

# Post Content

Champions for Life, Please feel free to use this content to create your daily posts. Here is how it will work! Copy and paste content into your social media post or email. Then, modify purple content to match your goal and challenge. Lastly, add a picture or video of you or your team doing your challenge and share with your friends and family.

You may also do a live video. Before you start your live stream, follow the above steps, and click the go live button. Live stream is a great option of sharing because it allows you to interact and invite others to join in your challenge.



Hey friends,

I will be participating in Cornerstone Pregnancy Services virtual event, Raising the Standard for Life, over the next 34 days. Cornerstone Pregnancy Services is a ministry that has been serving women in our community for 34 years through free and confidential services.

To **#RaiseTheStandard**, I have chosen to [ride my bike for 34 minutes] for 34 days. In doing so, I hope to reach my goal of raising [\$500] for this awesome ministry. Each day I will be posting a picture, video, or live stream of myself carrying out my challenge and sharing one fun fact about Cornerstone Pregnancy Services.

How can you help?

Support me through a financial gift towards my goal of raisin [\$500] for the ministry. Join with me in Raising the Standard, by joining my team or coming up with a challenge of your own. Click the provided link to register today!  
<https://cornerstonepregnancy.org/events/walk-for-life/>. Pray for the ministry of Cornerstone and myself during these 34 days.

Give to my challenge for Cornerstone by clicking the provided link:  
[\[Post FundEasy Page Link\]](#)



I am on day two of my 34 Day Challenge of #RaisingTheStandard!

Did you know? In 1985 Reverend Bill Williams acted upon a burden that was on his heart for the unborn. This burden led to prayer, research, and the start of a crisis pregnancy center right here in Lorain County. In 1986 facility space on Abbe Road was secured and remodeled. The center originally opened on October 13, 1986, as the Lorain County Crisis Pregnancy Center. Thirty-four years later, and the center is still open and serving women who find themselves in an unplanned pregnancy!

Today I am going to [Walk 34 minutes] for the precious lives that have been transformed and saved over the last 34 years. Will you consider giving to my walk today? If yes, click this link [FundEasy Page].

Want to join me? Register today  
at <https://cornerstonepregnancy.org/events/walk-for-life/>

Thank you for joining with me in #RaisingTheStandard



Today I am on day three of #RaisingTheStandard! Let's take a minute to learn about one of Cornerstone's free and confidential services. Cornerstone offers free pregnancy tests and screening to women in our community. Cornerstone can help women and their partners deal with the results, no matter what they are, and in a manner that is best for them and their situation. They have compassion for their clients and want to help them in any way they can. During their last fiscal year, Cornerstone administered 198 free pregnancy tests!

Today, I am [walking] to #RaiseTheStandard. Will you support me in my [walk] by donating [\$34] so that even more free pregnancy tests can be administered to those who are in need? If yes, please click the link provided [FundEasy Page].



I am on my fourth day of #RaisingTheStandard for life! Did you know? We learned on day 2 that the center was originally named Lorain County Crisis Pregnancy Center. In 1991, the name of ministry officially became Cornerstone Pregnancy Services and was accompanied by a new logo design.

Today I am [walking] to #RaiseTheStandard. Please support me in my efforts to raise money for Cornerstone by giving [\$19.91], in honor of their name change in 1991. Click on the link provided to give now! [FundEasy Page]



I am on my fifth day of #RaisingTheStandard! Did you know that Cornerstone was gifted a ultrasound machine in 2004? This donation of the ultrasound machine helped launch Cornerstones free and confidential medical services. With this safe and accurate procedure, Cornerstone staff will also be able to detect the fetal heartbeat, determine the baby's age, and approximate due date. This FREE ultrasound is one of the most exciting services they offer. During their previous fiscal year, Cornerstone was able to provide 143 FREE ultrasounds.

