



Fall 2026



Saving Babies
& Families
Over 41 Years!



ALL Free Services

- 24 Hour Help Line
- Pregnancy Tests
- Ultrasound
- Mobile Unit
- Peer Consults
- Material Aid
- Abortion Recovery
- Adoption Referrals
- Housing Referrals
- Medical Referrals
- Breastfeeding Instruction/Consult
- APR Reversal Info

Mission Statement: The Mission of Life Choices Resource Center is to promote and defend the sanctity of all human life, born and unborn, through the provision of abortion-alternative services and resources that empower mothers and families to CHOOSE LIFE. We provide loving help, hope and healing, recognizing that each human being is made in the Image and Likeness of God, and we value each LIFE as His GIFT.

You are Worth the Wait

It's 1:30 a.m. on a Tuesday, and the hotline rings Christine's phone. On the other end is a scared 17-year-old girl. Her voice is nervous as she explains what happened. She is terrified she might be pregnant. She has questions. She wants answers. Mostly, she wants someone to tell her that everything is going to be okay. Christine listens.

Situations like this somehow seem easier when we are sitting in the office, surrounded by resources and coworkers. But at 1:30 in the morning, Christine suddenly finds herself in a sea of thoughts. *What does this young girl need to hear right now? What can I say that she will remember after we hang up?*

She answers her questions, explains what to look for, and talks through what comes next. And then, after a few moments, Christine asks her a question that has very little to do with whether or not she is pregnant. **Was it worth it?** Four simple words. But they stay with us.

Perhaps the question isn't only **Was it worth it?** Perhaps the greater question is: **Did she ever know that SHE was worth more?**

Many of the young women who come through our doors do not truly know how deeply loved and valued they are. They are growing up surrounded by an over-sexualized culture that constantly tells them where to find love, connection, freedom, acceptance and happiness.

And too often, those promises are empty. Through that constant surround-sound, the devil whispers that intimacy without commitment will satisfy the longing to be loved. That our bodies are something to display, use or give away rather than something sacred to protect and cherish.

Our children are being exposed to sexualized images and messages at younger and younger ages. Pornography can introduce them to a distorted picture of intimacy—one that can reduce another human being to an object rather than a person worthy of dignity and respect.

What have we allowed to become normal? It is a difficult question to ask. But perhaps an even harder question is: *What are we going to do about it?* **We can no longer be silent.** It is not enough to quietly hope that the culture surrounding our children will somehow change on its own. We need to be willing to have the uncomfortable but necessary conversations with our children and grandchildren about pornography, sexuality, relationships, and premarital sex.

But those conversations cannot simply be about what not to do. They must begin with who they are. We need to help our young people recognize their inherent dignity and the dignity of others. They need to hear, again and again:

You are not defined by someone else's desire for you. Your body has meaning. Your future matters. You are a beloved child of God.

This is where the work of *Life Choices RC* begins. A culture of life begins before conception. If we truly want our young people to understand the dignity of a child growing in the womb, **we must also teach them to recognize the dignity of the person standing in front of the mirror. Inside and outside the womb, human life has value.**

There is meaning in the wait instead of the want. Waiting is not simply about saying "no."

Chastity is not a punishment or a list of restrictions.

-continued on back page



**"We love
because
He first
loved us"**

- 1 John 4:19



Tributes to Our Loved Ones



In Loving Memory of Catherine Wiliszewski

By: Jeannette Gomolcak,
Merodie Hancock,
Emily & Rick Hayes,
Jim & Miriam Medley,
Dorothy Powers,
Rita Stepanski,
Constance Gerlach,
Perth Amboy Helping Hands
Angels & Life Choices Family

In Love and Honor of Donald & Steven Tagliareni on Father's Day. Blessed to have them in our lives

By: Mom, Celina, Olivia & Alexis



In Memory of Msgr. Leon Kasprzyk

By: Rev. Sean Winters

In Memory of Msgr. Robert Zamorski & Msgr. Richard Behl

By: Mr. & Mrs. James P. Reilly, Sr.

