's Day. Check out www.modestopc.org/events to get involved and/or learn more!

Monthly Volunteer Work Day

Upcoming dates: Monday, May 15 at 2 p.m.
Monday, June 19 at 2 p.m.

Sign up here: www.modestopc.org/getinvolved

Women's Conference

Stay tuned for upcoming information about a conference we will be hosting this fall as we encourage women to step out in faith to minister where God is leading them! Join us for a night of prayer, worship, and stories from the consultation rooms.

clinic numbers

From Jan. 1 - March 10

Pregnancy Tests: 131

Ultrasounds: 121

Distinct Clients: 416

In addition, 122 people are enrolled in our parenting/pregnancy classes, with 59 clients shopping in the boutique at least once during this period (often every other week!).



Approximately 1/3 of our patients during this time have had one or more abortions in the past.

take a look at the 12th

Filling the walls with prayer and the words of our Heavenly Father

In February, the staff of MPC held their staff meeting at the new, downtown location. While we shared department updates (and rejoiced in spending more time with the ever-busy Community Education department), we spent most of our morning praying over each room of the clinic, filling the bones of the space with the words of God.

Over the next few weeks we gathered with some members of the community to continue praying, writing, and worshipping.

As of the publication of this newsletter, duct work and electrical are being finished (and what a joy it's been to hear the workers reading scripture as they walk through the rooms), and the walls will be up soon!

Stay tuned for more updates!



street clinic progress



community education

The CE team has taught roughly 1,010 middle and high students from January to March 3. The only difference in development from middle school to high school? Their ability to sit still. Otherwise, both have been pre-exposed to topics of sex and sexuality. The flippant nature of many teens towards dating and sex is as glazed over as a donut.

Every day we challenge these students to raise the bar on self-discipline and healthy relationships. If it's hard for an adult, then it's even harder for teens who have less brain development. YouTube, TikTok, Instagram, and Snapchat don't care about them; they just want numbers. And that is why we emphasize the importance of having standards, setting boundaries, STDs, getting consent, and talking to a trusted adult.

So far in 2023 we have spoken to roughly 120 church students. We use personal testimony, scripture, and logic to talk about pro-life, cyber safety, and God's design for sex. God is moving in the hearts of our young church population! These topics are hitting them in the face from all platforms, and they just want truth and freedom.

I watched a high schooler come forward in tears after learning about abortion and God's design during pregnancy. A middle school gal admitted she had been self-harming for months and didn't know what to do after learning about God's design for love in relationships. We encouraged her to tell her parents, and the healing process has begun.



A seventh grader admitted her struggle with pornography. I could go on... but I think you get it.

I have been humbled to the core by those willing to share intense testimony to the next generation. Teens need real people, not Siri.

If we have breath, we have purpose.

God Bless, Jessica Van Vliet

a peek into classrooms

Since 1997, our Community Education team has brought a message of life and health into Modesto area schools and churches. Originally considered to be the “preventative branch” of MPC, God has allowed Community Education to play a huge role in ministering to the young people around us. In this issue, our presenters share some of their most memorable classroom experiences.

Are you interested in joining our team? We would love to meet you! CE has openings for part-time and full-time presenters and volunteers for the 2023-2024 season.

personal experiences

We were speaking to a high school health class for 5 days. At the beginning of the week, there was this couple who couldn't stay away from each other. It was obvious that they were deeply, madly “in love.” As our topic shifted to healthy relationships, we began a discussion about the importance of setting good standards when looking for a potential boyfriend or girlfriend. We encouraged the students to make their own list of standards, and not to settle for anyone who didn't have all the standards they were looking for. The next day before class the boyfriend sat alone, staring daggers at me. Apparently, his girlfriend took our class to heart and broke up with him! I felt kind of bad, but I was also grateful for her open ears!

When we're working in public schools, all our content and language must be unbiased and free from personal opinions. When I first started in CE, I wondered how we would ever be able to share God's plan in an environment like that. It didn't take long for me to witness God's truth at work:

We were in a high school class on a warm fall afternoon. One of the students was an outspoken, confident athlete who seemed more concerned about showing off than learning about reproduction. Everything changed, however, when we began to show slides of fetal development. He sat in his seat, spellbound, as picture after picture showed the beautiful progression from a single-celled zygote (fertilized egg) to a full-term baby. Then came our discussion about abortion: "In California, abortion is legal for any reason up to about 24 weeks and it is legal until birth in some other cases as well."

"But wait! Isn't that murder?" the student interrupted. We explained that there are a lot of opinions about abortion and we would not be making a statement about right and wrong, but the fact remains that abortion is legal.

"I don't care what you say, that's a baby in there!" our student interjected. Despite our neutral response, that student had seen the truth of God's handiwork and declared it in front of his peers. I never get tired of witnessing that "lightbulb moment" in our classes. It happens more often than you'd think!



Sometimes students come to class with all kinds of weird ideas they heard from their friends or social media. One student wrote us a note asking why everyone was so concerned about "bird control." I had a hard time keeping a straight face when I explained they were probably talking about "birth control."

