

Ways You Can Help

You can help us in a number of ways. First and foremost, you can offer your prayer support. Without the prayers of many faithful Catholics over the years, Russia would not be on the “road to recovery” that it is on today. Your prayers can help keep us on that road. Other ways to help are given below.

Adopt-a-Birth Program

A \$25 donation provides a medication packet for mother at the hospital. The packet includes cleansing agents, antibiotics, and pain medicines. We have already saved 1,500 babies from abortion through this simple, low-cost program!

Adopt-a-Mom Program

A \$125 donation covers the costs of care during pregnancy and help after the baby is born. This includes nutritional supplements, vitamins, and start-up supplies for the new baby and mother.

Support a WSC

Operating costs for each of our Women’s Support Centers run between \$8,000 and \$9,000 a year. This includes all training, staff salaries, utilities, printing, visits to new moms in the hospital, presentations to students, material help for moms and kids, Rachel’s Vineyard retreats, and much more.

We are also teaching WSC staff to do their own fund-raising and advertising, in an effort to become financially independent.

Until that becomes a reality, we welcome help from individuals, pro-life groups, sister parishes, and other interested organizations.



No matter how great or small, your help is urgently needed and will make a difference! Please check out our website to learn more, to donate by credit card, or to set up automatic bank withdrawals:

www.vladmission.org

To contact our United States national office:

Mary Mother of God Mission Society

1736 Milestone Cir

Modesto, CA 95357

Phone: 209-408-0728

Mrs. Vicky Trevillyan

National Coordinator

E-mail: usoffice@vladmission.org

To contact our mission society’s President in Vladivostok, Russia:

V. Rev. Father Myron Effing, CJD

Email: myron@catholic.vladivostok.ru

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Women’s Support Centers



**Mary Mother of God
Mission Society**

Reviving the Roman Catholic Church
in Eastern Russia

The Abortion Crisis in Russia

In 1920, Russia became the first nation in the world to legalize abortion. Now, after many decades, the official statistics tell of the devastation brought by this travesty:

- Today, the average woman in Russia has between 6 and 8 abortions in her lifetime.
- 57% of pregnancies end in abortion.
- 20% of abortions are done on women younger than 18 years of age.
- 12.5% of abortions result in medical complications.
- Abortion is the main cause of maternal death in Russia.
- In 2008, there were 1.2 million abortions, not including secret or late-term procedures. While this is slightly lower than the annual number in the United States, it must be remembered that Russia has about half the population of the US.

Our Women's Support Centers

In October 1998, to counter the abortion culture, Caritas Primorye (our Catholic charitable organization) hosted a training seminar for Catholic parishioners in Vladivostok, Russia, to learn how to operate a crisis pregnancy center. Specialists and employees from a center in Ohio conducted the seminar. Shortly thereafter, the Russian Catholics established the first Women's Support Center (WSC) in Eastern Russia.

In 1999, Caritas expanded its work by starting its own training program for WSC counselors. Now, thanks to these efforts, we have WSCs in Vladivostok, Lesozavodsk, Nakhodka, and other cities throughout the region.



How Our Centers Help

The Centers offer a wide variety of services to women in crisis pregnancy situations, to post-abortive women, and to teens and college students. We provide:

- Counseling and support to pregnant women, including vitamins and referrals for free ultrasounds
- Assistance with the costs of pre- and post-natal care
- Help with hospital and birth costs
- Education that helps women understand their new babies' needs
- Baby clothing, diapers, and nutritional supplements for infants
- Follow-up care for needy moms and kids via our Guardian Angel program
- Programs to teach married couples the method of Natural Family Planning
- The newsletter *To Accept Life*, and other advisory materials and booklets about crisis pregnancies, family help, and contraception in keeping with Catholic teachings of marriage and chastity
- Rachel's Vineyard Retreats

- Educational presentations to university and public school students on fetal development, post-abortion syndrome, chastity, and other topics.

Future Plans

It is not uncommon for a woman to be abandoned by the baby's father or her own family when she decides not to have an abortion. Therefore, we have developed plans for a "shepherd house" for women who are left to their own fate and need shelter, a safe place to live, and help with improving their life skills.

We hope to cooperate with other individuals and organizations to establish this program. There are many people, especially the poor, who would greatly benefit from efforts aimed not simply at "delivering services" but at transforming lives.

For any person in need, we strive to present Christian love and mercy. Thus, we accept and welcome all people, helping them to understand how precious each and every human life is.