In Memory of Joseph Blinstrub

By: Gerry Blinstrub

In Tribute to Frances & Barbara Palatucci

By: Salvatore Palatucci

In Memory of Charlie Thompson

By: Ann Thompson



In Memory of Timothy Dowling

By: Bill & Kathy Dowling

In Celebrating the 250th Birthday of the United States of America

By: Mark Mizin



Every Basket Brings Hope!

It's that time of year!!! We are looking for donations to make our Annual Banquet Tricky Tray better then ever. Here are a few NEW items needed to complete our baskets:

- Childrens Table & Chairs Set
- Girls Youth Bike Helmet & Knee Pads
- Childrens (YOUTH Unisex) Hat, Scarf & Snow Gloves
- 2 Beach Towels & Water Bottles
- 1 Adult Bike Helmet
- Bar Cart



Call Elaine for more information - 732-516-0911

Tributes - Gifts of Hope

What better way to remember a loved one, honor someone special or acknowledge a special event? I am enclosing a gift of hope in the amount of \$ _____

This gift is _____

(In Memory of, In honor of, Birthday gift, to Celebrate...)

Send Acknowledgment to:

Name: _____

Address: _____

Town, State Zip: _____

My Name: _____

My Address: _____

Phone: _____

To send your own tribute, clip form and mail it with your donation to: Life Choices RC, 503 Main Street, Metuchen, NJ 08840



Do you know a student who may be interested??? HELP us reach our youth!

Join Our Student Ambassadors Program!

(Open to students in grades 6-12)

Find Your People. Make a Difference.

Looking for a place where you belong? Want to make a real impact while having fun and meeting amazing people?

We're a community of students who **encourage** one another, **serve** our community, and **stand for life** with *compassion, courage, and kindness*. Whether you're looking to make new friends, grow in your faith, earn volunteer hours, develop leadership skills, or be part of something that truly matters **you** belong here! Together we'll:

- Build lasting friendships
- Make a real difference in our community
- Grow in faith, leadership, and confidence
- Have fun through events, service projects, and outreach
- Be a voice of hope and love for every life

You were created for a purpose, and your voice matters. Don't just watch the next generation make a difference—

BE the next generation that changes lives.

Join the movement. Find your purpose. **Stand for LIFE.**

Email us today at LCRCSA@lifechoicesrc.com



Dear Friends,

God gives us the beauty of Autumn. He shows us that beauty in the wondrous colors of leaves, the crisp mornings, and the majestic flight of fallen leaves. We leave behind hot summer days and normally feel the pinch of more structured routines and lifestyles. Autumn is a more disciplined time for most of us, and the quiet strength of choosing the truth of what really matters. In many ways, chastity reflects that same truth.

At **LCRC** we meet young men and women who are searching for truth in a culture that confuses desire with love. When they come to us we teach them about self-respect, and encourage them to live with dignity. We teach that chastity is recognizing the sacredness of the body **God** has blessed us with, and respecting each other's, as well. We teach that healthier relationships result from chastity.

We teach that *true love waits* - and it's worth it! Chastity promotes emotional well-being, providing us with happier lives and more stability. When couples realize that chastity proves real love, that love grows even more deeply.

Thank you all for your support of **LCRC**. Your support allows us to teach the truth in a culture that confuses good with bad. Because of your on-going help, we can reach our younger generation with the truth that is life-giving and beneficial for their well-being. We can teach that chastity is courageous and something to be proud of, even if they made prior mistakes. At **LCRC**, our young people can re-discover their worth, and give glory to **God**.

May **God** bless you this autumn for the truth you help us share, the lives you help us save, and hope and support you give us.

God love you,
Jo Ann



I am a
life choices
RESOURCE CENTER
Metuchen
Baby!
Look at ALL
this cuteness!
We ♥ our
Life Choices
RC Babies



Leave a Legacy of Hope

As you think about the future and the legacy you wish to leave, we humbly ask that you consider remembering *Life Choices Resource Center* in your will or trust.

A planned gift is a meaningful way to ensure that future generations of women, men, and families continue to receive compassionate care, life-affirming support, and hope when they need it most. Your generosity can help protect and nurture the gift of life for years to come.

Thank you for your faithful support and for partnering with us in this life-saving mission. Together, we are making an eternal difference.

