



A Newsletter from A Baby's Breath

Spring 2013

Volume 8, Issue 1

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With God All Things Are Possible

By Karen Patota

Did you ever hear the expression "You Can Have it All?" I say, Yes, as long as All means with God. I learned this through starting and running A Baby's Breath. Yes, it was difficult having a family, home schooling the children and running the Centers. This past year, I began a real estate business, (yes, in this market). All is possible - careers, family, happiness - as long as you include God in the plan. I really didn't have the time to do all, but God gave me the strength and perseverance. It's all his glory. In return, the fruits of the sacrifices are the most amazing family and places where life can be chosen.

A Baby's Breath assisted over 100 pregnant women last year. They received pregnancy counseling, as well as parenting and prenatal education amongst other services. Consider the ripple effect this education and support has spread throughout families and communities. The clients have been blessed with the miracle of seeing their babies draw their first breath. They have said Yes.

Could you say Yes to coordinating parenting classes or organizing a Baby Store? Could you say Yes to running a Run for Life fundraising event? Could you say Yes to being a General Manager? If your answer is Yes, call ABB, 484.571.5540.

Sister Paula inspires ABB Leaders

ABB leaders who gathered last month at Villanova University for the annual Leadership Conference were inspired by keynote speaker, Sister Paula Vandegaer, S.S.S., L.C.S.W.. Sister Paula is the founder of International Life Services and has been a leader in the pro-life movement for almost 40 years. Her Pro-Life Training Series DVDs are an important tool for ABB's volunteer advocates, and attendees at this event heard the message firsthand. Sister Paula celebrated the sanctity of life by theologically describing why God made people. "We have a body – God went to a lot of work to create a new entity," she said. "God made two bodies that fit together – he made two in one body. God also gave a personal gift – the ability to create another human being." She explained further, "God saw himself in the unity he had created, and God saw a reflection of the Trinity." Sister Paula praised ABB's commitment to life through support for crisis pregnancies, "It's a remarkable thing. Karen is a genius with what she set up." Sister Paula's spiritual message, combined with her affirmation of ABB's mission, was an inspirational way to kick off the Leadership Course.





Nicole and husband Sean were married in May 2009 and their daughter Leila was born in August 2011. They live in Havertown with their dog, Oreo.

Counselor on call

ABB's case manager, Nicole Palman, brings a unique blend of social service skills to our centers. She has a degree in Psychology and Administration of Justice from the University of Pittsburgh. While in school, she served as an intern on a project aiming to reduce instances of child physical abuse. She also was employed by a private psychologist. Following school, she was a Research Coordinator and Research Counselor at the University of Pennsylvania. Her program specifically provided employment and substance abuse counseling to men and women on probation in Philadelphia, and was successful in mitigating the risks of re-incarceration and drug relapse.

Nicole is ready to help ABB. "I'm here to assist advocates with finding resources and referrals in the community for their clients (housing, clothing, food, etc...)," she said. "Via the database, I can monitor clients' goals and dig deep to try to find resources to meet their needs." Given her expertise in law enforcement, she is a unique resource for clients with complicated situations as well as "difficult clients," who are not following center rules, or are hostile, for example. Please call her cell, 484-904-5994, at any time or e-mail nicole.palman@gmail.com.

A Baby's Breath Briefs

Collegeville Clinic

78 Second Ave,
Collegeville, PA 19426
610.489.0083

Collegeville Baby Basics classes are now held on the fourth Thursday of every month.

Jeffersonville Center

2118 W. Main Street,
Jeffersonville, PA 19403
610.630.9630

In addition to its Tuesday hours of 9:30 a.m.-12noon and 6:30-9:30 p.m., the Jeffersonville Center is now open Thursday mornings from 9:30 to 12 noon.

The Jeffersonville Center is seeking Parenting Class and Baby Store coordinators. Please call the Center to volunteer.

Join ABB's Run for Life April 13 at Norristown Farm Park. Register online at www.ababysbreath.org or call Dorothy Swedkowski, 610.630.0861.

Warminster Center

600 Louis Dr., Suite 206B
Warminster, PA 18974
267.275.4097

The Warminster Center unveiled its new ultrasound machine this month and will hold a dedication ceremony April 28 at 3pm.

The Center holds Parenting Classes the third Tuesday of every month, and the center is currently seeking a coordinator for parenting classes and a baby store coordinator. The Center's Run for Life will be held October 5, 2013. The Center is currently seeking a race director.

Wayne Center

121 N. Wayne Ave, Suite 102,
Wayne, PA 19087
267.275.7712

The Bryn Mawr Division moved to Wayne in late March. The new center is located on a side street in the heart of Wayne, according to Director Nicole Palman. The client-friendly location is accessible to walkers but also features ample parking in front of the highly visible office building. It's clean,

well-lit and with only a short flight of steps for clients' safety and comfort.

The Wayne Center is looking for a general manager, baby store coordinator and parenting class coordinator. Please contact the center if you can help: abbmainline@gmail.com.

LOL (Loving Our Life)

LOL (Loving Our Life) is a FREE group for single women ages 18-35. We hold monthly meetings in the Villanova area. The first hour will be an activity followed by an hour of casual dating talk. While participation is encouraged, no one will be forced to do so. All conversations will be held confidential, and there will be no judging others. Our goal is to provide a compassionate environment for everyone. For more info: www.meetup.com/LOL-Womens-support-group-confidence-builder/ email: rsvpatlol@gmail.com

ABB thanks our generous donors

The following individuals and organization supported ABB with financial gifts in 2012

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A Baby's Breath

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Run, Walk or Wheel at the Norristown Farm Park 2013 Run for Life Norristown

Saturday, April 13, 2013
Registration - 7:30a.m.
1-Mile Fun Run/Walk - 9:00a.m.
5K Run - 9:30 a.m.
Awards - 10:30 a.m.

2500 Upper Farm Road
Norristown, PA
Rain or Shine

Register at ababysbreath.org, or call Dorothy
Swedkowski, 610.630.0861 for more information