

CRISIS PREGNANCY OUTREACH

in touch

SUMMER
TIME!

Summer 2004

Vol. 13 Issue 2



P.O. Box 1113 ~ Jenks, OK 74037
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Crisis Pregnancy Outreach is a full-service agency meeting the needs of young women facing unplanned pregnancies and couples hoping to adopt.

info? 918.296.9992 or www.cpotulsa.org

Cheryl SAID!

This year's Birth Mother's Day Ceremony was wonderful! I wish that each of you could have been there. We had so many birth mom's, adoptive families, and little ones in attendance. I love having this special day, set aside to honor these courageous young women. Of course, as one adoptive mom said, "When I wake up and look at my little one, EVERY day is Birth Mother's Day. We are filled with such gratitude to her birth mom for giving her LIFE and for giving her the life she has with us. I am a Mom, because of her sacrificial love for her child."

It is with much sadness that I must announce that my Assistant and dear friend, Donna Martin, is moving with her family to Florida, to be nearer her parents and extended family. We are so grateful that God kept her in Tulsa long enough for her to be VERY involved with CPO for 7 years! Donna came to the Support Group Meeting one Tuesday night, with a friend, and never quit coming! She has done things, like public speaking, that were out of her "comfort zone," but has always risen to any occasion with dignity and grace. Donna is a tremendous advocate for our girls and their little ones. She has been the Host Family Coordinator, Administrator of our Transitional Home, Coordinator and Teacher of our Parenting Classes, as well as manning the phone lines on Tuesday and Wednesday, attending births, going to court, helping with the Waiting Families' Workshop, keeping adoptive families in her home, and being my never-complaining "Sounding Board!"

We will miss you, Donna! May God bless you, abundantly, as you continue to reach out to others in His Name.

In His Service,

Cheryl

IT IS GOD, HIMSELF, WHO HAS MADE US
WHAT WE ARE AND GIVEN US NEW LIVES
FROM CHRIST JESUS; AND LONG AGES AGO,
HE PLANNED THAT WE SHOULD SPEND THESE
LIVES IN HELPING OTHERS.

EPHESIANS 2:10 (THE LIVING BIBLE)

God Danced

the Day You Were Born

Cameron Austin Isaac on March 18th
5 lbs., 8 oz., and 18 ½ inches long
Birth Mom: Jessica
Adoptive parents: Les and Mary Etta



Morgan Alyssa Ann on April 14th
6 lbs., 11 oz., and 19 ½ inches long
Birth Mom: Barbara
Adoptive parents: Buddy and Missey



Anna Katherine on April 19th
7 lbs., 8 oz., and 21 inches long
Birth Mom: Pamela
Adoptive parents: Greg and Sandy



Isabella Lucia on April 23rd
7 lbs., 14 oz., and was 21 inches long
Congratulations, Felicia!



you go girl

Laquita got her GED diploma! We are so proud of you, Laquita. Dionne was 1st Runner-Up in the Miss Oklahoma Pageant! Many of us went to cheer her on, and were so proud of her and her platform, which is "Open Adoption." As several of the girls said, "Dionne Rocks!"

A few tips for traveling with your kids

If you're a new parent, we suggest you think of your young traveling companion as someone who'll add a whole new dimension to your travel experiences. Be sure you dial down your expectations, set realistic goals, and take it nice 'n' easy. Here are some parent-tested suggestions for traveling with a young child:

Be flexible

Traveling with children can be a wonderful experience if you go with the flow. Too many new sights and sounds at once can overstimulate your baby, and toddlers get bored having to sit still or sightsee for long periods of time instead of being able to run around and explore at their own energetic pace. Keep your itinerary simple limit it to one activity a day and you'll find it much easier to make last-minute adjustments if your child gets tired or just wants to spend the afternoon playing in the hotel's wading pool.

Bring water and plenty of snacks

A bag of snacks and a water bottle are critical components of any trip. Children can get dehydrated during a flight, and toddlers can't always wait for food service. (Make sure you pre-order your child's meal.) Best bets include treats such as bananas, animal crackers, granola bars, small juice cartons, fruit-filled cookies, and small boxes of whole grain cereal. Bring along moist towelettes for cleaning up. Give your children something to look forward to by dispensing snacks at pre-announced intervals.

