

Upcoming events:

August 4, 2007- Silent Auction & Benefit Concert
North Cross School
Volunteers needed! Silent auction items needed!
Call 540 489 4064 or email
karenwinstead@newlifebirthcenter.net

September 22, 2007 -Health Fair
Cave Spring Baptist Church

September 29, 2007-Birth Expo
Roanoke Civic Center

October 7-13, 2007- Midwifery Week

Thanks to volunteers:

Thanks to those who volunteered at the
Festival in the Park Breastfeeding Station: Tammy
Braaton, Melanie Rice, Bev Johnson, Katrina Hurt,
Angela Kinzie & Naomi Smith.

Thanks to Ann Wolfe for midwifery displays at
local Roanoke libraries over the past few months.

Thank you to Marry Lewis, for contributing her
birth experience for us all to share.

Your contributions are greatly appreciated.

Please make checks payable to:
New Life Birth Center
P.O. Box 21461
Roanoke, Virginia 24018

online: www.newlifebirthcenter.net

The New Life Birth Center is a faith-based, 501(c)3, not-for-profit organization. This innovative nurse-midwife & physician collaborative practice will include a free standing birth center and group prenatal care. Our goal is to provide safe, sensitive, holistic, family-centered woman's health care and health education that demonstrates the love of Jesus Christ.

For more information contact
Karen Winstead 540 798-4064 or
karenwinstead@newlifebirthcenter.net



www.newlifebirthcenter.net



New Life Birth Center
News



New Life News

Birth Story

by Mary Lewis

Through my experience, I believe the following for you:

1. You can do it! If women have been doing this for centuries all over the world, in all kinds of circumstances, why not you?

2. Don't listen to the horror stories.

Women love to share their "war stories" with others, and why not? Birth is an intense, powerful thing that requires bravery and strength. Though birth can be painful and intense, it is amazing.

3. Trust your instincts.

Maybe this is the first time... but women's bodies have been doing this since time began.

4. Don't doubt yourself.

You are capable of so much more than you think. Birth will teach you this.

5. Think of birth as your rite of passage into the most incredible job you will ever have: that of Mother.

My mom had told me before Alana's birth, "This is going to be the hardest thing you have ever done, but it is worth it." And it was. And it is. Surviving birth is like your initiation into Motherhood. It made me realize that if I can do birth, I can do *anything*. Because the truth is, birth is only the beginning. But what an empowering beginning it is.

We are seeking birth stories and Christian testimonies we can use on our website or in our newsletter. Please send via email to karenwinstead@newlifebirthcenter.net.



SMDCs ROCK!

The Small Business Development Centers in Roanoke and the NRV rock! In the past the Roanoke office has assisted us with our business plan. Now the SBDC and students from Virginia Tech Pamplin College of Business are assisting New Life Birth Center with the a market survey and analysis that we will be able to use as we write grants and seek help from foundations. This project begins in August 2007 and will end in December 2007.

Another way you can help:

Educating local philanthropists and foundations about the benefits of midwifery care and birth centers is central to getting the grant funding we need. If you know someone on the board of directors at the Foundation for the Roanoke Valley, the Roanoke Women's Foundation, or other grant-making organizations or individuals, please let them know how much you think an accredited freestanding birth center would benefit families in Southwestern Virginia.

