*M*erry *C*hristmas from …

Birthright of Pittsburgh, Inc.

160 N. Craig Street, Suite 200, Pittsburgh, PA 15213 Vol: 46, No.4 December 2017

"It is the right of every pregnant woman to give birth, and the right of every child to be born."
– Louise Summerhill, founder, Birthright International (1968)

Celebrating the birth of the infant Jesus is the essence of the Christmas tradition. Welcoming the birth of a baby is also the essence of the Birthright of Pittsburgh tradition for 46 years since 1971. Our local chapter, one of some 450 in the United States along with Birthrights in Canada and around the world, forms a pro-life circle of friendship and support for expectant parents by providing alternatives to abortion and offering emotional and practical assistance during pregnancy.

In the coming year, we sincerely wish that your own bonds of family and friendship prosper with joy, peace and love. Thank you for the many ways you provide needed care to Birthright parents and their unborn babies with your faithful gifts of prayers, finances and material items.

Michaela Pershe

My name is Michaela Pershe and my husband, Andrew, and I are newly married. I work as a professional nanny and recently completed training to be a birth and postpartum doula. As the oldest of seven children, I grew up around a lot of children and have always loved nurturing and caring for all ages. As I've gotten older, I've grown equally passionate about encouraging and empowering women entering and re-entering motherhood. Birthright is an organization that melds the two lives of mother and baby together. It has been an incredible experience to be a Birthright volunteer involved in the work they are providing for pregnant mothers.

Breast milk benefits babies

By Michaela Pershe

A mother's milk is one of the most effective and simplest methods of nourishing your baby. Formula does not have nearly the amount of optimal nutrition found in mother's breast milk. Breast milk is unique to every mother and infant because it provides specific nutrients and vitamins just for a baby. Human breast milk is a live substance with immunological and anti-inflammatory properties that protect against many illnesses and diseases for both mothers and babies and fluctuates in nutritional properties to support the baby in the best possible way. Breastfeeding also helps to form a strong emotional bond between mother and baby and serves as an important factor in a baby's emotional and mental growth.

The World Health Organization recognizes the importance of breastfeeding, saying: "Breastmilk promotes sensory and cognitive development, and protects the infant against infectious and chronic diseases."

Sometimes formula is necessary for feeding your infant. If a mother is unable to produce breast milk or is uncomfortable with the process, she should not feel guilty if formula is preferred.

References
1. www.ncbi.nlm.nih.gov/books/NBK52687/
2. www.lalecheleague.org
3. www.who.int Search: Breastfeeding

Sign-up for united way for Birthright- #224

In Loving Memory of

Bill and Marge Cleary, from Germaine Ainsworth, daughter
Patrick Murphy, from Rita Murphy
Father Paul Voida, from Susan and Nelson Caro

Red Rose Day Collections
May to November 2017

All Saints Church
Good Shepherd Church
North American Martyrs Church
Our Lady of Joy Church
St. Angela of Merici Church
St. Bernadette Church
St. Catherine of Sweden Church
St. Francis of Assisi Church, Finleyville
St. Joseph Church, O'Hara Twp.
St. Philip Church
St. Robert Bellarmine Church
St. Thomas More Church

*

Donations (June to November 2017)

Alvery Bartlett Jr.
Christopher Brennan and Kristina Beer
Margaret Buehler
Anne Louise Dailey
M. Dobbelstein
Gregory and Theresa Haas
John C. Karg
Knights of Columbus, Guyasuta Council No.6094
Angela Maher
Mary Anne Mansell – baby clothes & handmade baby quilts
Joseph and Diane McNally
Theresa O'Roarke- baby clothes
Betty and John Philips – "In honor of my nine grandchildren."
Isabel Rothstein – baby clothes & items
St. Mary of the Mount Church, Ladies of Charity
Sharon Serratore

Action! Working on a *new* Birthright of Pittsburgh video for presentations.

Words of wisdom from our founder …

"Birthright offers a challenge and an opportunity. With millions of lives in danger there is a great need for women who will take responsibility, who can think for distressed humanity---and not just for themselves. The problems of our times, the problems of unwed mothers and unwanted children demand, on the part of women, and men also, as never before, a sense of responsibility, moral strength and a spirit of sacrifice."

Louise Summerhill (1973)