Today I am [\[walking\]](#) to #RaiseTheStandard. Please support me in my efforts to raise money for Cornerstone, by giving [\[\\$000\]](#), to ensure every woman can have access to a free confirmation of pregnancy through ultrasound. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day six of #RaisingTheStandard! Did you know that in 1994 Cornerstone established "Baby Bucks," a learning and earning material assistance program? This is still a vital client service as it allows clients to purchase items they need for their baby. One Baby Buck has about a \$15-\$20 value and is earned by a client who participates in our program.

Today I am [\[walking\]](#) to #RaiseTheStandard. Please support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#), which is the amount of one Baby Buck. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day seven of #RaisingTheStandard! Did you know? Cornerstone Pregnancy Services is governed by a Board of Directors. Please join me in prayer for the Cornerstone Board of Directors. The current board is made up of six faithful women, who earnestly seek the Lord for how the ministry is to be governed. Pray for wisdom and discernment as they continue to guide the ministry through this season of COVID-19. Pray also for the Lord to bring forth new board members to fill the open spots.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking 6 people, in honor of our 6 board members, to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) each. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day eight of #RaisingTheStandard! Did you know that Cornerstone has doula services available free to our clients? What is a doula? A birth doula is a trained labor support person that assists with pain management during labor, emotional and physical support to mom and partner, and offers evidence-based information to help a parent make an informed decision during labor and delivery. Doulas do not replace the partner, but rather offer additional assistance to them both.

Benefits of having a doula are:

- Coach you through the labor process
- Better overall birth experience
- Offer breaks to the partner
- Potentially shorter labor
- Reduce the likelihood of a Cesarean
- Provide information about community resources
- Provide breastfeeding support

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure the free doula services may continue. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day nine of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "Cornerstone has provided encouragement, information, community, and support."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that other women and their partners may find encouragement, information, community, and support. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day ten of #RaisingTheStandard! Have you seen one of Cornerstone Pregnancy Services many billboards around Lorain County? These billboards have gone up over the last few months as a way of reaching more women and their partners in our community who need of their free and confidential services.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today. Your donation will help the marketing efforts of Cornerstone to reach more women in need of their services. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day eleven of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "I have learned birthing information at Lamaze classes, budgeting, and planning at the finance class, parenting techniques, more about God's character, and lots of little things in between."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women and their partners may experience all the wonderful benefits of their free Life Education Classes. Click on the link provided to give now! [\[FundEasy Page\]](#)

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I am on day twelve of #RaisingTheStandard! Today I wanted to share with you about the collaboration between Cornerstone and the Human Coalition. The Human Coalition is a champion of life, which connects Cornerstone with clients who are most in need of their free and confidential services. Since they collaborated with them, they have been able to see more at-risk clients through our medical services, as well as offer other free services and support.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that this collaboration may continue to affect the lives of at-risk women.

Click on the link provided to give now! [\[FundEasy Page\]](#)

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I am on day thirteen of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "Cornerstone is a blessing and helps when you're in need."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women and their partners may find the blessing of help in their time of need.

Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day fourteen of #RaisingTheStandard! Did you know that Cornerstone has a Life Education Program? Cornerstone is there to help women and their partners walk through the challenges and joys of pregnancy while allowing them to provide for their child. Both mothers and fathers are welcome to join Cornerstones free classes and earn vouchers to purchase baby clothes, diapers, wipes, formula, bottles, sleepers, onesies, and much more at their Baby Buck Boutique.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help Cornerstone continue their efforts in providing education and material support to mothers and fathers who are in need. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day fifteen of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services offers 19 classes for their clients in regards to pregnancy, childbirth, and infant care? Classes on early pregnancy, infant care, pregnancy health, child development, and breastfeeding can all be accessed for free at Cornerstone.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to provide helpful and educational resources. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day sixteen of #RaisingTheStandard! Did you know that in 1990 Cornerstone decided to purchase a permanent location? The center purchased a home in downtown Elyria on Middle Avenue. It was at this location that the ministry would remain for the next 16 years.

In honor of my 16th day of #RaisingTheStandard and the 16 years that Cornerstone served at this location, I am [\[asking for 16 people to give \\$16\]](#) to my challenge of [\[walking\]](#) to raise the standard for 34 days. Who can help me achieve this goal? If yes, please click the link provided below.