Benefit Concert and Silent Auction

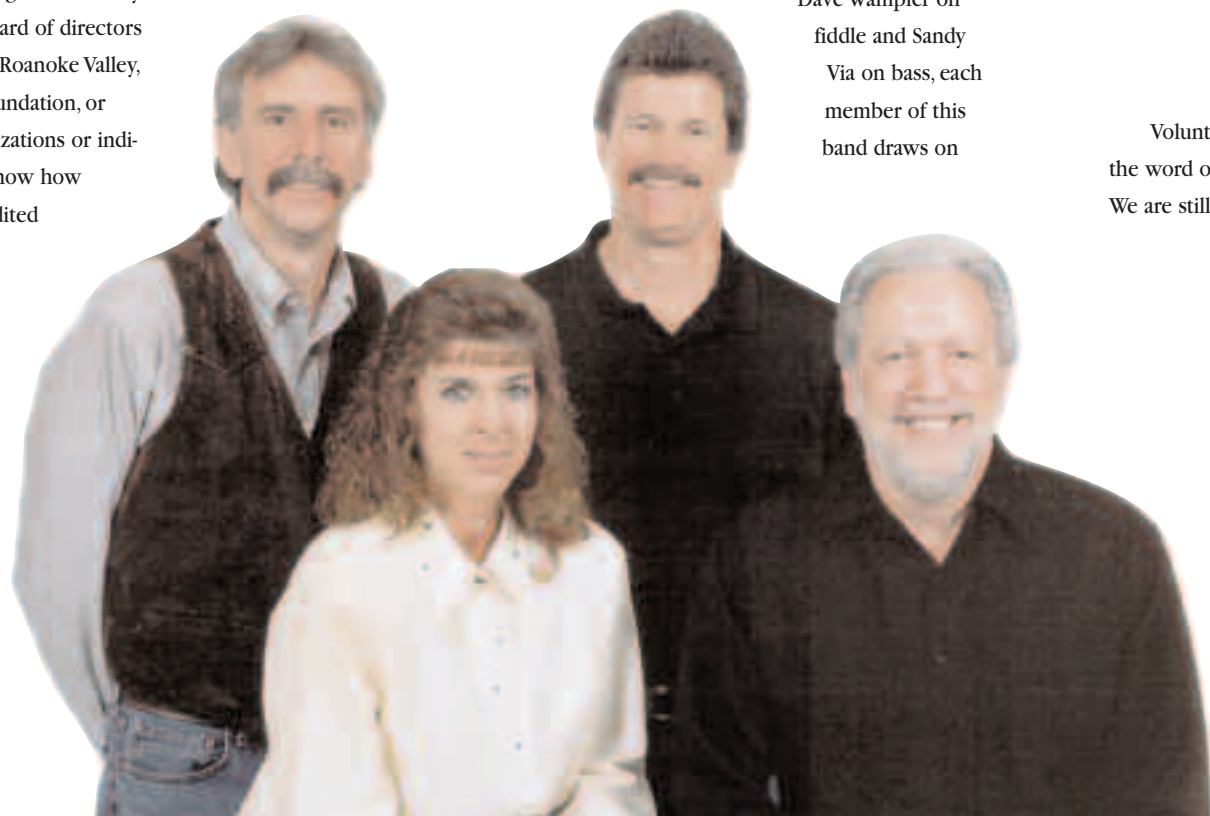
Fresh new music, fresh new faces, old time music with a brand new twist. This is the Roanoke Debut of 40 West!

Collectively there wasn't even a thought of creating a new band until the gravitational forces of music brought these four accomplished musicians together at the headwaters of the Crooked Road. Their selections of finely laced harmonies, combined with intricate instrumentation, span generations of music to create a unique sound entertaining to all ages and all walks of life.

With Steve Shively on banjo and guitar, Dean Smith on mandolin and guitar,

Dave Wampler on fiddle and Sandy

Via on bass, each member of this band draws on



years of performing experience throughout the east coast. This is new entertainment you don't want to miss!

Tickets are \$12 in advance. \$15 at the door.

To reserve tickets call 540-489-4064 or email info@newlifebirthcenter.net.

North Cross School

4254 Colonial Ave. Roanoke, VA 24018

Saturday, August 4th. Doors open and Silent Auction begins at 6:30 PM. Concert starts at 7:30 PM.

Join the fun and bring a friend!



Volunteers are needed to help sell tickets and get the word out about our upcoming benefit concert. We are still collecting silent auction items.