Spring 2026

AVA CARE
OF HARRISONBURG
ADVOCATE. VALIDATE. ANSWERS.



NO LONGER ALONE

>> Kara Durante, Director of Patient Services

Erika* came to AVA Care after finding herself face-to-face with the reality of an unintended pregnancy. She was still adjusting to life in the United States after moving here by herself a few years ago. She shared how life feels completely different in America compared to her home country. While she has found community at a local church, her observation was that "Americans are so busy," and it often feels like everyone is focused on their own children and families. Erika worried she would have no one to help her raise a baby. Between feeling isolated and the necessity to work to support herself, she believed abortion was her only option. As we talked through her thoughts and beliefs about abortion and how it could impact her, it became clear that Erika's desire was to keep the pregnancy, but fear and uncertainty kept her from seeing a way forward. Together, we explored what support might look like, and I encouraged her to reach out to two trusted people from her church who could walk alongside her. We also talked about trusting God even when we don't understand the why behind our circumstances. I invited Erika to reflect on other difficult seasons in her life when she had trusted God, and to consider how she might trust Him with this pregnancy as well.

> " …Erika's desire was to keep the pregnancy, but fear and uncertainty kept her from seeing a way forward. "

Continued on page 7

INSIDE THIS ISSUE :: Great Community Give pg. 3 :: Amendment Update pgs. 4-5 :: IGNITE event pg. 7

FROM THE DIRECTOR



SUSAN NULL

Connect with Susan at susan@avacareforyou.org or 540.434.7528

Happy spring! Warmer weather is on the horizon and with that comes sunshine and the hope of new life. Amidst the light of spring, there is the reality of darkness around us, especially as it pertains to what is happening legislatively in the Commonwealth.

If you have not already heard, the VA Constitutional Amendment for Unlimited Abortion passed through the House of Delegates and Senate (for the second year). This was the next and final step before the amendment makes its way on to the ballot in November.

If there ever was a time for urgency and action, it is NOW. Once passed, this amendment will enshrine unlimited abortion into our state Constitution, which would be extremely difficult to undo. We must act now to stop this amendment from moving forward.

At AVA Care, we want to do all we can to galvanize God's people and you, our supporters, to become aware and informed. When you have a comprehensive understanding of what is at stake, you are equipped to effectively communicate with others.

Additionally, there will be a tough battle ahead for organizations like AVA Care under this Virginia administration due to their strong agenda for advancing "reproductive freedom." We are grateful that we do not have to do this alone; your financial partnership is critical in the days ahead as we seek to better position AVA Care to even more effectively serve women in our community who believe abortion is their best or only option. No matter what, we will remain focused on creating a culture of life and love in our community – a culture where every woman knows her worth and every baby is given the chance to live.

Please take a few minutes to read through this newsletter in its entirety. I pray and trust that as you do, you will be inspired by all God is doing in and through AVA Care, and you will want to join with Him in this great work.

Gratefully,

Susan Null

Donate

Your financial gift today can impact someone's tomorrow.



Take a look at our

2025 Annual Report

We're Hiring!

#GREATCOMMUNITYGIVE

An initiative of The Community Foundation

Partner with us in this community-wide fundraising event!
Have questions? We have answers.

What is it?
An annual fundraising event organized by The Community Foundation for nonprofit organizations in the Harrisonburg-Rockingham area.

When is it?
Wednesday
April 22
6 am – 8 pm

Where is it?
Giving is online through AVA Care's GCG profile page.

Are there any specific times I should donate? The short answer is YES!

AVA Care's ***Power Hour*** is 8:00 am - 9:00 am. A cash prize goes to the organization that raises the most money during this hour. We have won the last 3 years!

AVA Care's ***Matching Gift hours*** are TBD. Donating during these designated hours will also enter you into a chance to win a Crumbl coupon for free cookies!

What if I want to give by check or cash?

Early Giving opens on April 7. This is when offline gifts (checks and cash) can be mailed to AVA Care with the memo note "GCG". Online gifts can also be made during Early Giving, but if you're able we encourage you to donate on April 22 during the designated hours mentioned above.

Have questions? Contact kayla@avacareforyou.org or 540.434.7528.

CHANGE FOR LIFE
BABY BOTTLE CAMPAIGN

Thank you to everyone who participated in our Sanctity of Human Life Change for Life baby bottle campaign, and who personally donated to the work of AVA Care.

Missed the previous campaign? Help connect us with your church to join those who are already signed up for our Mother's Day Change for Life campaign. Contact kayla@avacareforyou.org or call 540.434.7528 to learn more and get started.

Save the Date!

Annual Fundraising Banquet
Tuesday, 9.15.2026

BE INFORMED

Abortion Amendment Update

What will Virginia look like if the abortion amendment is added to the state Constitution?



