



## *From the Desk of the Director of Post Abortion and Pregnancy Loss Ministry*

I am writing this newsletter during the Advent Season. Joseph and Mary and their unplanned pregnancy came to mind, and in particular how Joseph handled the situation. Today we know that greater than 86% of woman facing an unexpected pregnancy say they are pressured or coerced to elect abortion by others, primarily the father of the child, or the mother's parents. The single most determining factor in her decision is typically the father's opinion. Studies show that a loving man to help her shoulder the responsibility of parenting, is the Number One influence when making her decision to abort her baby.

We can learn a great deal from the life of Joseph. He was Just, he knew the Hebrew Scriptures but made choices based on the truth taught by Moses and the prophets. He was Merciful, he did not want Mary and her family to be publicly shamed; thus, he sought a quiet divorce. He was Thoughtful, as Joseph pondered his dilemma, and was leaning towards mercy rather than vengeance, God communicated to him regarding the miraculous circumstance in which he found himself. He was Obedient to Go, when Joseph awoke from his life-altering dream, he did exactly what he was instructed to do. As the head of the house, Joseph provides for and protected Mary and Jesus.

When the Lord God Almighty sent his Son to earth to enact the plan of salvation, he entrusted Jesus into Joseph's care. At this Advent Season, and throughout the new year, may all men see St. Joseph as a Role Model. Let's take a "page out of his playbook" on how to be a godly man – honoring God's Word, showing mercy to others, being thoughtful during adversity, and obeying the clear direction of God!

*Lorraine Gariboldi*

*Director, Post Abortion and Pregnancy Loss Ministry*

## *Entering Canaan*

**Upcoming Weekend Retreat  
April 10, 2026 - April 12, 2026**

For those suffering from a past abortion.

**Come begin your healing journey! His  
mercy and peace are waiting for you!**

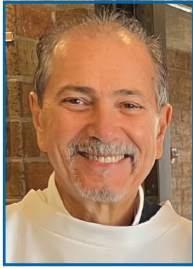
**Please contact us for our upcoming  
Women & Men Retreat Weekend to be held  
April 10, 2026 - April 12, 2025.**

**For confidential reservations  
contact, Lorraine c: 516-798-9100  
email: [LGariboldi@LifeCenterLI.org](mailto:LGariboldi@LifeCenterLI.org)  
or Deacon Fred Ferrara c: :  
201-481-0800**



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*From the Desk of the  
Deacon Fred Ferrara*

## IT'S CHRISTMAS!

Christmas, the birth of our lord and a time of renewed hope. We begin this celebration with a journey of preparation and a look back at our lives to see how we can personally prepare for the coming of our lord and the "greatest event in human history!"

Yes, it's preparation for new life and the joy that comes with it. As we read in the Gospel of Luke, this journey that began with a young girl, probably no older than 16, gives us insight into the past as well as a view of our present and future.

Sparked by an Angelic greeting, Mary faces a life and death situation that not only seems incredulous and could cost her a relationship with her betrothed; a young man named Joseph, but shame, ridicule, and according to Jewish ancient custom, she could be stoned death, irrespective of the life within her.

It's Mary's resignation to trust in God and say "Yes," to His plan, as well as Joseph's willingness to accept Mary into his home, which leads us to a challenging journey, and the salvation of the world!

It's an interesting note that ancient Jewish law considered the child within her womb to be part of the mother and not exempt from the consequences of stoning, so there is good cause to believe that if Joseph did expose her to the law, human history would change.

If this story teaches us anything, it's that; only when we open our hearts to accept life can miracles happen. Also, had Joseph been discovered as allowing this apparent shame, he too would have been an outcast of his society, so obviously, Joseph is also a great hero in this story!

If we fast forward to our current society, we can see a shift in the role that men and women play when it comes to a crisis pregnancy. Had Mary lived in our culture we know she would have been afforded options and not run the fear of being executed. It's all the more evident of how courageous and trusting of God Mary was in her own time.

But, what about Joseph? Would that young man living in our society have taken the same road to trust God? It's sad to say that in our current society young men and women find it too easy to walk away from a crisis pregnancy, than to trust that choosing life, as opposed to death, is our true calling.

The sad truth is that we know now that taking part in any death can lead to Post Traumatic Stress Disorder (PTSD), or in the case of abortion, Post Abortive Stress Disorder.

According to the Mayo clinic: Post-traumatic stress disorder symptoms may start within the first three months after a traumatic event. But sometimes symptoms may not appear until years after the event. These symptoms last more than one month and cause major problems in social or work situations and how well you get along with others. They also can affect your ability to do your usual daily tasks.

Generally, PTSD symptoms are grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person."

This season we celebrate is a season of hope.

For anyone, and especially men that experienced being part of an abortion (without physical pain) need to know that there is help, and that's where the life center steps in...

If you, or anyone you know is suffering from an abortion, help is available. Call: 201 481-0800.

In this season of hope let us turn to God, knowing that the child we celebrate was born to help and heal us!

Merry Christmas!

*Deacon Fred*