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From the desk of
Leona Rega
Executive Director

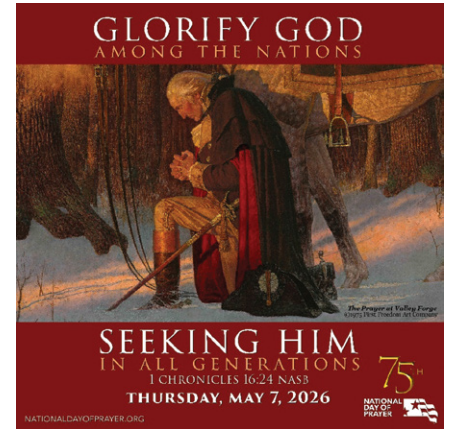


Life-affirming ministry work is extensive. We passionately pour our hearts and minds into being the voice for the voiceless, and into preventing a choice which can lead to long-term mental and physical trauma for those considering abortion. When things do not turn out as we hoped, we can become discouraged. Shepherding work is not easy. It is challenging and takes an emotional toll. Many who serve on the front lines of life-affirming work know what heavy days feel like. The needs are constant, and trials are difficult. The decisions before women and families are often surrounded by fear, pressure, and fatigue. So how do we keep our spirits high and not give up? Through shared

fellowship with one another and reminders from God's holy word. This year, one of our own advocates, in courage, shared her personal abortion story. She speaks of being one of the lost sheep whom God reached out and picked up. She shares "no one needs to go through what I did." Hearing her testimony, tears are shed. For if God uses us to save one, we have honored him in our work.

In Luke 15:3-7, Jesus talks of a shepherd who leaves ninety-nine sheep to search for one that is lost. The story is simple yet profound. As the lost sheep is found, the weight of the labor gives way to joy. The shepherd's heart is glad, and heaven rejoices with him. When a mother chooses life for her baby instead of abortion, it feels like a single step in a long and trying journey. But it is a moment of great rejoicing. Heaven celebrates one life protected, one heart choosing hope, one future given a chance. The shepherd places the same value on one as he does on the ninety-nine. He goes after the one because that one matters. The passage reminds us how deeply God treasures each individual life. As we often measure impact by numbers, statistics, and outcomes, so we can serve more, we must also step back and remember; **God measures impact by love—personal, sacrificial, and relentless love. One life matters. One decision matters.** On heavy laden days when the burden feels great, we are invited to lift our eyes and recall why we labor. The joy we feel over just one renews our strength. No effort made in love is ever wasted. Every "yes" to life represents a sacred turning point—one that reflects God's heart for the vulnerable and unseen. Her choice may never make headlines or shift cultural trends, but heaven rejoices. Just as the shepherd celebrates the one sheep rescued from danger, God rejoices when one mother chooses *life* over abortion, *hope* over fear, and *courage* over despair. And so do we!

NATIONAL DAY OF PRAYER



PRAYER REQUESTS



- Praise God for decreased abortions throughout PA in 2024...showing a decrease for two years in a row in York County!
- Pray for God's provision of new female client advocates to meet the need of our growing Care Program waitlist.
- Pray for those who are hurting from a past abortion to join our Surrendering the Secret class this February.
- Pray for our new bilingual Care Program Advocates and those they will serve.
- Pray for protection from spiritual warfare for our staff, board, volunteers and clients.

HEARTBEAT is published by Human Life Services, Inc., a private, non-profit organization. Human Life Services is an affiliate of NIFLA and Heartbeat International. Comments, letters, and donations are always welcome. To read past issues of our newsletter, please visit our website at www.FriendsofHLS.org and click on "Newsletters."

MISSION AND VISION STATEMENT

Human Life Services is a life-affirming, Christ-centered pregnancy care organization, serving York through medical services, peer counseling, education, and community referrals. Human Life Services affirms all life and strives to make abortion unthinkable through the love and compassion of Christ and His Holy Word.

www.FriendsofHLS.org



Please visit our website for more information or to make a donation.