I was a high school student when I first encountered MPC's Community Education team. They spoke to my classmates about the importance of setting boundaries and making sure my priorities were right when I was getting ready for a relationship. I knew right there that I was on the wrong path, and I needed to change. I went home from school that day and made the decision to trust God to bring me my future partner. I know God used CE to protect me from the risky decisions I was making. Today I am honored to work as a CE presenter and share my story with teens.



We just finished our unit on how to recognize unhealthy relationships. A young gal from the freshmen class quietly came to me as other students were leaving. She was pulling on her sleeves and couldn't make eye contact. She was whispering and said to the floor that she thinks she's in an abusive relationship and he was doing things to her body that she doesn't like.

I encouraged her for her bravery and asked, "Is it an adult or student?" She said it was her boyfriend. That didn't satisfy me because a lot of "boyfriends" are older men taking advantage of younger gals. I asked if she could break it off with them or are they someone who would threaten retaliation. She said it was a student at her school and she doesn't want to date anymore.

Fast forward to the last day of our teaching she came forward to me with eye contact and smiled to tell me she broke things off with him! I asked her how she felt, she said she felt less stressed and happy. I asked her if she would think about not dating until she is older and to just enjoy being a kid. She spoke yes emphatically.

It warmed my heart to see freedom from an unnecessary and premature relationship.

Two middle school girls ran into us in the hall after last period and yelled in the hallway, "Hey health teachers we are getting tested today for STDs because you guys scared us about it!". We all chuckled at their confidence to say that out loud to all the students walking around but we were also happy to know they listened. Then of course, we were sad to realize just how sexually active middle schoolers are!



After teaching about STDs on Friday I was walking back to my car after class, and I saw two high schoolers making out on campus. I noticed it was one of the boys we taught this week, and he was super interactive with us all week and I liked his personality. As I got closer, he saw it was me and he pulled away from his girlfriend so fast that it was comical. I looked at him and said, "Are you teaching her about what you learned this week in class". He was red and said, "Yeah probably eventually". Honestly if I was "yard duty" in high school at lunch and snack break, I'd be holding posters of STDs and telling kids to keep their hands to themselves. It's just normal to see kids making out every day at school in front of everybody. It's a jungle out there!



I was speaking to a class about how to recognize relationship abuse and violence. One student who was normally interactive and cheerful became stone faced and refused to make eye contact. After class she stayed behind and shared that she was experiencing a very abusive situation and had never told anyone before, but after hearing our presentation she knew she had to speak up. We went to the school counselor together and I watched this very brave young woman stand up for herself for the first time. 1 in 12 teenagers experiences some form of dating violence in a relationship, but it's surprising how many teens don't realize that dating violence shouldn't happen.

One day, I was teaching on social media influences and our class was discussing who was telling them to wait to engage in sexual activity and who was saying they should do it now. I had one student say their older sister is telling them to wait because she's 20 and single and just had her first kid, another student said their family and church are telling them to wait because of their religious convictions, another said we (MPC) were telling them to wait because we care about them. It very encouraging to see many students say that they are telling themselves to wait to engage in sexual activity because they know it's worth it.

in closing...

In Community Education, our heart is to share God's perfect design for love and relationships with everyone we meet. It's a powerful and important message that today's teens need to hear. More and more we are running into teens who lack healthy role models and who use social media to give them health and relationship advice. They are the most connected generation we've ever seen. They are also the most troubled generation that we've ever seen. Rates of adolescent depression are rising, and the battle for Truth is getting more intense. God has been bringing us more opportunities to speak and more people to minister to. Our program is busier than ever, and there are no signs of slowing down!

This is where you come in! Do you feel passionate about speaking to teenagers about the importance of making life-giving decisions? Community Education is looking for someone like you! We have openings for part- and full-time presenters and volunteers for the current and upcoming school season.

Contact us for more information at info@modestopc.org

prayer requests

Community Education

Pray specifically for the students who come forward for help. Please pray for wisdom and discernment so the MPC CE team can walk alongside them in whatever way is needed whether that be a text, call, in-person mentoring, or even just using our online resources.

Medical Clinic

- We need more Bibles! We have an increase in patients wanting to connect with God's Word. What praise we offer for the Holy Spirit's sweet, convicting presence here!
- Softened hearts and open minds for the girls we meet at Selah, our satellite clinic. There are many hard conversations had, and we pray truth will embed itself within each girl who hears it.
- We are needing volunteer nurses who can commit to working a 3/4-hour shift once per week.

Development

- Please pray for all of our client/patient programs that are growing! Pray for our birthing classes, which are also open to the women in our churches to foster deeper personal connections, especially with the Lord; and pray we might find another volunteer willing to become a certified child passenger safety technician to help with our car seat program.
- Pray for the increasing need our staff and volunteers have for safe, affordable childcare! If you have potential solutions or suggestions, please contact us!