



Heart to Heart...

Live the Adventure

In this months newsletter our childbirth educator, Jeff Pearson, will share with you how God changed his heart towards birth, birth options, and following God's plan. I pray that you will be blessed by his testimony. Enjoy! Dr. Pauline Dillard

A Dad's Birth Story...

I am blessed to have 3 beautiful children. Our first two children (Elizabeth, born in 2003, and Nicholas, born in 2007) were born at a hospital through induced, fearful, labor. During those pregnancies my wife and I figured, "the technology's there, we might as well use it," so we did. Between ultrasound, fetal monitoring, and doptone, we felt well informed and "in control" of our first two pregnancies, but still fearful.

Our third child, Kacia, was born in 2009 at home. My wife, Catherine, and I did something very different during this pregnancy: we included God. It seems slightly obvious to do this, doesn't it? We were bible-believing Christians during the other births too, but we forgot to ask God to lead us through them. After learning what God wanted for Kacia's birth (through prayer and wisdom gained from the "Choices for a Discerning Childbirth" materials), we realized that God knew how our pregnancy and birth were going to go and He had it all under control. In fact, God showed both of us the same vision of the birth (which he fulfilled almost exactly the night of Kacia's birth). It was extremely comforting and actually very exciting to know we had no reason to fear during this pregnancy or birth (fear was our primary motivation for decision making during our previous pregnancies), because God gave us a peace that was not present during the first two.

One evening in May around 9:00, Catherine said her contractions felt different from before. We called our doula, who arrived at our house about 10:30. By this time, the contractions were closer together and stronger. By 11:15, our doula called our midwife (who was still at home across town) telling her that she needed to come over. Kacia was born at 11:33 that night. Our midwife didn't make it in time. Our doula was there, supporting Catherine from behind, and Kacia was born into my hands. That night, God proved His faithfulness to me (again), and I am so thankful for that. He keeps his promises. Period. There was no fear, anxiety, or panic in the room during the entire delivery. God was there, He was in control, and we were all at peace. With Kacia's birth, we experienced the birth God intended for us, instead of the birth we could have tried to plan in our own strength.

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Peace I leave with you; my peace I give you. I do not give to you as the



**world gives. Do not let your hearts be troubled and do not be afraid.
John 14:27 (NIV)**