Client Corner

Danielle Besecker
Client Services Manager



We heard the *BELLS* ringing loudly at HLS during the month of December! Many clients rejoiced with tears when an abundant amount of Christmas blessings were poured onto them. We had 14 of our most at-need clients adopted for Christmas this year, and 25 were given Bell-themed gift boxes. Below, are 3 stories I would like to share...

Brittney had just moved back into the area with her grandmother, when she re-enrolled into pregnancy and birth classes. Mike attended classes with her when he didn't have to work. Young, first-time parents had their little girl right before Christmas, and it was a struggle for them. When they came to get their Christmas gifts and let us meet their baby, they were overwhelmed with excitement and shock and kept saying "They are all for us?!" They mentioned their tree wasn't even big enough for the presents! They continued to be thankful and shared the support they still needed. We gave them information on a few local churches in their area, including one they went to in the past, and really stressed the value of having a home church family and the help they could receive. We continue to pray for them to plug in!

Catherine didn't think she could get pregnant. When she told her boyfriend she thought she was, he stressed his displeasure and wanted nothing to do with her. She decided to google "abortion pills." God placed her right on our website and into our hands. After seeing the baby on the ultrasound, this is what she said: "I was reminded of God's promise and if He allowed me to carry His creation, He would be there every step of the way. Seeing my newly formed baby made me realize God created that baby and I had no right to end things." Joy rang through the center! She quickly enrolled in our Pregnancy and Birth classes and began building relationships with the staff as we prayed with her weekly. Her little girl was born a week before Christmas and together they received their Christmas blessings. She would look at her little girl and said, "I can't believe that thought ever went through my mind!" Her newborn baby fit so nicely under the tree in the layette basket she received that day, too. Catherine left that day saying, "This little girl is a precious gift I was blessed with!"

Monica is another baby saved story... She left her ultrasound appointment abortion minded. She needed help with her toddler and signed up for parenting classes. A little while later, we had an opening for her to get into classes. While in her first class with her advocate, who happened to be her options counseling advocate too, she disclosed that she was still pregnant. Hearing that, you can imagine the joyous bells that were ringing through the office again! Monica and her little girl became family, and we were able to help support her in many ways. We got to walk alongside them and show them love. What a blessing to include her as an adopted Christmas client. Monica gave birth to her second little girl a few weeks ago. Praise the Lord!

These bells represent answered prayers, and my mind paints a picture of all the staff running through the office, praising God and ringing bells... Rejoicing with the angels in Heaven! On behalf of all our clients, thank you for your love and support! You have truly been a blessing this Christmas season.

Thanks to you... We thrived in 2025

- 89 babies BORN!
- 55 babies were SAVED!
- 532 clients received Pregnancy Tests and Ultrasounds
- 162 people received sexual integrity lessons
- 1 client came for Abortion Pill Reversal
- 65 clients were enrolled in our Care Program Classes
- 3 women completed the post-abortion healing class
- 88 youth mentored at the YDC Determined Dads group launched in September
- 45 individuals/groups gave towards our Christmas programs including donating items for the 25 Bell themed gift boxes given to our clients
- 14 of our most at-need clients were adopted in our Adopt-a-Client Christmas program
- Added 24/7 nurse hotline to schedule appointments when we are not open
- \$53,000 given in material support

In 2024, 1.4 million abortions were performed in the United States. Notably, York County experienced another decrease in the number of abortions performed. PA saw the first reduction of recorded abortions with 2,446 less than the prior year.

Did You Know?

From fertilization to birth, a baby's heart will beat approximately 54 million times! Each tiny heartbeat is a powerful reminder of God's intricate design and the miracle of life.



NEEDS

Our client and volunteer needs change rapidly. For the most up-to-date needs, visit www.FriendsofHLS.org/get-involved/. Here you will find items and service opportunities.

Become an ambassador for life today!

BECOME A VOLUNTEER



Do you have a desire to volunteer and are unsure where God may want to use you? We need you! HLS is seeking:

- Female Client Advocates (meet 1 on 1 with clients)
- Observer during medical appointments
- Young men to mentor in our Determined Dads program
- Building maintenance volunteers
- Summer garden maintenance volunteers

Contact office@humanlifeservices.org or call 717-846-2384 to learn more.

