Reflections of His Heart

Fall 2026 Newsletter

Happenings at *Ramona Pregnancy Care Clinic*

Their Stories are Just Beginning

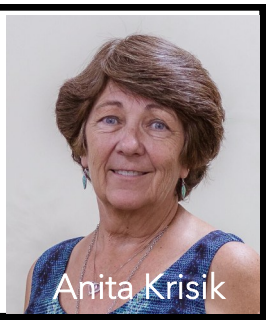
Here are the babies births reported to us since our last newsletter.

Baby Name	Weight	Length	Birth Date
James Allen	5 lbs 4 oz	17″	4/22/26
Miachel	8 lbs 3 oz	21 ½″	5/4/26
Ezequiel Samuel	7 lbs 2 oz	20″	5/4/26
Loralai Elizabeth	5 lbs 1 oz	18″	5/22/26
Enrique Miguel	4 lbs 9 oz	17″	5/7/26
Lucas Xavier	4 lbs 3 oz	17.5″	twins
Yovany	6 lbs 4 oz	18″	5/10/26
Arlette	8 lbs even	22 ½″	5/5/26
Xander	7 lbs 6 oz	20″	5/28/26
Hezekiah	7 lbs even	20″	6/1/26
Manuel	8 lbs even	21″	6/13/26
Delilah	6 lbs 11 oz	19″	6/14/26
Walker	7 lbs 5 oz	20 ½″	7/15/26
Sterling	8 lbs 6 oz	21″	7/28/26
Lorenzo	6 lbs 14 oz	21″	8/26/26

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10

From the Director



As we get to know a woman who comes to us for services, things play out like any good novel. Each one has the elements of a good story. When she arrives, she already has pre-existing circumstances making a pregnancy at this time difficult, challenging, or downright impossible. Her relationships are messy in some way, not because of her fault necessarily. Perhaps she's just gone through a loss of hopes, dreams or a loved one. When she has her first appointment with the RPCC Advocate, it isn't the opening page, but it is a subsequent and very much a decisive chapter.

Like any compelling novel, in each visit we see development of her character into a 3-D person, and learn what emotions, values, beliefs are guiding her behavior. As she faces her unexpected pregnancy, we learn about the stressful relationships, financial pressures and uncertainty for the future she is going through. RPCC becomes a space where she can pause and begin to consider what her next page will be. Our staff are not the authors of her life, but more like guides. Each one listens and offers compassionate care providing her the safety to think outside the box for her next actions.

We understand how complex good novels are. Not every woman we see needs the same things. A pregnancy test, ultrasound, referrals, education or clothing may seem like simple things to provide. But perhaps the most meaningful thing she may receive from us is a relationship that reduces her isolation and loneliness and therefore changes the tone of her next chapter.

In the end, a good novel gains promise and possibility. This adversity she is going through is not the end but has meaning. We don't promise an easy plot, or a resolution with a peaceful ending. As she goes along, she gains courage and confidence to face her challenges. Through it all, she remains the central character in her own story as she turns the page with her company of new friends at RPCC.

A Mother's Story

My pregnancy with Nathaniel was very difficult especially with his diagnosis, my husband being deployed, being new to San Diego and facing so many uncertainties. There were moments when I felt overwhelmed and afraid, but I was blessed to have people who reminded me that I was not alone.

RPCC has been such a blessing to me. The group meetings before and after my pregnancy gave me guidance, encouragement, and helped me grow in my faith. They have also supported our family with many of Nathaniel's clothes and baby items. Most importantly, when Nathaniel had to go through open-heart surgery, they became our prayer warriors. Knowing that they were praying for Nathaniel and our family during such a frightening time brought us so much comfort and strength.

Today, I am so grateful to see how far Nathaniel has come. I feel stronger and more confident as a mother, and my faith has grown through everything we have been through. RPCC has been there for us from pregnancy through motherhood, and I will always be grateful for the love, prayers, and support they have shown our family.



New Volunteer Training

Friday, November 13th ~ 12:00-3:00 pm

at the clinic office

We will discuss basic facts surrounding the abortion issue- legal issues, number of abortions performed in the U.S., stages of development of unborn babies, methods of abortions, reasons for abortions.

We will cover procedures at our clinic for caring for the clients, for safety of the volunteers and staff, and in cases of an emergency.

We will finish with spiritual training for clearly explaining how to become a Christian and begin to grow.

Call Anita or Gail in the office to register

Bulletin Board

Supplies Needed

- Packages of Wipes
- Sizes 4, 5 and 6 Diapers (we are well stocked on the other sizes)

Volunteers Needed

- A Christian Doctor (MD or DO) to serve an average 1 hr/month.
- 1-2 high school students to volunteer after school with tasks like typing, folding newsletters and hanging baby clothes.
- Volunteers to help at the Banquet on Fri, Oct 23 setting tables, preparing food, serving meals and cleaning up. Teens and adults who volunteer can listen to the speaker and receive a meal.

Sign-up at www.FriendsOfRPCC/volunteers or call 760-789-7059.

Meet and Greet our Guest Speaker



Plan now to come introduce yourself, talk with, and take photos with our guest speaker, Kirk Walden before the Banquet.

He's looking forward to spending time with all of us, and getting to know what life is like here in Ramona.

Date: October 23rd

Time: 6:30-6:50 pm

Location: MVCC Patio

In the Spotlight



In May we hired Sandy R. Highfill as a Staff Receptionist. She works at the front desk on Thursdays, answering calls and welcoming visitors to the office. Her infectious laugh puts everyone at ease. She loves birdwatching at home. During 2020 she befriended a Scrub Jay she named Long Brow and taught him to land on her lap to take peanuts out of her hand. He still visits, taking peanuts six years later.

Volunteers Needed

Our Fall Fundraiser is a formal event taking place at Mountain View Community Church on the evening of October 23rd. We need help setting tables, plating food on dishes, serving the meals and cleaning up. Teens and adults who volunteer can listen to the speaker and receive a meal.

Sign-up at www.FriendsOfRPCC/volunteer

or call 760-789-7059.



Ramona Crisis Pregnancy Center

Ramona Pregnancy Care ♥ Clinic

Making the Choice of Life Possible Since 1989

1530 Main Street, Suite 6, Ramona, CA 92065

760-789-7059 www.FriendsOfRPCC.org

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Jessica Rose-Treasurer
Anita Krisik-Secretary
Saul Villagomez-Board Member

Ramona Pregnancy Care Clinic

Invites you to

Fundraising Banquet 2026



Friday, October 23, 2026 7:00-9:00 pm

Mountain View Community Church

1191 Meadowlark Way, Ramona, CA 92065

Guest Speaker: Kirk Walden



Kirk is a writer, author, and speaker sharing insights on faith and culture. He has been in the pro-life movement for over 30 years, and has written 2 books.

Seating begins at 6:30 pm

An opportunity to make a financial gift will be extended. Adults only as seating is limited. Dinner is complimentary.

RSVP by Friday, Oct 2, 2026 by enclosure or call Gina Meng at 760-789-7059

"For I know the plans I have for you," says the Lord. "They are plans for good and not disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me." Jeremiah 29:11-13