Please **help us** reduce postage & printing costs by signing up to receive our paperless newsletter. You can contact Marianne at Lifechoices@optonline.net.
Attn: Marianne

pampered|chef

A Pampered Chef fundraiser for Life Choices

It's that time of YEAR! You know you ALWAYS need something from PC! Check out their catalogue & place your order TODAY!!!



Faith, Family & Baseball



On June 12th, our amazing *Life Choices* friends got together for the 4th annual Somerset Patriots Baseball game. It was a perfect evening full of fun, food and fireworks! We can't wait to see you all next year!!!



Student Ambassador Retreat

Wow! Our SA's are on fire. Retreat 2026 in the books. Stocking boxes of baby bottles, brainstorming for our upcoming Walk in October and learning why the Ultrasound is such an integral part of our ministry is just a few things our students participated in - OHHH yeah and the pizza too! God bless our future Pro God warriors!



Happy Faces in Happy Places

Whether it's a donation, stop by or pick up - we are always thankful with the love from our friends! God has truly blessed *Life Choices RC*. Keep smiling it makes the world beautiful!



Legion of Mary

Join us once a month to pray the rosary outside our doors! Call if you are interested.



Celebrating the BIRTHday of the Good Old USA



This years 4th of July parade was extra special celebrating our country's 250th BIRTHday. You know how we love to celebrate birthdays - it means more LIFE!



A Little Help A Lot of Love



THIS smile here is because of YOU! You help us help our families; before, during and after! We can't wait to meet the new LC princess!





October 24, 2026

9:00 A.M. TO 12:00 PM

MERRILL PARK @ THE GAZEBO

FAIRVIEW AVE, COLONIA

KICK-OFF @ 9:00 A.M. SHARP!!!

Walking with Moms in Need

life choices
resource center

Annual WALK for LIFE 2026

We have BIG News!

We are HITTING THE ROAD AGAIN!



This year, **EVERY STEP** has a destination!

Every dollar raised through our **WALK FOR LIFE**
will go directly toward the purchase of our

BRAND-NEW MOBILE LIFE UNIT!

JOIN US at Merrill Park, Iselin

Address: Fairview Ave, Colonia

Visit LifeChoicesRC.com/Events
to register online or call 732-516-0911

Help us reach our **GOAL!!!**

\$40,000

Refreshments, Music & FUN

Rain or Shine! No walking distance required. You can't walk...we still want to see you!



Yes! I'd like to Support the Walk for Life 2026!



Name _____

Address: _____ Town: _____ State: _____ Zip: _____

Amount \$ _____ Check _____ Phone #: _____

Card # _____ - _____ - _____ Exp Date: _____ CVV _____

Email _____ Parish _____

To Donate Online Go To: LifeChoicesRC.com

Mail Checks to: Life Choices Resource Center 503 Main Street, Metuchen, NJ 08840

Become a Monthly Donor! Call to find out HOW!

732-516-0911



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**"He will not let
 your foot slip—he
 who watches over
 you will not
 slumber"
 - Psalm 121:3**

continued... It is an understanding that our bodies, our relationships, and our ability to love are worth protecting. It creates room for authentic friendship, commitment, respect, and love to flourish.

That is why **Life Choices RC** is increasing our efforts to bring this message to young people. We want them to understand the freedom and joy that can be found in chastity and in recognizing their **God-given** worth.

Perhaps we also need to rethink the old saying, "**You are what you eat.**" Today, maybe it should be: "**You become what you consume.**" The images we watch. The messages we scroll past. The voices we listen to. The relationships we normalize.

All of it shapes how we see ourselves and how we see one another. This article did not come easily. The daily rhythm of our office is sometimes shaken by situations that stop us in our tracks. We hear *fear*. We hear *regret*. We hear *uncertainty*. And sometimes, after the phone is put down, we are left asking ourselves: **Could we have reached her sooner?**

Because perhaps the most important work we do isn't only answering the phone at 1:30 a.m. Perhaps it is reaching that 17-year-old before the phone ever needs to ring.

Teaching her that **she is loved**. Teaching him that **love means respecting another person's dignity**. Teaching them that **their bodies have value, their choices have meaning, and their futures are worth protecting**. So that when the world asks them to trade something meaningful for something momentary, they already know the answer.

YOU are worth the wait.



(If every person has the same number of partners as you)

**Scan Here to
 DONATE!**