BABY BOTTLE BOOMERANG



The baby bottle fundraiser is a fun way for people of all ages to **support life!** We supply the bottles, and your group members fill them. Every coin, dollar, or check directly supports free medical testing, educational programs, and material support for moms, dads, & babies...and we do all the counting for you! If you, or your church, or your community group would like to participate in a spring BBB campaign in coordination with Mother's/Father's Day, call Jane at 717-854-7615 x127.

Receive the gift of
GRACE

Surrendering the Secret offers *hope and healing* from abortion...led by a woman who has experienced abortion herself.



Class starting end of Feb.!

Contact Danielle at
717-846-2384
danielleb@humanlifeservices.org

CALLING ALL DADS!

Fatherhood doesn't come with an instruction manual... but you don't have to do it alone!

Determined Dads offers support and mentorship to help men become stronger fathers for their children. Topics vary based on the needs of the group, ranging from newborn care to raising teens, budgeting, and healthy relationships...*and dinner is provided!*



NEW CLASS STARTS IN MARCH!

Contact Danielle at 717-846-2384 or
danielleb@humanlifeservices.org

Empowering **FATHERS** to build stronger **FAMILIES**

PRAYER GROUP



Luke 18:1

Prayer is one of the most powerful ways you can support HLS. Would you like to take part in a formal virtual prayer time? Join us monthly. Two different times available to accommodate schedules:

- **1:00pm first Tuesday**
- **7:00pm third Tuesday**

To learn more and receive a link to participate, contact Bob Sieffert, rbsieffert@comcast.net.

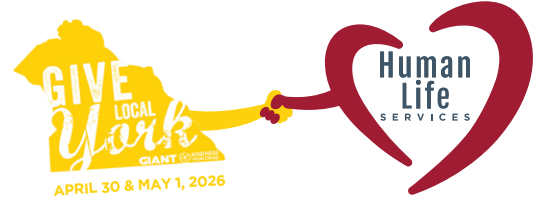
SAVE THE DATES!

For more information on these events, please call 717-854-7615, or email hls@humanliveservices.org. You can visit www.FriendsofHLS.org/events for details on Golf and Banquet sponsorship opportunities, registration, and details of the silent auction.

Give Local York

April 30 @ 7pm through May 1 @ 7pm

Give Local York is HLS's largest fundraiser of the year! Partner with us once again to meet our goal of \$150K! Monies raised at this year's event directly support 100% free services to our clients AND ensure we can increase the number served throughout the year.



Why give through GLY?

Each single donation counts toward the stretch pool. The more individuals who donate, HLS receives a larger percentage of the stretch pool. Ask the entire family to join in a gift personalized from them. No amount is too small.

How to give...

- Donate online between 7pm April 30th through 7pm on May 1st. Visit www.FriendsofHLS.org and click the "Donate Now" button.
- Make a donation offline by mailing or hand-delivering a check to HLS (742 S. George Street, York, PA 17401). This donation must be received by HLS between April 1st and May 1st. You must write "GLY 2026" on the memo line.

14th Annual Golf for Life Tournament & Silent Auction

Sponsored by: The W. Dale Brougner Foundation

Tuesday, June 23, 2026

Heritage Hills Golf Resort

9:30am Registration, 12pm Shotgun Start

Sign up as an individual or form a Team. Space fills up quickly!

Corporate Sponsorships available!

Golfer and Non-golfer packages available.

Check out the online Silent Auction that coincides with the Golf for Life Tournament! All are invited to bid from the comfort of anywhere using the Bidding Owl auction website.



Annual Fall Fundraising Banquet

Friday, October 9, 2026 @ 6pm

Wyndham Garden, 2000 Loucks Road, York

Keynote Speaker: Ryan Bomberger

Come hear how God is working in the York community through Human Life Services. More information on Table Sponsorship, Program Book Advertisement and registration will be available beginning August 2026.

