



Gala Ticket Sales, Volunteer Spotlight, Volunteer Database Update, Education Update, and More!



Gala Tickets Sales are Live!

Our 10th Annual Gala and Auction will be held on October 19th at Loews Coronado Bay Resort with guest speaker Abby Johnson, author of "Unplanned".

[Click here to purchase Gala Tickets](#)

Have you considered purchasing an entire table and inviting your family and friends?

Farewell

COLFS would like to extend a heartfelt farewell to:

Ricardo Cabrera
Front Desk Receptionist
Erika Sanchez
Referral Coordinator
Ana Zarraga
Business Operations Manager

God bless them all in their future endeavors and we thank them for their service to COLFS.

Welcome

COLFS is excited to welcome:

Iris Acosta
Referral Coordinator
Marianne Dobrino
Business Operations Manager
Deacon John Fredette
Ministry Operations Manager
Noel Mondragon, MA
Front Desk Receptionist

We are blessed to have our new team members and look forward to their contributions to COLFS.

Volunteer Spotlight!

Karen Baker



You might be surprised to find out that one of our COLFS volunteers, Karen Baker, loves a good mystery book. But her real passion is reading Christian books and learning more about her favorite saint, Thérèse of Lisieux, the little flower. In fact, Thérèse's little way is the approach Karen takes in volunteering at COLFS, trying to live up to Thérèse counsel to "miss no single opportunity of making some small sacrifice." Karen says: "It's important to just do small things with love just reaching out to people in little ways and trusting the Holy Spirit will do his work." It not just the little things, though, that Karen works on for COLFS. She really likes that her volunteer work has also tapped into some of her skills from her past career too. But she is more than happy to help out "wherever God puts me." Karen says the best thing about volunteering with COLFS is "knowing that God wants me here for a reason" and that she is a visible witness to her family in not just words, but by example.

Karen has been an example for a long time. She became a volunteer at COLFS after signing up at a booth during a pro-life walk about four years ago. But she has been involved in the pro-life cause for over twenty years. Karen and her husband, Dave, started out organizing very successful fundraising dinners at her parish to raise money and spreads awareness of pro-life issues. She also helped out with the Annual Baby Bottle Drive at her local parish before becoming an "official" volunteer at COLFS. Now she helps coordinate and prepare for the Baby Bottle Drives at all the parishes throughout the year.

When asked to think of three words that would best describe her, Karen answered: "loving, kind, and Catholic." She loves working with "God filled people" and believes volunteering is a great experience no matter what faith you are. She says, "its import to show God that you're part of his team" and "If you feel the Lord wants you here answer his call and don't be afraid or nervous. Step out of your comfort zone and just take that first step." She also advises that if you are thinking about volunteering: "Pray about it."

The one thing Karen wishes more people knew about COLFS is that "it's more than just for the pregnant women it's a pro-life family practice for all ages, for whatever reason." And the one thing that really surprised her about volunteering here was "how much I feel at home!" Karen said that when she wrote her name on the volunteer interest sheet four

years ago, she heard God tell her: "What do you have to lose? Just sign up and if they need you, they will call you." And sure enough she got the call, and we are glad she did! Thanks, Karen, for your hard work and dedication as a volunteer.

Calling all Volunteers!

The volunteers at COLFS are a tremendous resource. As a matter of fact, we would have a hard time accomplishing all the tasks necessary to serve our community without the help of our volunteers from our Baby Bottle drives to our Client Advocates. We have had so many volunteers over the years who generously give of their time and talents on an on-going basis and some who help out here and there for specific projects. They all volunteer with the intent of helping others and promoting the mission of COLFS and, in the process, have recognized the common wisdom that those who give of themselves also receive.

We are in the process of updating our volunteer database and we need your help!

- **Are you an existing volunteer?**
- **Are you interested in volunteering at COLFS but haven't taken the first step?**
- **Are you curious about the various volunteer opportunities COLFS has available?**

Please take a quick 9 question survey using the link below so that we can best match your interests and skills with the volunteer opportunities available at COLFS. This survey is for both existing volunteers and new volunteers.

[COLFS Volunteer Survey - CLICK HERE](#)



Education Update!



Breastfeeding Support Group

We are thrilled to begin offering a breastfeeding support group starting in July with weekly meetings in our Escondido office and a schedule still to be determined in our Mission Valley office. With the help of two International Board-Certified Lactation Consultants, we will provide this excellent, totally free, educational resource to our clients and to the community at large. More details to follow.

"Earn While You Learn"

We are in the final stages of implementing the "Earn While You Learn" program for our clients. Moms and dads will have their choice of various short courses to help them in all stages of pregnancy and parenting. Practical life skills courses, such as budgeting, managing debt, planning for a career or a job are also offered. Parents will complete mini-courses and earn "Baby Bucks" which can be redeemed in our up-and-coming Baby Boutique.

Rachel's Hope Healing Ministry

Rachel's Hope Healing Ministry will be offering a support group the second Thursday of the month from 6:30-9:00 pm starting in August in our Escondido office. One-on-One support is available anytime for those who are seeking help privately!

Support is also being offered to Individuals or couples in the following areas:

- Understanding the Grief of Pregnancy Loss (Miscarriage)
- Understanding the Trauma of abortion: An introductory program to abortion healing for those not ready for a full-on weekend retreat. Groups are kept small and confidential.
- Anger workshops: Christian woman do get angry and that's ok (learning healthy anger through Christ) and Our Identity in Christ (learning our true identity)
- After abortion retreat on July 19th-24th at the San Diego Diocese

For more information, contact our Education Director, Jennifer McClintock at jmclintock@colfs.org



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