

QUARTER 3
2018



Culture of Life
Family Services

PRO-WOMAN
PRO-CHILD
PRO-FAMILY

PRO-LIFE!



THE 9TH ANNUAL
PRO-LIFE IS GOOD
GALA & AUCTION

SATURDAY
OCTOBER 20, 2018
5:30PM - 10:00PM

RANCHO BERNARDO INN
17550 BERNARDO OAKS DRIVE
SAN DIEGO 92128

\$250 PER TICKET

\$2500 TABLE



5:30
Check-In, Host Bar Cocktail Hour

7:00
Dinner & Program

9:00
Social Hour

KEYNOTE SPEAKER
ARCHBISHOP
SALVATORE
CORDILEONE



HONORARY
CHAIRPERSONS
JOHN & DEBBIE BRADEL



MASTER OF CEREMONIES
GEORGE DELGADO, MD



AUCTIONEER
SEAN KELLY



PRO-LIFE PERSONS OF THE YEAR
GREG ANTHONY & STEVE BEUERLE
KNIGHTS OF COLUMBUS LIGHT & LIFE FOUNDATION



REGISTER ONLINE
WWW.COLFS.ORG/GALA

FOR INFO:
619-795-3581 OR INFO@COLFS.ORG



The Miracle of NaProTECHNOLOGY



I remember like it was yesterday, anxiously sitting in the waiting room of the Culture of Life Family Services. I had just found out that I was pregnant with our first child, and I had been experiencing some spotting.

My eyes welled up with tears as I saw the gestational sac on the ultrasound screen that was measuring 5 weeks when I was supposed to be 8 weeks. I was miscarrying and full of sorrow. I didn't understand what was happening. I received a call from COLFS. The lab work came back confirming the miscarriage, and I was told that I had unusually low levels of progesterone.

Several months later, I was ecstatic when I found out I was pregnant again. I called COLFS right away to get

an order to have my hormones checked. I received a call asking me to come into the office. At this point, I was 5 weeks pregnant. Dr. Saroki explained to me NaProTECHNOLOGY. She told me that my progesterone hormone was low again and she wanted to prevent another miscarriage. For the next 30 weeks, I went to the office two times a week to receive progesterone shots. We were overjoyed when finally in February 2011, I delivered our first child, Xavier Jude.

NaProTECHNOLOGY and COLFS are so integrated in our lives, our story doesn't end there. My husband and I experienced some infertility as we tried to have another child. I again needed progesterone injections to maintain the pregnancy. But in 2014, we welcomed our precious daughter, Avila Rose. Conception the third time around was easy compared to all that we had been through. I was able to stop the progesterone after the first trimester with our third child. We welcomed our beautiful daughter, Siena Marie, in the summer of 2016.

We hope the Lord will bless us with more children in our future, and I know that COLFS will likely be part of their story as well. We are forever indebted to Culture of Life Family Services and Drs. Delgado and Saroki. If it was not for them, for NaProTECHNOLOGY and for their research, I truly believe I would not have any of my children here with me today.

FOOTBALL CAMP WITH PHILIP RIVERS

At last year's 2017 Culture of Life Family Services (COLFS) annual Gala, our family—along with three other families—won the football camp that Philip and Tiffany Rivers donated to the event. We were also delighted that the Rivers family was able to join us for the camp; while the boys were playing football, all the other children got to play with each other on the playground, prompting Makayla, age 13, to comment, "Philip Rivers has the nicest family."

Philip taught the children how to move around in the pocket and how to hold the ball after the snap. The practice ended with all the boys getting pictures with Philip, as well as signed memorabilia. The memories will be more precious to them as they look back on all the fun they had.

The highlight of the day was when we all shared lunch together, and Philip led the group of families in prayer before the meal. Since our group was mostly Chaldean, we also included the Our Father in Aramaic, bringing our faith alive amidst the camaraderie of our fellowship with all the families. COLFS was represented by Dr. George and Liz Delgado.

