



Happy 35th Anniversary, ULCC! 35 years of providing hope & help on campus

Thirty-five years ago this month—on April 1, 1975—University LifeCare Center opened its doors to give hope to women and couples experiencing an unexpected pregnancy! Our opening was a true blessing, being *the first of what has grown to become today a network of 27 pro-life pregnancy centers* affiliated with the Total Life Care network in Minnesota and Wisconsin. Our founding, however, like our pro-life work sometimes feels today, was not without its own challenges.

The famous Supreme Court case *Roe v. Wade* had been decided just two years before, on January 22, 1973, legalizing abortion in all 50 states for the entire term of pregnancy.

Our foundress, Sr. Jeanne Therese Condon, wanted to be sure to reach

out to the University campus, knowing that the large population of young women and couples would need pregnancy-related services that were best for both the women and the children.

Sr. Jeanne, a professed sister of St. Joseph of Medaille from the Crookston Diocese, had already in 1973 opened a health clinic in an inner-city St. Paul neighborhood that offered pregnancy-related and other medical services to anyone in need. But Sr. Jeanne began to notice that a “humanistic and anti-life philosophy” had become pervasive throughout the public health services system. A new University clinic mirroring the St. Paul clinic’s model would be crucial to stand against this anti-life

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Honor your Mom: Walk for Life on May 15!

Help us raise funds in honor of 35 years of LIFE while you honor a mom

Please join us for the 2010 *Walk for Life* at Lake Phalen in St. Paul, to be held from 10 a.m. to Noon on Saturday, May 15. The Walk is the week following Mother’s Day weekend in honor of mothers and babies everywhere. By registering as a walker or making a donation, *you can honor or remember a mom, a special woman in your life, or a baby. What a gift!* If you’d like, we will send you a certificate you can

provide to your special honoree.

Walkers raise funds for the University LifeCare Center (ULCC) by obtaining pledges in advance. It’s easy and *we collect the pledged money for you!* Alternatively, we can provide you with a sample letter that you can send to all of your family and friends to get them involved in supporting LIFE.

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Counselor's Corner:

Our Pregnancy Support Group helps transform FEAR into HOPE

by Jessica Kegley, Director of Client Services

During the past year, the University LifeCare Center began offering a Pregnancy Support Group to help women in unexpected pregnancies encourage and learn from one another. We currently have three "regulars" who attend the group.

Being a part of the lives of each of these women throughout their entire pregnancies – from the first pregnancy test through these later months – has been a true privilege. Each one comes from a very different background: one is in law school, another is finding new motivation to return to school in the near future to pursue her goals, and the third is hoping to be the first in

her family to finish college. Each faces different challenges, concerns, fears, and aspirations. However, the one thing they all have in common is that they have each gone through a transformation: *from being upset and afraid about their pregnancies to being excited and hopeful about carrying and meeting their child.*

Each time they come to the group I hear comments such as, "I don't know what I would do without this group!" and "My boyfriend says he can tell a difference in me during the weeks we have group as opposed to the weeks we do not – I am a much happier person!" They laugh, talk, and cry. We share healthy snacks and encourage each member to face her unique challenges head on and with a

hopeful heart.

Another key aspect of the group for these women is that they have each other – other women who are going through an unexpected pregnancy, too! A bond has formed among them that has helped them to feel supported even beyond the time they spend together in group meetings.

The little ones for each of these moms are due in May, and we are already talking about the start of another support group: The New Mom's Group! Thank you for your prayers and financial support, which help us to walk this journey alongside the moms who choose life for their unborn children.

35 Years of Hope & Help, cont'd.

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philosophy while providing compassionate help to women at the same time. But most of her Board believed it could not be done without federal funding. When her federal grant was denied—because, unlike other pregnancy centers, she refused to provide contraception or abortion—most of those Board members left her cause.

Sr. Jeanne Therese was undeterred. She first conceived the plan of Total Life Care Centers, Inc. (then called Minnesota Life-Care Centers): a non-profit organization that would embody a true pro-life philosophy to which her new pregnancy center would adhere. After incorporating that organization in 1974, Sr. Jeanne Therese realized her dream. The University LifeCare Center was opened and running near the U of M by April 1, 1975, where we've been loving and serving women, couples, babies and LIFE ever since.

Look for exciting news and events throughout our anniversary year to help us celebrate our 35 years of providing hope and help on campus!

