



May 2022 Newsletter

Happy Mother's Day!

To all of you women who dared to make the journey into motherhood — our grandmothers, godmothers, mothers on both sides of adoption, foster mothers and all moms — Happy Mother's Day!

Thank you for listening to that call from God.

As the wise Saint Edith Stein so beautifully explained, "A woman's soul is fashioned as a shelter in which other souls may unfold."

You were called by name.

Motherhood is a journey of service which means selfless love open to the needs of the other. The mother is the only protector of the God given dignity of her child especially when littlest as the fruit of her womb. Our God has entrusted us to one another as family.

God bless you abundantly.



"The loveliest masterpiece of the heart of God is the heart of a mother."
St. Therese of Lisieux

Under the mantle of our Blessed Mother,



Dr. John Bruchalski

Founder, Divine Mercy Care and Tepeyac OB/GYN

Dr. Bruchalski Awarded Evangelium Vitae Medal

The University of Notre Dame de Nicola Center for Ethics and Culture presented the 11th annual Notre Dame Evangelium Vitae Medal to Dr. Bruchalski, founder of Tepeyac OB/GYN, at a Mass and dinner attended by more than 450 guests and friends on the eve of Divine Mercy Sunday. The award, named for Pope St. John Paul II's 1995 encyclical on life issues, is the nation's most important lifetime achievement award for heroes of the pro-life movement, honoring individuals who have proclaimed the Gospel of Life through their work by steadfastly affirming and defending its sanctity from its earliest stages.

O. Carter Snead, director of the de Nicola Center for Ethics and Culture, commented on the great success of Tepeyac OB/GYN, calling it "the gold standard for truly holistic pro-life health care." "Rather than treating women's fertility as a disease to be managed, and their children as threats to be resisted, Tepeyac welcomes mother and child into a network of support and love that carries them into true fullness of life. Through the intercession of the Blessed Mother, a radical conversion was worked within the young doctor. John Bruchalski came to see that true health care for women is not about rights, but relationships—not about limits, but love."

In his homily during Mass in the Basilica of the Sacred Heart prior to the medal presentation Rev. Terry Ehrman, C.S.C. underscored the gift of Divine Mercy in Dr. Bruchalski's life. "May his work inspire us, that we too can be agents of mercy."





<https://www.youtube.com/watch?v=uWoN6iVSnw8>

A portrait of Dr. John Bruchalski, a man with a grey beard and glasses, smiling. The portrait is set against a dark blue background. In the bottom right corner of the portrait, there is a small icon of a book with a flame and headphones, representing a podcast.

Episode 68:

Dr. John Bruchalski

Founder, Tepeyac OB/GYN & Divine Mercy Care

<https://ethicscenter.nd.edu/about/podcast/>

A Patient's Story: Angela



"The big thing that sold me on Tepeyac OB/GYN was when Dr. Bruchalski called me on the phone and talked to me for an hour, and I wasn't even a patient!"

Early in their marriage, Angela and her husband were blessed with three beautiful children in three short years. This was an incredible gift as they were told they would never have children.

Angela suffered greatly with each of her three pregnancies. Being diagnosed with hyperemesis gravidarum, she experienced extreme nausea, significant weight loss, and found herself in and out of the hospital for IV treatments. This, combined with bouts of postpartum depression, took a considerable toll on Angela's physical and mental health, making fertility awareness imperative for her and her husband.

"I had always heard of 'the Catholic doctor' (Dr. Bruchalski), but I was too stubborn. I

figured I could handle my NFP needs on my own."

Following her third pregnancy, Angela remembers having some difficulties with ovulation. Though her cycles were regular, her knowledge of fertility awareness indicated they were anovulatory cycles.

When she brought this to her OBGYN, the doctors assured her she was ovulating if her cycles were regular. But she her body and Angela knew she was not ovulating.

As Angela shared her story with her spiritual director, he asked her, "Have you talked to Dr. Bruchalski?" Not long after her phone rang. It was Dr. Bruchalski.

"Speaking with me for an hour, when I wasn't even his patient, I very quickly realized I wasn't just another patient; I truly mattered to him."

Angela immediately visited Tepeyac. Dr. Bruchalski ordered blood tests to check her thyroid, something Angela had suspected but had been brushed off by other

doctors. Sure enough, she had all the markers for Hashimoto's Disease and began the proper treatment.

"What I love about Dr. Bruchalski is his care and understanding for the whole person. I felt heard and understood. His knowledge of the interconnectedness of all systems in the human body is amazing. In my case, his understanding of the endocrine system and reproductive, as well as the psychological, completely changed my life and the life of my family for the better."

Welcome home!

This month Tepeyac OB/GYN welcomes back Stacey, one of our two on-site sonographers.

Welcome home Stacey! Call Tepeyac OB/GYN for an appointment at:
703-273-9440





HANNAH'S HOPE

Monday, May 9th | 6:00 p.m.
Tepeyac OB/GYN Waiting Room

Fellowship and support for women experiencing
infertility and secondary infertility.

RSVP to Sandra at HannahsHope2021@gmail.com