The football camp was a great event for our families and brought joy to all of us who attended. We're so grateful to the Rivers family for generously donating their time to COLFS, allowing these children to have such a memorable experience and hang out with a great role model. Lucas, age 8, summed it up for everyone there: "Just seeing Philip Rivers was great enough."



A WINDOW to the Womb

By Liz Delgado, APR Hotline Nurse, Volunteer



One afternoon in September 2016, my then two-year-old grandson, Auggie, and I took a drive to The John Paul II Life Center in Austin, Texas to visit with Dr. Jeremy Kalamarides, a pro-life OB-GYN and one of the providers for the Abortion Pill Reversal (APR) network. The center reminded me a lot of COLFS with its community outreach, pregnancy help services and healthcare. I loved learning about their community projects and one in particular spoke to my heart: A Glimpse Inside. This project gave high school aged students the opportunity to see an ultrasound of a pregnant woman. What a beautiful idea, a window to the womb. We need to do this back home, I thought.

Well, I am so happy to report that 130 Confirmation students at St. Mary Church in Escondido were given the opportunity to see life in the womb via ultrasound during April of this year. Dr. George Delgado performed the ultrasound, showing the students fingers, toes, the beating heart and even a bout of the hiccups. The mom and baby were great models and a lasting impression was made on the hearts of our youth.

In addition, the Confirmation students took a tour of the Women's Mobile Clinic ultrasound unit parked outside of the parish hall and heard a powerful testimony by COLFS volunteer and Silent No More representative, Carol Marie Siedenburg.

St. Timothy Church of Escondido recently held a similar event for their Confirmation students. I encourage others to do the same.

Please contact Tiffany Silton, COLFS Clinic Manager at (760) 294-6159.

“This project gave high school aged students the opportunity to see an ultrasound of a pregnant woman.”



Dr. Jeremy Kalamarides with Liz and Auggie



Save the DATES

Miscarriage Support

Wednesdays • Sept 19 • Nov 21
6:00pm–9:00pm • Escondido Office

Post Abortion Support

Wednesdays • Oct 17 • Dec 19
6:00pm–9:00pm • Escondido Office

9th Annual COLFS Gala

Saturday, October 20 • 5:00pm
Rancho Bernardo Inn

March for Life

Friday, January 18, 2019
Washington, D.C. • marchforlife.org

San Diego Walk for Life

Saturday, January 19, 2019
Balboa Park • sandiegowalkforlife.org

Walk for Life West Coast

Saturday, January 26, 2019
San Francisco, CA • walkforlifewc.com



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Healthcare Professionals Recognized at White Mass

By Cheris Lenahan, COLFS RN, Sonographer

Culture of Life Family Services was excited to co-host, along with St. Gianna Physician's Guild, its 7th annual White Mass at St. Thérèse of Carmel Catholic Church on September 8. Named for the traditional white coats and uniforms worn by medical personnel, the White Mass is a tradition which honors healthcare professionals from all different medical backgrounds. COLFS was pleased to continue this custom which recognizes medical personnel for their commitment to care for the health and well-being of others. Following the Mass was a reception where the Medical Director of COLFS, Dr. George Delgado, gave a speech discussing the work of Culture of Life Family Services, and encouraged the medical community to care for patients through a holistic approach including the mind, body, and spirit. A special thanks to St. Gianna Physician's Guild, St. Thérèse of Carmel, and to all who participated in this year's White Mass. We hope to see you next year!

Pictured from left to right:

*Tiffany Silton (COLFS Clinic Manager), Dr. George Delgado (COLFS Medical Director),
Thomas McKenna (St. Gianna Physician's Guild), Bill Goyette (COLFS COB),
and Maria Perez-Moreno (COLFS President/CEO)*



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COLFS North County • (760) 294-6114
362 West Mission Ave., #105 Escondido, CA 92025

www.COLFS.org | www.COLFHC.org | www.COLFSclinic.org | www.AbortionPillReversal.com

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