Ryan Bomberger is an Emmy® Award-winning creative professional, international public speaker, columnist, and factivist. He is the author of the powerful book, *Not Equal: Civil Rights Gone Wrong*, and ground-breaking illustrated children's books, *He is He* and *She is She*. Ryan is the co-founder and Chief Creative Officer of RadianceFoundation.org, a life-affirming organization that illuminates that every human life has purpose. Ryan brings a unique perspective to the innate nature of purpose. He was the first of ten children who were adopted in a diverse family of fifteen. He is married to his amazing wife, Bethany (also the cofounder of Radiance) and has four awesome kiddos. Today, he loves creating culture-shifting content that is fearless, factual and freeing. Full bio found at www.FriendsofHLS.org/events.



Volunteer Spotlight

Andrea Speckhals



We are grateful for volunteers like Andrea Speckhals, who remind us that when we trust God with what we can do, He does the rest! In her own words, read Andrea's full testimony of how the Lord led her to become a volunteer at HLS. She shares:

"I recently heard a missionary say, 'I believe God has raised up enough believers right now to reach this generation.' We can't reach the generations before us; we can only do so much to reach the generations after us, but we can reach this generation. However, do you ever feel like the little you do in service for the Lord is a drop in the bucket compared to the sheer immensity of the need around us? I do. But -- my God is greater! He is able. And He is Worthy.

I was already a busy wife and homeschool mom when I received a text from a friend that Human Life Services needed Spanish-speaking advocates. I was excited and at the same time hesitant. My children are growing up quickly, and I didn't want to lose time with them. I thought it over and decided to discuss it with my husband. Surely, if it was of the Lord, my husband would be in favor of it. But I

rather thought he would say, 'Andrea, your plate is full. I don't think now is the time for that, maybe in the future.' To my surprise, Dustin said, 'I know you are busy, but I think you need to be open to things like this.'

So, I applied and eventually began the training. I prayed along the way, 'God, if you don't want me to do this, please stop it.' I hit some bumps along the training route and wasn't sure if I should continue. Again, my husband said, 'Andrea, the only person dragging their feet on this is you!' (Ok, I get the hint!) So, I continued, finished my training, shadowed some other advocates, and it was time to start with my own client! Was this really happening? After a few no-shows, I had a regular client. I enjoyed spending time with her every Thursday and trying to give her godly advice. I realized the great need for this work. Some young moms have very little support either from the baby's father, or from their family, or even from their own mother. I realized in teaching these young women how to care for their child, I was doing a work that could quite literally preserve this child's life! This client completed the entire pregnancy and birth program, had her baby, and even came back to show us her sweet boy! What an honor to have a part in the birth of a brand-new baby! A person created in God's image!

I started being asked to come for options counseling when clients came who spoke Spanish. This I thoroughly enjoyed. It felt like being on the front lines --so full of purpose, exhilarating, and nerve-racking, too. I loved getting to know the Hispanic clients and their backgrounds. I got to see two babies saved! One of these women was actually at an abortion clinic to get an abortion, and someone outside walked her over to our office to get an ultrasound and options counseling instead. After a couple more ultrasounds, she decided to keep her baby! Now, I get to do classes each week with her and one other Spanish-speaking client. I love it! One thing I have learned is that while my heart wants to just swoop in and solve these ladies' problems, I can only do so much; and sometimes, I can't really do anything except pray. But then again, that is the greatest thing I can do! I have learned to bring these ladies and their situations before the Lord, and I am inspired to be faithful and more persistent in other areas of my prayer life as well. I thank the Lord for bringing me to HLS and giving me this amazing opportunity to serve Him. And while I can't change the whole world, I can do as the old song says, 'Brighten the Corner Where You Are!'"



Spring/Summer Work Crews Needed

Human Life Services is seeking Spring/Summer Work Crews to help with maintenance, cleanup, and beautification projects at our facilities.

Church groups, schools, businesses, families, and community teams are welcome! Your time and talents make a real difference for the families we serve.

Interested or want to sign up? Email alisond@humanlifeservices.org.

Thank you for serving with purpose!