Plan frequent rest stops

If you're driving, break up your trip so your kids can stretch and run around to blow off some pent-up energy. Pack a rubber or foam ball for a game of catch and some simple board books for quiet time. Pick out picnic areas, parks, or playgrounds on your route by using an online mapping service such as MapQuest or Zip2, or city guides such as CitySearch. End your driving day early so all of you have time to unwind after a long day on the road.

Excerpt from www.babycenter.com

My adoption plan was very quick. I met Cheryl and picked out a family the day before my son was born. I didn't even meet the adoptive family until after I met my son. I don't think any of us birth moms can put into words the emotions you feel when someone else leaves the hospital with your child and you leave the hospital with nothing, but it is a feeling I hope to never experience again. To make it worse, I didn't even know the people who took my son home that day. But thanks to open adoption, I had the comfort of knowing that when he and I were ready to meet each other we would know where to find each other.

Open adoption is truly a gift. Living with my adoption decision is sometimes difficult, but all I have to do is look at all the pictures I have received of my son's smiling face, and I know that I made the right

choice. I was lucky to be raised in a good home, and now I am blessed to have been able to help and provide for my son the opportunities that I was provided as a child. I am truly blessed to have met Cheryl that day and to have found the right home for my son, Christian.

How I feel about open adoption



By Lauren

Talking about my story used to be difficult for me, but now, one and a half years after I chose open adoption, I am excited to tell people in hopes that they will have a more open mind about all kinds of adoption, and a more open mind in their perceptions of unwed mothers. I recently gave a speech to a class

at the University of Oklahoma about open adoption. Hopefully, through me and all the girls here at CPO, the message can be spread, and more babies given life.



Grazi Danko Gracias
Thank You!
 Merci

We wish to thank the “Praying Grandma's” of Tulsa Bible Church for, consistently, making clown dolls for each of the little ones who come through our program! These older women have such giving hearts, and we are so grateful.


A special thanks to Reba Yeksavich for the plush bunnies for our little ones for Easter. They loved them! They were a special touch for the party that Jeannie Barton prepared for them.

Thank you so VERY much to the many Adoptive Families and Waiting Adoptive Families who supplied the wonderful food for the Birth Mother's Day Ceremony Reception! Also, special thanks to Tracie Roesslein and all of her helpers who put together the Reception. It was wonderful!

Many thanks to ALWAYS AND FOREVER Floral at 101st and Memorial. They provided the corsages for Birth Mother's Day, at an unbelievable discount! Please remember them, when ordering flowers and plants!

We are so grateful to Dr. Randy Segnar, Dr. Robert Mongrain, and Dr. Hodge for providing dental care for several of our girls. This is such a blessing to our girls and to CPO's (always tight) budget!

We are still collecting old cell phones. For the location of the drop box nearest you, please call Cheryl at 296-9992.



Your financial support helps to provide such things as prescriptions, clothing, childbirth classes, counseling and dental care for our girls. Mail your tax deductible donation to CPO, P.O. Box 1113, Jenks, OK 74037.

TULSA WORLD

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**444—Miscellaneous
 Help Wanted**

Baby & Personal Showers
 Tracie Roesslein, 250-7231,
 needs help with planning &
 refreshments.

Transportation
 Can you drive one 1/2 day a
 month? Call Mary Sanders
 @ 342-1175

Furniture / Clothes
 If you can help with furniture
 or household items for the
 girls to set-up their own
 homes, we will gladly make
 arrangements to pick them
 up. Also if you have
 maternity or baby clothes
 to donate. Contact Jeannie
 Barton
 @ 621-4546.

Mentors
 If you are interested in
 becoming a Mentor to one of
 our girls, please call
 Kobi Redman, 748-5954,
 for more info.

Host Families
 We are continually in need of
 families who would like to
 open their hearts and homes
 to a girl during her
 pregnancy.
 If you are interested in
 becoming a Host Family,
 please call Lisa Barricks
 272-0587, for more info.

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 Cats
 Dogs
 Other Pets
 Pets Wanted
 Pet Services
 Horses, Ex
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