



2009 Capitol Walk
Walk Rep Materials

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Supply Pick-up
Alternatives Pregnancy Center
2628 El Camino Ave., Ste. B-1
(916) 972-0367
www.capitolwalk.org

History of Alternatives Pregnancy Center

Who We Are

Affiliated with Care Net (formerly Christian Action Council) and National Institute of Family and Life Advocates (NIFLA), Crisis Pregnancy Center (CPC) ministry was envisioned in the home of Billy and Ruth Graham with the advice and guidance of Dr. C. Everett Koop, Dr. and Mrs. O.J. Brown, and Francis and Edith Schaffer. Dr. Graham shared the [letter from Carrie](#) (see page 3) and these Christian leaders agreed to pray and seek the Lord on how to respond to women facing unplanned pregnancy just like Carrie. The first center opened in Baltimore in late 1980. Now, over 3,500 centers in the U.S. and Canada minister in similar ways to women and men.



Our Mission

To be a compassionate provider of pregnancy resources in Greater Sacramento supporting healthy intimate relationships and life.

Serving the Community for 25 years

- The Crisis Pregnancy Center formed in 1983
- Staffed 85% by trained volunteers, 6 part time staff positions
- Guided by an all-volunteer Board of Directors
- Ministry name officially changed in the fall of 2001 to: Alternatives Pregnancy Resource Center
- A new director and a new name in 2007: Alternatives Pregnancy Center

What We Offer

Intervention
Pregnancy test
Option counseling
Information on risks and procedures of abortion
Diagnostic Ultrasound
Information on parenting and adoption
Referrals (We NEVER refer for abortion)
Maternity clothes, baby clothes and furnishings
Print and video library for pregnancy and parenting

Reconciliation

Client and family
PACE support group (Post Abortion Counseling and Education)
Spiritual Counsel and evangelism

Prevention

Abstinence counseling to clients
Abstinence Education in schools and churches

Dear Sir,

I agree with you one hundred percent on abortions. But

I had one. It was the hardest thing I ever had to do in my life. I'm gonna tell you straight about how I feel.

My boyfriend and I fell in love. We made love and I got pregnant. My Mom noticed that I had skipped my period. I was taken to the doctor. He said I was about 6 weeks pregnant. So she said I had to have an abortion. My mother set up a date. I had a counselor at Planned Parenthood who talked to me. She said my baby would never be adopted. Who was I to turn to? My mother and father didn't want me to have the child. I was forbidden to see my boyfriend and the people at Planned Parenthood said my kid would never be adopted because of his or her race.

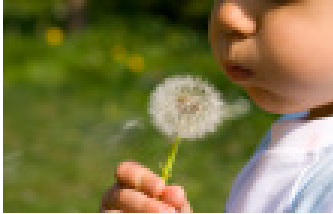
Would you mind telling me what you would have done? I didn't have a place to go, no money. Would you have taken me into your home? Paid my doctor bills and expenses?

My abortion is something that I wish I never had done. I can remember looking at the doctor when it was done and saw him putting my baby in a plastic bag and throwing it away in a garbage can. Do you know how bad that feels? Have you ever lost something you loved dearly? I did, and I'm not proud of it.

*I know there are girls that don't care about their babies. They would have five abortions a year or more and not worry about it. But, I happened to care about my baby. *If I had a place to go and people who cared about my baby and me, maybe my baby would be alive now.* It was supposed to be born this month.*

It hurts me so bad to hear things about abortion. I get really upset about things like that. You're hurting the girls who wanted their babies but didn't have any alternative, but to have them aborted. But I want to say, "It hurts like hell."

*I thank you for reading my letter. Please give it a thought. *You people are against abortions, but are you willing to help* young girls and women who don't have money or a place to live? I doubt it seriously. Some of us women/girls are not killers. We're humans too. And I can tell you that having an abortion is killing me slowly. *Think about it please.**



THE CAPITOL WALK IS...

Saturday, May 16, 2009

Registration: 8:30-9:15 a.m.

Walk 9:30 a.m. to 11:00 a.m.

Alternatives Pregnancy Center's Spring Fund Raiser

Location: The 2k walk route will begin and end on the South Capitol Steps in downtown Sacramento.

