

# Volunteer Opportunities

In 2023 Promise of Life Network was blessed with 3,331 volunteer hours from over 100 groups and individuals. We truly could not operate without our amazing volunteers! If you are interested in becoming part of Promise of Life Network through volunteer work, please contact us at 724.794.3325 or apply to volunteer online!



[promiseoflifeflitenetwork.org/volunteers](https://promiseoflifeflitenetwork.org/volunteers)



## Our Team

### 2023 Board of Directors

Rev. Thomas Meling, President  
 Dr. Matt Fuss, Vice President  
 Amanda Jaros, Treasurer  
 Renee Squire, Secretary  
 Dr. Joann Lamb  
 Dana McConahy  
 Sara McCullough  
 Stephen Shields  
 Dr. Mary Tanyel, Medical Director  
 Rev. Marc Stephenson, Chaplain

### 2023 Staff Members

Sarah M. Bowen, Executive Director  
 Mary Jo Summers, Director of Local Operations  
 Mikayla Covington, Director of International Operations  
 Diane Double, Director of Support Services  
 Rachel Bobic, Nurse Manager in Training  
 Nathaniel "Smitty" Boros, Fatherhood Coordinator  
 Jackie Cooper, New Beginnings Site Manager  
 Bonnie Courson, RN Nurse Manager  
 Suzanne Dambach, Bookkeeper & Human Resources  
 Christina Edwards, New Beginnings Coordinator  
 Laura Foster, Client Services Coordinator  
 Raelynn Genareo, Volunteer Coordinator  
 Julie Hudak, Certified Registered Nurse Practitioner  
 Tracey McDermott, Client Care & Marketing  
 Autumn O'Neil, New Beginnings Site Manager  
 Nicole Reeder, Chat Coordinator, At-Home Abortion Facts  
 Lydia Tack, Healthy Relationships Today Coordinator  
 Rhiannon Welton, Design Specialist

All images are shared with permission. Each child was helped by you through the ministry of Promise of Life Network.

# Promise of Life Network Annual Report 2023



Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

James 1:27



# A Message from Sarah

Thank you for being part of the ministry of Promise of Life Network! You, through your financial, prayer, and volunteer support, are a key member of our team.

2023 was a year of incredible growth for the ministry and a very challenging year for me personally with the birth of my premature twins. I am continually humbled at how people stepped into my role when I couldn't, and how God provided for both the ministry and my personal needs.

I would love to talk with you about what God is doing through Promise of Life Network. Please contact me any time at 724-794-3325 ext 1401 or email [sarah@promiseoflifenet.org](mailto:sarah@promiseoflifenet.org).

Join us in praying over 2024, that we will continue to walk in the way the Lord has for us, and that we would be vigilant to hear His voice and follow His guidance.

Thank you for all you do!

Changing Lives Together,



Sarah M. Bowen  
Executive Director



# A Special Thank You

One of the biggest challenges for any Pregnancy Medical Center is finding a doctor willing to serve as medical director. For the last 13+ years, Dr. Mary Tanyel has filled that role for Alpha Omega Center/Promise of Life Network.

In December 2023, Dr. Tanyel stepped down as medical director but is continuing to serve on our Medical Advisory Board. Thank you Dr. Tanyel for your many years of faithful service, for pioneering our medical services, and for being part of saving and changing so many lives. You have been, and continue to be, an incredible blessing!



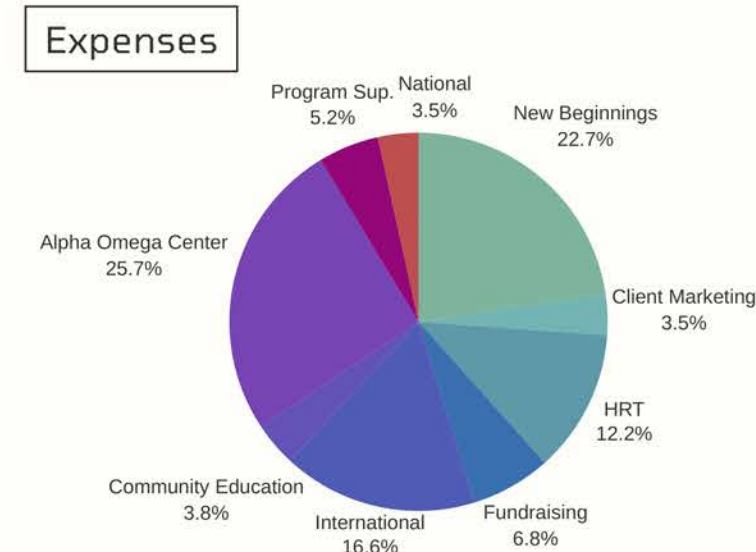
# 2023 By the Numbers

Promise of Life Network does not accept any state or federal funding. The only exception to this is that the Pennsylvania Department of Health provides the supplies and treatment necessary for our STD testing services.