Birthday Abortions
"Abortion will be allowed up to birth for any reason. Currently, Virginia allows abortions into the third trimester [26 weeks, 6 days], with restrictions."



Parent Rights Undermined
"Eliminates the right of parents to know about or consent to their young child's invasive abortion surgery."



Abortion Tourism
"Virginia will become the Abortion Capital of the South." Women will come from out-of-state to Virginia to have an abortion.



Babies Left to Die
"Babies who survive an abortion attempt will not be given reasonable, life-saving care. Abortionists will be legally allowed to deliver the baby and let it die on a medical table."

The Family Foundation, familyfoundation.org/stopunlimitedabortion

"But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; His mercies never come to an end."

– Lamentations 3:21-22

In January 2026, the amendment passed through the House and Senate for the second time, which means it will be placed on the ballot for Virginians to vote on in November. If it passes, the horrifying possibilities will become devastating realities.

AVA Care will continue to stand firm and defend the lives of the unborn while also caring for and empowering the women who carry them.

If you're wondering how you can stand alongside us, we have a few requests:

- Pray for AVA Care, our patients, and our state.
- Be informed about the amendment.
- Speak out. Most people do not know about this amendment.
- Vote your biblical values in November.
- Partner with AVA Care financially.

What does Virginia's proposed pro-abortion "Right to Reproductive Freedom" amendment actually say?

Amend the Constitution of Virginia by adding in Article I a section numbered 11-A as follows:

ARTICLE I
BILL OF RIGHTS

Section 11-A. Fundamental right to reproductive freedom.

That every individual has the fundamental right to reproductive freedom, including the ability to make and carry out decisions relating to one's own prenatal care, childbirth, postpartum care, contraception, abortion care, miscarriage management, and fertility care.

An individual's right to reproductive freedom shall not be, directly or indirectly, denied, burdened, or infringed upon unless justified by a compelling state interest achieved by the least restrictive means.

Notwithstanding the above, the Commonwealth may regulate the provision of abortion care in the third trimester, provided that in no circumstance shall the Commonwealth prohibit an abortion (i) that in the professional judgment of a physician is medically indicated to protect the life or physical or mental health of the pregnant individual or (ii) when in the professional judgment of a physician, the fetus is not viable.

The Commonwealth shall not discriminate in the protection or enforcement of this fundamental right.

The Commonwealth shall not penalize, prosecute, or otherwise take adverse action against an individual based on such individual's own exercise of this fundamental right or such individual's own actual, potential, perceived, or alleged pregnancy outcomes, including miscarriage, stillbirth, or abortion. The Commonwealth shall not penalize, prosecute, or otherwise take adverse action against any individual for aiding or assisting another individual in exercising such other individual's right to reproductive freedom with such other individual's voluntary consent.

For the purposes of this section, a state interest is compelling only if it is for the limited purpose of maintaining or improving the health of an individual seeking care, consistent with accepted clinical standards of care and evidence-based medicine, and does not infringe on that individual's autonomous decision making.

This section shall be self-executing. Any provision of this section held invalid shall be severable from the remaining portions of the section

Overrides anything in our current or future VA statutes.

This is a sweeping, vague term. Does your child have a constitutional right to sexual experimentation?

"Individual" includes both women and men, kids, pre-teens, and minors. What happens to parental rights?

Which means this could:
- kill parental consent laws by claiming they "discrimimate" against minors.
- Punish medical staff who say "no" to abortion.
- open the door to taxpayer-funded abortions.

Despite claiming to permit some third-trimester regulation, it takes away the state's ability to limit risky, up-until-birth abortions.

- Physician = Abortionists who stands to profit from the abortion industry, making them extremely biased.

Creates limitless exceptions, making it impossible to enforce reasonable safeguards

Could prevent or deter investigations into suspicious or coerced abortions.

Think abusive partners, traffickers, out-of-state activists- they're all shielded if there's "voluntary consent"

Could easily be forged

The abortion industry sets the rules: the amendment locks in abortion-lobby standards as the legal gold standard.

Almost all common-sense, safety protections would be struck down. Eliminates any accountability for abortion industry.

ie, state interests to protect women is made secondary to "clinical standards" defined by abortion industry

Translation: You wake up the next day in a sanctuary state for big-pharma, no-guardrails, for-profit abortion industry

The Family FOUNDATION

STUDENTS FOR LIFE OF AMERICA

Learn more about the amendment's outcomes and timeline on our **Be Informed page**.