Theme: "A Person's a Person No Matter How Small" from the book Horton Hears a Who by Dr. Seuss.

Prizes: Cool Shirts

Child:

Raise \$100 in pledges and get an awesome t-shirt!

Raise \$150 in pledges and get a cool sweatshirt!

Raise \$300 in pledges and get them BOTH!

Youth and Adults

Raise \$180 in pledges and get an awesome t-shirt

Raise \$250 in pledges and get a cool sweatshirt!

Raise \$450 in pledges and get them BOTH!

Teams

Any group of more than 3 with a maximum of 10 can form a team!

Each church should make it a goal to have at least one team!

Each team member should make it a goal to earn a T-shirt!



Alternatives Pregnancy Center

APC is Christian

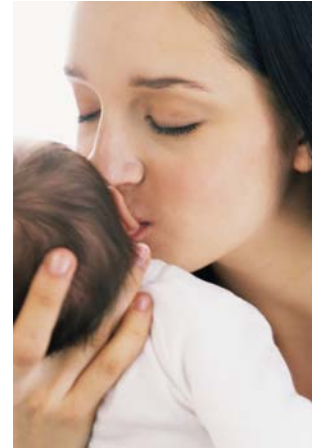
Alternatives PC is a non-denominational, nonprofit Christian ministry whose mission is to show Christ's love and compassion to women and teens facing an unplanned pregnancy and to help them see God's grace in their lives.

APC is Pro-Life

Alternatives PC believes in the Sanctity of Human Life. By helping unprepared pregnant women meet their emotional, physical, informational and spiritual needs, APC enables them to choose life. APC believes each woman has a right to be fully informed about all her options. APC will dispense information about the risks of abortion, but we will not refer for abortions.

APC is Non-Political

As an organization, APC does not endorse or support any political cause-even pro-life ones. We chose to remain single-minded and focused on ministry to women and teens in need. The Capitol Walk is NOT a social statement or a pro-life rally; it is simply a fun, family-centered fundraiser benefiting APC.



APC is Local

Alternatives is located on busy El Camino Ave. The emotional, physical and spiritual needs of over 1,500 women and children are met each year. Dozens of women found healing and hope in the PACE Bible Study and Support Group. Thousands of youth and young adults were challenged with the message of sexual abstinence in our school and church presentations.

APC is Volunteer Driven

Trained peer counselors, office workers, and event volunteers are vital to the success and heart of the APC mission-without them, our doors could not remain open. Volunteers make up 96% of our work force, doing everything from data entry to giving vision to our future ministry as a board member.

APC is a CareNet and NIFLA affiliated

As an affiliate of CareNet and NIFLA, APC keeps abreast of the ever changing trends and legal issues that may affect the future of our ministry. Valuable training and support materials are available to missions like ours by organizations such as these, focused on the national trends and combined talents of others in the field.

APC is Financially Responsible

APC keeps high standards of ethical financial stewardship. Donations to APC are tax-deductible as permissible by the IRS.

APC Services are Free of Charge!

Free services include: pregnancy tests, ultrasound imaging for abortion-minded or abortion vulnerable clients. peer counseling, Parenting 411 program, information about risks and procedures of abortion, adoption advocacy information and referrals for birth moms, referrals (for medical care, legal, housing and counseling services etc), maternity and baby clothes, baby furnishings, post-abortion support and sexual abstinence information and presentations.

APC promotes Sexual Abstinence as a Positive Lifestyle Choice

60% of the clients who take pregnancy tests at APC are NOT pregnant. Single women with negative pregnancy test results will receive information on abstinence, sexual health and integrity.

APC helps Post-Abortive Women

The PACE (Post Abortion Counseling and Education) Bible study and support group provides an opportunity for healing and restoration to those who have been hurt by abortion. PACE equips local church members to facilitate PACE Bible studies for hurting women, and has a vision to do the same for men.

APC and the Gospel

Volunteers and staff members recognize that our greatest need is for reconciliation with the God who loves us and gives meaning and purpose to our lives through a personal relationship with His Son, Jesus Christ. Our goal is to love both the mother and her baby and, in word or deed, sow seeds of truth and (given opportunity) the gospel itself, as we minister to the individual needs of each client.