Our goal is to honor Christ through everything we do, including our finances. Our team works to exercise good stewardship with our spending, ensuring that our clients receive excellent service while honoring the money that has been entrusted to us by our supporters.

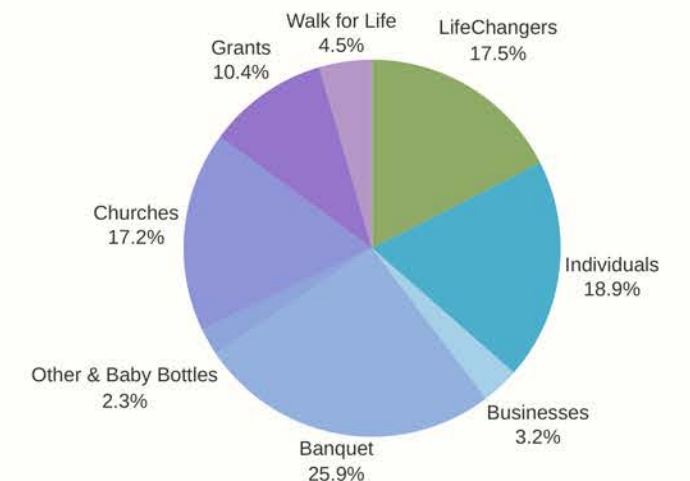
In order to ensure that all finances are properly managed, financial reports are regularly reviewed by our finance committee, a robust team of financial experts.

## Income & Expenses



*Please note: In order to accurately portray expenses, overhead costs have been assigned to the appropriate program area in the "expenses" pie chart. Additionally, 39% of our fundraising expenses were covered by gifts designated for that purpose.*

## Sources of Revenue



## Additional Gifts

In addition to monetary gifts, our community supported us with:

- Donated items for our Parent's Shop valued at almost \$18,000
- Donated professional services valued at over \$4,500
- 3,331 volunteer hours valued at approximately \$40,000
- Countless prayers and messages of encouragement!

## Post Abortion Ministry

Many women struggle with an abortion for years after the experience. They may deal with grief, guilt, shame, regret, and even physical complications. Often, these mothers are unwilling or unable to discuss their abortion experience with anyone. Any time a client chooses abortion we encourage her to attend a post-abortive study. We also advertise this opportunity to our local churches and in our community. We are currently seeking a volunteer to work with us and minister to women in need. Please pray with us that in 2024 we can reach women in need in a way that they can accept.

## Miscarriage Support

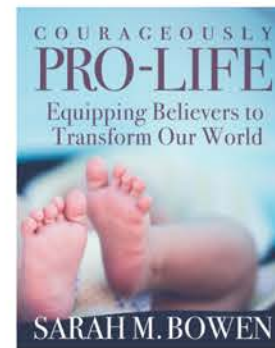
Losing a child to miscarriage or stillbirth can be devastating. As we follow up with our pregnancy test and parenting clients, we offer support and information to any mother who has miscarried or lost her child shortly before or after birth. Join us in praying that we will be able to help grieving mothers in 2024.



## Sarah M. Bowen

In 2019 Sarah M. Bowen, our Executive Director, published a 12-week Bible study called "Courageously Pro-Life." To promote this work to both pregnancy centers and churches, our "Sarah M. Bowen" division was born. This area of ministry focuses on taking brochures, fliers, and other information that we have developed for our own clients and making them available for other pregnancy centers to purchase and download.

In January 2023 Sarah joined together with seven other pregnancy help center Executive Directors to found the Pennsylvania Pregnancy Wellness Collaborative (PPWC). This organization will work to educate Pennsylvania legislators about the good work pregnancy centers do in our communities, and also to advocate for the unborn and their families. Please pray for all involved that this new coalition will be Christ-centered and effective!