[\[FundEasy Page\]](#)



I am on day seventeen of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services has a Mom's Club? Mom's Club allows women to find connections, support, activities, and resources to help them become the best mom they can be. The moms that attend can expect a wonderful time of food, fellowship, and encouragement, and they earn baby bucks to use in the Baby Boutique.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help Cornerstone and their efforts to serve women in need. Click on the link provided to give now!

[\[FundEasy Page\]](#)



I am on day eighteen of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "The bonding and fellowship I experience at Cornerstone means the world! Meeting women that I can relate to and get support from is amazing! I am truly blessed to have found Mom's Club."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women in our community can make connections and find support with other women who are in similar situations. Click on the link provided to give now!

[\[FundEasy Page\]](#)



I am on day nineteen of #RaisingTheStandard! Cornerstone opened a satellite center at the former St. Joseph Hospital, to expand services to the community of Lorain in the year 2000. During this time, Cornerstone was providing services to clients from their Middle Ave. location in Elyria. The current location on Griswold Road was gifted to the ministry in 2006, allowing for the Lorain and Elyria services to be consolidated. The official dedication of the Griswold facility took place in the spring of 2007, and the ministry remains in that location still today.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking my friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to remain at this location and serve women and their partners in need. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day twenty of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services offers 14 classes for clients in regards to life skills? Here are some of the class topics covered:

- Personal Hygiene
- Budgeting, spending, and debt
- How to search for job opportunities
- How to create a cover letter and resume
- Home health and anger management

Classes can be accessed free of charge at Cornerstone, allowing clients to earn one Baby Buck for every hour of class taken.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to provide clients with necessary life skills. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day twenty-one of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "Cornerstone is a contagious community! They provide so much love, help, and encouragement. They are a highlight of my week."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women and their partners may find the help and encouragement that they need. Click on the link provided to give now!

[\[FundEasy Page\]](#)



I am on day twenty-two of #RaisingTheStandard! Did you know that in 2013 Cornerstone secured a strong partnership with Mercy Health Systems? This partnership not only made offering STI testing possible but also paved the way for the center to have a physician on-site monthly as well as instructors for client classes. Cornerstone is now blessed to be connected with multiple physicians that assist clients throughout their pregnancy, labor, and delivery.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to provide these services to women in need. Click on the link provided to give now! [\[FundEasy Page\]](#)





I am on day twenty-three of #RaisingTheStandard! Yesterday we learned about Cornerstone Pregnancy Services strong partnership with Mercy Health Systems to offer free STI screening and treatment. So many Sexually Transmitted Infections (STIs) have no symptoms! Especially in women. The only way to know that you have an STI is to get tested! The Centers for Disease Control and Prevention (CDC) says that the only guaranteed way to prevent an STI or the spread of STIs is abstinence. Please contact Cornerstone for more information and/or to make an appointment.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help Cornerstone provide free screening and testing to clients who are in need. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day twenty-four of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "Cornerstone has helped me build friendships and help me feel less alone in this world of motherhood."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women feel less alone in the world of motherhood through opportunities of building friendships with other moms. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day twenty-five of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services now has ten people on staff who serve in their corporate offices and client services? Please join me in praying over the staff at Cornerstone today! Pray for our medical staff that meet with clients on a daily basis. Pray for our corporate team for creativity and open doors to meeting new Champions for Life.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking 10 people, in honor of their 10 staff members, to support me in my efforts to raise money for Cornerstone, by giving \$10 each. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day twenty-six of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services offers 2 classes for clients offering Bible Study? Classes offered are:

- The Joshua Code Bible Study
- Sexual Integrity

Classes can be accessed free of charge at Cornerstone, allowing clients to earn one Baby Buck for every hour of class taken.

Today I am [walking] to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\$20] today to help ensure that Cornerstone may continue to provide bible study and spiritual enrichment. Click on the link provided to give now! [FundEasy Page]



I am on day twenty-seven of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "I did not have a strong community I could bond to during my pregnancy journey. I have grown so close to the supportive group at Cornerstone."