Good News for the Unsatisfied Heart



>> Suzy Kanode, Staff Patient Advocate

Alyssa* arrived at AVA Care carrying more than just concerns about her health as she was also carrying the weight of a difficult first year of college. I was glad she came to AVA Care for STI testing since we strive to care for the whole person, not just a possible infection. During our conversation, I noticed she had trouble articulating why she continued having sex when it didn't truly mean anything to her, especially since casual sex wasn't something she wanted in the first place. I was surprised and encouraged when she began to open up about how she has recently turned to God and was already seeing her life change. Her countenance brightened as she shared about attending a Bible study with a friend, who is helping her see God in a new way. Our discussion deepened as I shared how we are created to desire intimacy with God and how He alone can fill that emptiness when we allow Him to. This is good news for someone who feels unsatisfied after trying to meet that longing through relationships and sex.

After we talked about biblical sexual integrity as a protective boundary meant for our good, Alyssa shared that she had been seriously considering remaining abstinent until marriage. When she left, she indicated on her exit evaluation that she had committed to this healthy relationship goal. A standard part of our STI appointments includes letting patients know we also offer pregnancy testing and options counseling. After our conversation, I felt confident that Alyssa would not need those services in the future. How encouraging it is to hear stories of God drawing women to Himself, offering freedom from lifestyles that leave them drained, and inviting them into the abundant life only He can provide. God used AVA Care to help Alyssa in a life-changing way, yet He was already at work in her heart before she walked through our doors. What a reminder that our patients belong to the Lord both before and after they experience the services and support offered at AVA Care.

IGNITE

Empowering the next generation of life advocates

The vision of IGNITE is to empower high school students through education about the current abortion culture, AVA Care's services, and how to impact their schools and community. This is a great opportunity for fellowship between teens who are passionate about the sanctity of life, defending the unborn, and showing compassion to women who believe abortion is their best or only option.

If you have or know of a high school student that would be interested in attending a 2026 event, please share our interest form with them.

This does not obligate the student to attend. They will only receive information about upcoming IGNITE events.

> "The tool from the event that will help me most in taking action was the statistics that will help cultivate a more informed conversation."
> – Student from our first IGNITE event

NO LONGER ALONE

continued from cover

The next week, Erika returned for her ultrasound appointment with exciting news: she had decided to carry and parent her child! While she admitted she still gets overwhelmed and has concerns, she shared that she now reminds herself to trust in God and not worry about tomorrow. I assured her that AVA Care will continue to walk alongside her. I also connected her with local community partners, which helped her feel even more supported. Erika said when she first came to AVA Care she felt isolated. Now, she is surrounded by a growing community ready to support her as she moves forward. For the first time, she experienced the hope that she didn't have to face this alone. The care she received from AVA Care, the church, and her newfound community made all the difference for Erika, truly saving her unborn baby and sparing her from the regret of abortion. Because of supporters like you, women like Erika find the support they need to confidently choose life.



KARA DURANTE

Staff

Susan Null
Executive Director

Kara Durante
Director of Patient Services

Alicia Showalter, BSN, RN
Director of Nursing

Kayla Weber
Communications Coordinator

Suzy Kanode
Staff Patient Advocate

Amy Hoover
Administrative Coordinator

Miriam Clark
Donor Data Specialist

Jenny Andes
Finance Manager

Carter Gardner, RDMS
Sonographer

Jeff Domingus, DO
Volunteer Medical Director

Emily Ritchie, MD
Volunteer Consultant for Ultrasound Services

Board of Directors

Carrie Combs – President
Katelyn Will – Vice President
Matt Hinkle - Treasurer
Jeff Stapel - Secretary
Michael Marsh, MD
Pam Gray
Matthew Gray, CFP®
Lorenzo Carrazana
Manny Fisher

Vision

To be the most trusted source of care for individuals facing sexual health and pregnancy decisions in our community.

Mission

We are a Christian, life-affirming medical nonprofit that provides relevant testing services, education, and hope to individuals at risk of or facing undesired pregnancies.

*All patient names in this newsletter have been changed for confidentiality.

AVA CARE
OF HARRISONBURG
ADVOCATE. VALIDATE. ANSWERS.

SPRING 2026 NEWSLETTER

847 Martin Luther King, Jr. Way | Harrisonburg, VA 22801
Address Service Requested

WE'RE THE EXPERTS ON UNINTENDED PREGNANCY AND HERE FOR HER - NO MATTER WHAT SHE DECIDES.

HOW YOU CAN HELP

Financial:
- One-time donations
- Become an invest*Her* *(monthly financial partner)*
- Planned/Legacy giving

Material Needs:
- Diapers size 4, 5, 6
- Baby clothes (0-3 months, new or gently used)
- Blank journals

Wish List:
- Please visit our new wish list registry at:

support.avacareforyou.org/in-kind

Stay Connected & Informed

Follow us!

Friends of AVA Care

@avacarefriends

Sign up for our monthly email updates to see more…

- AVA Care happenings
- Upcoming events
- Prayer requests
- Critical updates

Newsletter sponsored in part by:

Print Signs Apparel PXI