## Contact Us

We would love to hear from you! Check out [promiseoflifeflifenetwork.org](http://promiseoflifeflifenetwork.org) to learn about open positions on our team and to apply to volunteer. If you would like to learn more about our ministry and how you can help, email [sarah@promiseoflifeflifenetwork.org](mailto:sarah@promiseoflifeflifenetwork.org) or call 724-794-3325. To make a donation, visit [promiseoflifeflifenetwork.org/donate](http://promiseoflifeflifenetwork.org/donate). We can't do this work without YOU!



## Alpha Omega Center

Our Alpha Omega Center division provides pregnancy testing, ultrasound scans, and STD testing and treatment free of charge to our community.

In 2023 we provided 775 medical services, including 105 ultrasounds to our community. In addition to hearing the message of life, families are provided with the message of the Gospel, prenatal vitamins, referrals for community services, and loving support that lasts throughout the nine months of pregnancy and beyond.

Also in 2023, we began training two new nurse sonographers. Rachel Bobic is training to replace our longtime Nurse Manager, Bonnie Courson, and Julie Hudak is training to ensure that we always have a nurse sonographer available to help those in need.

In 2023, 45 local lives were saved from abortion.

In early 2023 we received approval through the Pennsylvania Department of Health to provide STD testing for syphilis and HIV, and we began offering well-women's exams to women who do not have regular gynecological care.

As we begin 2024, we are looking forward to Rachel and Julie completing their training in ultrasound, and we are seeking to improve our marketing efforts to ensure those in need know that we're here for them.

We are also building our new Medical Advisory Board. Medical professionals from all walks of life are invited to contact us and discuss whether this Board would be a good fit for them. Our goal is to build a team of MDs, DOs, PAs, CRNPs, and other medical professionals who want to be part of building a culture of life.

Please pray with us as we seek to serve more women considering abortion in 2024, that God will open up their hearts to our message, and that they will choose life for their little ones.





# At-Home Abortion Facts

As of January 2024, we have chatted with over 22,000 women in 80 nations through our at-home abortion chat line! In 2023 alone we spoke with 6,517 individuals. Nearly all of these were women actively seeking an abortion.

Each woman is encouraged to connect with a local ministry that can provide her with life-affirming education, information, and support. Our team offers images of fetal models, prayer, and the Gospel at every opportunity.

As the home abortion issue continues to increase here in the states, our at-home abortion team has provided trainings, material, and information to pregnancy centers nationwide. This year, we will be launching a training directed to pregnancy centers to help them work with women who are considering, in the midst of, or recovering from a home abortion.

In 2023, we reached 6,517 clients and estimate that 84% of them chose life.

This baby's mother initially contacted us about halfway through her pregnancy. She stated she had no support and that "it's me or the baby." Our team encouraged her to reach out to local help and also talk with her family. After speaking with her family, they said they would be there for her, and she told us she now has a "healthy and handsome baby boy."



This baby girl's mother reached out to us stating she planned to have an abortion but was afraid of how she would feel afterward. Our team spoke with her about abortion regret and shared a local pregnancy help resource with her. She chose life for her baby girl and was able to connect with her local pregnancy center for help and encouragement.

This baby boy's mother messaged us when she was in her third trimester asking about an abortion. The baby's father had abandoned them and moved to another country, and she was afraid to have the baby on her own with no support. After chatting with our team, she chose life! After the baby was born she told us, "I love him so much."



# New Beginnings

New Beginnings provides parenting education and material help to young families. This division provides a blend of in-person and virtual lessons in order to accommodate every family's unique needs. In 2023 New Beginnings helped 179 families with 2,393 parenting lessons - a 31% increase from 2021! Also in 2023, we continued to build our "Fathers in Action" ministry and reached 26 dads with 251 mentoring sessions. Please pray for this ministry, that many will come to know Jesus, that we will recruit new fatherhood mentors, and that God will show us where we should grow in the coming months and years.



# HRT Healthy Relationships Today

Our Healthy Relationships Today team educates local teens about the benefits of saving sex for a lifelong commitment commonly known as marriage. Using a nationally known curriculum and an interactive presentation style, students learn about the value of building healthy relationships, and they hear the message that they're worth waiting for.

During the 2022-2023 school year our presenter, Lydia (pictured right), spoke to 1,458 local students about healthy relationships. Our prayer is that this message will help students realize that they can choose to say "no" to sexual activity, and that by doing so they are investing in their future marriages and other relationships.



"[The presentation] had a lot of solid information that made me think through what I am doing right and what I need to continue to work on."  
-Local High School Student