Today I am [walking] to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\$20] today to help make sure that women and their partners may have a strong community to support them during their pregnancy journeys. Click on the link provided to give now!

[FundEasy Page]



I am on day twenty-eight of #RaisingTheStandard! Did you know that there are many volunteer opportunities at Cornerstone? Cornerstone seeks individuals who are medical professionals, gifted in administrative skills, or can provide childcare. If you are interested in volunteering and would like to know more, check out their website at **<https://cornerstonepregnancy.org/get-involved/volunteer/>**.

Today I am [walking] to #RaiseTheStandard. I am asking my friends and family to support me in my efforts to raise money for Cornerstone, by giving [\$34] today. Click on the link provided to give now! [FundEasy Page]



I am on day twenty-nine of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services offers 10 classes for clients regarding toddler care?

Classes include topics like:

- Beginning Toddler Years
- Life With Your Toddler
- Your Growing Toddler
- Caring for Your Toddler

Classes can be accessed free of charge at Cornerstone, allowing clients to earn one Baby Buck for every hour of class taken.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to provide helpful and educational resources for parents of toddlers. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day thirty of #RaisingTheStandard! Today I wanted to share with you what Cornerstone has meant to one of their clients. Here is what she had to say, "I enjoy the atmosphere and community of other moms. Each class is uplifting to my spirit."

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help make sure that women and their partners may be uplifted and find community through the Life Education Courses at Cornerstone. Click on the link provided to give now! [\[FundEasy Page\]](#)



I am on day thirty-one of #RaisingTheStandard! Let's learn more about Cornerstone Men. Our culture does not provide clear direction for men when it comes to their involvement in pregnancy. Most men don't know exactly how to talk about it with their partner, especially if the pregnancy is unplanned or unwanted. Yet, there are unclear responsibilities and expectations placed on men while they figure it out.

It helps to connect these men with other men who have walked through this before and know how to help. That's what Cornerstone Men is for. Cornerstone Men provides experience and resources for men amid expected and unexpected pregnancies, so they can thrive.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help Cornerstone Men continue to connect men with other men who can help and offer support. Click on the link provided to give now! [\[FundEasy Page\]](#)



## Day 32

I am on day thirty-two of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services offers five classes for clients regarding parenting?

Classes include:

- Mom's Club
- Systematic Training for Effective Parenting
- Parenting is Heart Work
- Boot Camp for New Dads
- Fathering in 15

Classes can be accessed free of charge at Cornerstone, allowing clients to earn one Baby Buck for every hour of class taken.

Today I am [\[walking\]](#) to #RaiseTheStandard. I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today to help ensure that Cornerstone may continue to provide helpful and educational resources for new parents. Click on the link provided to give now! [\[FundEasy Page\]](#)



## Day 33

I am on day thirty-three of #RaisingTheStandard! Did you know that Cornerstone Pregnancy Services has been doing a Walk for Life since 1990? Tomorrow, October 10th, I will be going to Cornerstone Pregnancy Services to join others to walk for life down West River Road in Elyria. You are welcome to join me!

So far, I have raised [\[\\$2,000\]](#) of my [\[\\$2500\]](#) goal for #RaisingTheStandard. Can you help me reach my goal? I am asking friends to support me in my efforts to raise money for Cornerstone, by giving [\[\\$20\]](#) today, to help make sure that women and their partners may be uplifted and find community through the many wonderful and beneficial services they offer for free. Click on the link provided to give now! [\[FundEasy Page\]](#)



## Day 34

I am on my final day of #RaisingTheStandard! Over these 34 days, I have seen many of my friends and family members support me and join me in my 34-day challenge to support Cornerstone Pregnancy Services. I wanted to share with you that I have raised a total of [\[\\$2000\]](#) for the ministry. Thank you for your support and help! Each pledge that was given to my challenge directly affects the lives that Cornerstone serves.

Together we made a great impact! [\[If you still have money to collect, put out a final ask to help you reach your goal\]](#)