APC Location and Administrative Office

2628 El Camino Ave. Suite B-1, Sacramento, CA 95821

916-972-0220 – Office

916- 807- 4188. – PACE confidential line

Client Web Site: info@freshhope.net

Partner Web Site: www.aprcpartner.com

APC Staff

Executive Director: Jennifer Zachariou

Client Services Director: Natasha Kosachevich

Administrative Assistant: Sue O'Connor

Receptionists: Valerie Brown and Kessie Brown

Support Staff: Kathy Hoover

Sexual Health Education Speaker : Tanya Tibshirani



Your mission...

To gleefully promote the ministry of Alternatives Pregnancy Center and encourage participation in APC's Capitol Walk on May 16, 2009.



PHASE 1: Planning and Prep March 15th-30th

Meet with your Church Leadership (Lead Pastor/Elder or Outreach Minister if possible).

- Get your leadership's blessing and approval to promote the event in your church.
- If your pastor is not familiar with APC, be sure to give him an overview of APC's ministries and encourage him to tour an APC location with other ministry leaders in your church.
- Explain the Capitol Walk and let him know that in order for Capitol Walk to be a success, the event needs to be visible and actively promoted so that church interest is generated.
- Ask your Lead Pastor/Elder to personally walk in CAPITOL WALK and to encourage the congregation to also participate. If he cannot walk, ask him to periodically, from the pulpit, mention APC's ministry and the upcoming walkathon, encouraging involvement.
- Discuss various promotional ideas you may want to do, such as whether or not to invite an APC speaker to visit the church in April; whether you could show an APC video; where and when you could hang a Capitol Walk poster, place announcements, distribute flyers etc.
- Recruit Co-Reps. Find 1 to 3 friends to assist you as Co-Reps. They can help you dream up and coordinate activities, meet with various ministry leaders, and carry out plans. Finalize your Church Strategy by the middle of March.

PHASE II: Involving Ministry Leaders March / April **Network, Network, Network**

Briefly meet with various church Ministry Leaders and give them the following:

- Capitol Walk info flyer
- Enough Pledge flyers for their ministry group
- **Encourage them to form a Walking Team!**

Leaders to talk to include: Men's, Women's, Couples, Singles and Youth Leaders, Home Fellowship and Bible Study group leaders, Sunday School teachers, AWANA and other children's club leaders.

PHASE III: Create General Awareness March /April **Have a Visible presence**

- Please do only what is approved and appropriate for your congregation. Starting the first week of April, place weekly Bulletin Announcements in the church bulletin leading up to the event. Samples are provided in this packet.
- Place notices in Church Newsletters, on the Church website, Missions Outreach bulletin boards, in service power point announcements, marquee signs etc.
- Arrange to have Capitol Walk posters hung in strategic locations, such as the nursery check in area, meeting rooms, Sunday school rooms, high traffic hallways, bathrooms, next to coffee pot.

- During the month of April arrange for an APC display in a prominent area to promote the ministry and the walk. Examples would be: lobby tables or bulletin boards. Be sure to have APC info and Capitol Walk pledge forms available here.
- Have a pledge form open and available for folks who can't participate as walkers to make a pledge. Put it under the church's name and or pastors, or walker's name. Turn it all in to APC on walk day.
- Arrange to have pledge forms available in other locations as well. Good distribution points are: APC display table, lobby counter, classrooms mission area.

PHASE IV: Call of participation

April

Have a Visible and Vocal presence

- Call Past walkers from your church and encourage them to participate again this year.
 - Continue in placing Bulletin Announcements up to the event day.
 - Arrange to have Capitol Walk pledge forms placed in church bulletins.
 - **Arrange for an APC speaker visit for March and April.**
 - Encourage pulpit announcements highlighting the ministry of APC and inviting people to support it by becoming Capitol Walk walkers, sponsors and or volunteers.
 - Perform a skit to promote APC and the Capitol Walk.
 - Have ministry leaders encourage their members to participate.
 - Make mini-presentations in various Sunday school classes and Bible study groups.
 - Have Co-Reps or educated youth host your Capitol Walk display area and answer questions.
 - Remember word of mouth! Successful, experienced Reps always tell us that making the personal connection extending invitations and one on one challenge to people are the most effective ways of recruiting walkers and motivating encouraging them to seek sponsors.
 - Keep in touch with ministry leaders and team captains. Be sure they have enough information and pledge flyers, plus your encouragement and prayers!
- * Be willing to talk to anyone who bumps into you!**





2628 El Camino Avenue, Suite B1
Sacramento, CA 95821

Dear Leader:

I am a Church Representative for Alternatives Pregnancy Center. Would you be willing to announce the following information in your Sunday school class or small group this week?

