

LifeCHOICES

pregnancy & family resource center

Newsletter

October 2026 ♦

ALL IN - 2026

For Life. For Families. For Generations.

Thank You To All Who Attended, Served, and Gave
During Our 2026 Gala Series!

Three blessed galas, and so much to be thankful for! Thank you to every guest, donor, sponsor, volunteer, and church who came together to support Life Choices and the families we serve. Every dollar is a blessing that provides compassionate care, practical help, and hope across our three centers.

You all showed up and supported! **Thank you!!!** We raised \$86,000!! Thank you Lord!! If you weren't able to give during the galas and would like to give, please go to givelifetn.org.

We are so deeply grateful for each person who gives, serves, and stands alongside us in this mission. Thank you for helping us continue this work for God's glory!

Life Choices' Open House

We invite you to join us for the Life Choices' Open House on Thursday, November 12th from 4:00 to 6:00 p.m. All three centers will open, and we would love for you to come learn more about our mission, the impact we are making in the community, and how you can get involved and support the work. We will provide refreshments for you to enjoy! We hope to see you!



Subscribe To Our Text Alerts - Text START to 931-952-1214

Welcome Our New Staff Members!



Beth Reynolds
Finance Director

Beth brings nearly 20 years of involvement in pro-life ministry, having served as a volunteer, staff member, and board member at Portico. Last year, Beth and her husband moved back to Tullahoma after 30 years away. They enjoy traveling and spending time with their two sons, daughters-in-law, and five grandchildren.



Lydia Washburn
Administrative Assistant

Lydia Washburn has been involved with and volunteered with several organizations, including Life Choices, for years, beginning in high school. She has had the privilege of counseling women and is excited to join the Life Choices admin team, while using her organizational skills to support the ministry and assist in it's growth!



Just a few of our volunteers, staff, and board members!

October is Pregnancy & Infant Loss Awareness Month.

October is Pregnancy & Infant Loss Awareness Month. Pregnancy and infant loss can happen through miscarriage, ectopic pregnancy, stillbirth, or the passing of a baby after birth. Whether a family had weeks of anticipation or months of memories, their child's life matters and the family's grief deserves compassion.

According to the American College of Obstetricians and Gynecologists (ACOG), approximately 1 in 10 known pregnancies ends in early pregnancy loss, and about 80% of pregnancy losses occur during the first trimester. The Centers for Disease Control and Prevention (CDC) reports that approximately 21,000 babies are stillborn each year in the United States, and roughly as many pass away during their first year of life. Behind every number is a precious child and a grieving family.

At Life Choices, our commitment to loving families includes acknowledging the absolute heartbreak of loss. This month, we honor babies who have passed away before or after birth, pray for their families, and encourage our community to listen, acknowledge their grief, and continue showing up with love. Every life matters. Every loss deserves to be remembered.

Sources: ACOG, "Early Pregnancy Loss"; CDC, "Data and Statistics on Stillbirth."



You had already started making room.

Pregnancy & Infant Loss Awareness Month



Every loss deserves to be remembered.

Pregnancy & Infant Loss Awareness Month

Before or during birth

Miscarriage

(including very early or chemical pregnancy loss)

Ectopic pregnancy

Molar pregnancy

Stillbirth

After birth

Newborn loss

(within the first 28 days)

Sudden Infant Death Syndrome (SIDS)

Other infant loss

(including illness or complications)

*However the loss happened,
your grief matters.*

Life Choices In The Community!



Winchester Baby Fair

Christy Shaw and Hannah Teters met sweet babies and expecting families at Highpoint Health, sharing the resources available through Life Choices.

Tulahoma Women's Club

Margarita shared about our free services. The ladies blessed our ministry with diapers, wipes, clothing, toiletries, baby items, and monetary gifts!

Souls Series

Amy, Leigha, Orpha, and Kimmy attended and had the opportunity to share about Life Choices.

Estill Springs Methodist Church

Amy shared about our ministry with the ladies of the church. Thank you for the warm welcome!

**Would your church or community group like to learn more about Life Choices?
Reach out to schedule a visit! We'd love to meet you!**