THANKS to our prayer partners and donors for your support.
Together, we bring LIFE!

Fast Facts: Growth at ULCC

"Each life is precious, and we start by saving one baby at a time."

Sr. Jeanne Therese

In the past *5 years alone*, ULCC has:

- Seen nearly a 50% increase in the number of pregnancy test clients
- More than doubled the number of *students* coming for pregnancy tests
- Added ultrasound services and STI testing in 2007 (doubling the number of ultrasound scans in the first year alone)
- Increased by 500% the amount of counseling we do by phone— not including our after-hours InfoLine!

Did you know?

By the **eighth week** of development, all major systems of an unborn baby are present, brain waves can be recorded, and....

Baby can suck her thumb!



Wishing Well: Help supply our "Treasures for Life"

ULCC relies on the generosity of our donors, prayer partners, volunteers, and grantors to provide for our basic needs. Our top needs right now include:

Bottles: New BPA-free bottles!

Baby Toiletries:

- Baby oil, wash, bath & shampoo
- Diaper rash ointment
- Baby powder
- Aquaphor
- Petroleum jelly



Newborn Basics:

- Toys, teething, rattles, etc.
- New baby clothes 0-12 mo.
- Socks 0-4T
- Burp cloths

Other Basics:

- Cloth diapers
- Baby books
- Stuffed animals
- Toddler clothes—boys 2T-4T
- Bouncers
- Sleep positioners
- Baby "bjorns"/front carriers

For Mom:

- Nursing bras, pads, & cream
- Sanitary pads and tucks
- Breast pumps

Walk for Life, continued from page 1

Our goal is to raise \$10,500, which is \$300 for each of the 35 years that we have served women and babies near the U of M. This will also help **Keep Us on Campus to continue operating in Dinkytown where we are needed most.**

Fr. Michael Kaluza of the Cathedral of St. Paul will serve as our Celebrity Walker this year! You can pledge him or join him at the Walk itself.

PRIZES offered! Walkers who collect a minimum of \$200 in pledges will receive free pro-life ULCC anniversary memorabilia.

Please pledge or register to walk now by using the form below. E-mail your completed form to LMH@ulifecare.org or mail it to the street address below. **You can also register or pledge online at www.ulifecare.org.**

2010 Walk for Life in Honor of Moms and Babies

Registration Form: University LifeCare Center

Walkers who collect a minimum of \$200 in pledges receive gifts! Please complete this form and send it to the e-mail or street address below.

Please print. **Yes, I want to register as a walker!**

Name: _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

Providing your e-mail address will enable us to communicate electronically, saving postage. We will NOT distribute e-mail addresses outside of ULCC.

Upon receipt of this form, we will send you a 2010 Walk for Life Packet with walk details and information on obtaining pledges.

I am unable to participate as a Walker, so I am enclosing my donation of \$ _____. Thank you!!

I am walking or donating in honor or memory of: _____

Please send me a certificate I can provide to the person I am honoring.

Please also contact me regarding the following:

- Volunteering
- Monthly or Quarterly Pledges
- Prayer Pledging
- Electronic Gifting (Electronic Funds Transfer)

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If you do not wish to receive our mailings, please e-mail us at ulife@ulifecare.org or call us at 612-623-3211. Thank you!



RETURN SERVICE REQUESTED

UNIVERSITY LIFECARE CENTER
1315 4th Street SE, Suite 200
Minneapolis, MN 55414
Phone/Fax: 612.623.3211
E-mail: ulife@ulifecare.org
Website: www.ulifecare.org
A Pregnancy Resource Center

Non-Profit Org.
U.S. Postage
PAID
Minneapolis, MN
Permit No. 285



Happy 35th Birthday, University LifeCare Center!

April 1, 1975 ~ April 1, 2010

35 years of providing
HOPE & HELP on campus

Be a Servant for Life!

Internships available!

A little time.

A little love.

That's all it takes!

You can help us
build the CULTURE
OF LIFE—one life at a time.

For the past 37 years, we have lived with
legalized ABORTION.

But that doesn't mean that we have
to accept it.

Make a CHOICE right now to make a
DIFFERENCE.

Choose to help a man, woman, or baby at
ULCC know they have ETERNAL VALUE.

VOLUNTEER. Be part of the generation
that changes it all—one life at a time.



A small body of
determined spir-
it is fired by an
unquenchable
faith in their
mission can alter
the course of
history.
Mohandas Gandhi