**The Capitol Walk is...
Saturday May 16, 2009
9:30-11:00a.m**

Did you know that *very conservatively* it is estimated close to 14,400 abortions are performed in the Sacramento area each year? Sadly, the problem is not just “out there” in society, it is also “in here,” inside the churches of Sacramento and Placer County.

Alternatives Pregnancy Center exists as a compassionate provider of pregnancy resources in Greater Sacramento supporting healthy intimate relationships and life.

One way we can help reduce abortions in the Sacramento area is by supporting Alternatives Pregnancy Center, so that they can continue to offer free services to women and teens facing unplanned pregnancy. APC is a pro-life, Christian ministry dedicated to sharing God’s truth with love. By meeting the physical, emotional, informational and spiritual needs of women and teens facing unplanned pregnancies, APC enables them to choose life for their unborn babies.

APC’s annual Capitol Walk pledge walk is scheduled for Saturday May 16, 2009 on the south steps of the California State Capitol building. This event is a fun way to put feet to our faith and step out for life.

The Capitol Walk is a pledge based fund-raiser. In the weeks prior to event day, Capitol Walk, walkers obtain pledge flyers and then find sponsors who wish to support the ministry of APC. Annually, area churches have stepped out for Life in our area. *Let’s be one of them that says “Yes” to sustaining the message of Life!*

Please take a few moments to share the enclosed Capitol Walk information with your church family and encourage them to join in the fun. Life is worth protecting. If you have any questions please feel free to contact me.

Serving Him for Life,

Bulletin Announcements

Capitol Walk 2009



Alternatives Pregnancy Resource Center's Capitol Walk is set for Saturday morning, May 16, 2009. Plan to get involved and help the center raise funds to provide alternatives to abortion and share the love of Christ with women and teens who are unprepared for pregnancy. With your help APC can celebrate another year of life and ministry to women in unplanned pregnancies. Call _____ at _____ for more information, or talk to her/him after the service at the Capitol Walk information table.



The Capitol Walk is Saturday, May 16, 2009, but don't wait until then to start getting your pledges. Start now by picking up a pledge brochure at the Capitol Walk 2009 "A Person's a Person No Matter How Small" information table. The walk is sponsored by Alternatives Pregnancy Center, your metro pregnancy resource center. The walk raises necessary funds for APC of Sacramento. APC provides compassionate help and hope to women and teens unprepared for pregnancy. All of their services are free. Join us and Pastor _____ and help us reach the goal of 10 walkers and one team from _____ church!



Make a difference...accept the challenge...form a team from your Sunday school class, youth group, small group, family, or put together your own team representing _____ for the upcoming walk on Saturday May 16, 9:30-11:00 am. This annual event helps the ongoing ministry of Sacramento's Pregnancy Center, Alternatives. All pledge dollars raised during this year's walk themed "A Person's a Person, No Matter How Small," go right to work making a difference for life! Informational materials are available at the display in the church foyer, contact _____ at _____.



Did you know there are 13 more abortions than there are babies available for adoption? Alternatives Pregnancy Center is working hard to change that. The Capitol Walk 2009 pledge walk begins on our state Capitol's south steps. The 2K walk around the Capitol grounds is more than just a good time. It is a great way to pray as we walk around the grounds and stand up for Life, as well as helps raise funds for Alternatives Pregnancy Center. All of APC's services are free. Sponsor sheets and details are available at the information desk in the lobby, or contact _____, at _____. Dust off your walking shoes and step out for Life.



Dear _____

On Saturday, May 16, 2009, I am going to make a difference in life!

I am participating in the Capitol Walk, a 2K walk benefiting Alternatives Pregnancy Center of Sacramento metro area. APC serves women and teens who are facing an unplanned pregnancy by helping to meet their emotional, physical, and spiritual needs—enabling them to choose life for their unborn babies!

Will you help me to make a difference in these lives by sponsoring me in the Capitol Walk? Your pledge of support will have an impact. Please consider sponsoring me for a flat pledge of \$100, \$50, \$25, or \$10. Your generous donations enable APC to continue to provide FREE services such as these:

- Pregnancy tests and ultrasounds
- Information about pregnancy and fetal development
- Options counseling
- Information on risks and procedures of abortion
- Individualized parenting programs
- Maternity and baby clothes and furnishings
- Referrals for legal, medical and community agencies
- Post abortion support and recovery
- Sexual abstinence program for youth and young, single adults

Your donation will be a charitable contribution and tax deductible. You do not need to pay your pledge in advance, APC will invoice you if you prefer.

I hope you will decide to help me meet my goal, and together we will make a difference!

Stepping-out for Life! _____

PS: For more information about APC please visit www.freshhope.net

----- detach here -----

CAPITOL WALK 2009 SPONSOR PLEDGE MAILER

YES! I agree to sponsor _____ in the Capitol Walk 2009.

If paying in advance please mail to: **Alternatives Pregnancy Center, 2628 EL Camino Ave., Suite B-1, Sacramento, CA 95821 (916) 972-0367. Or, go online to www.aprcpartner.com or www.capitolwalk.org and click on the “donate now” button!**

Name _____

Address _____

City _____

State/Zip _____

Church _____

Please send me your monthly newsletter: _____

I would like an invitation to the 2009 Fall Gala Banquet: _____

I would like information on becoming a Table Host or

Corporate Sponsor for the Fall Gala: _____

Pledge Amount:

\$200 _____ \$100 _____

\$50 _____ \$25 _____ Other _____

____ Payment Enclosed

____ Please Bill Me

THE CAPITOL WALK
Alternatives Pregnancy Center
May 16, 2009 - The South Capitol Steps
9:30-11:00am

Why have a Walkathon?

All money raised will help the APC continue to offer the following services...all free of charge!

- The healing message of the Love of Jesus
- Pregnancy tests
- Confidential peer counsel and advocacy
- Referrals for medical and financial assistance
- Referrals for child birth classes and adoption services
- Maternity and infant clothes, cribs
- Post-abortion counseling, support group, and Bible study
- Sexual Abstinence counsel one on one and group education Presentations



How do I get involved?

Ask your family and friends to sponsor you with a single, generous, tax-deductible gift for your participation in this two mile, from stroller to wheelchair, event.

Who should I ask to sponsor me?

Anyone you bump in to.

Do I have to collect the money?

No. We will send a reminder to your sponsors after the Walk. Prizes will be given to the walker who collects the most money and turns it in on or before the day of the Walk.

What if I can't walk the day of the Walk?

That's O.K. Just obtain your sponsors and walk your two miles another day. Then bring your sponsor form and any money collected to the APC.

YES! I WOULD LIKE TO WALK!
PLEASE SEND A SPONSOR PLEDGE FORM TO ME!

Name: _____

Address: _____

Phone: _____

Please mail to: Alternatives Pregnancy Center
2628 El Camino Ave., Ste. B-1, Sacramento, CA 95821
Business Line: 916/972-0367

Capitol Walk 2009
Walker Registration

Name	Address	Email/Phone
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
17.	_____	_____
18.	_____	_____
19.	_____	_____
20.	_____	_____



How to Raise \$180
in 10 days

Day 1: commit to your own \$15...\$15

Day 2: Ask a relative for \$15...\$30

Day 3: Ask your boss or teacher for \$20...\$50

Day 4: Ask a coworker for \$10...\$60

Day 5: Ask a neighbor for \$10...\$70

Day 6: Ask a relative for \$20...\$90

Day 7: Ask a church member for \$30...\$120

Day 8: Ask a friend for \$25...\$145

Day 9: Ask a church member for \$20...\$165

Day 10: Ask a friend for \$15...\$180!