RUTH'S ARMY

Things aren't always black and white

In This Issue...

TENNESSEE WOMAN DENIED PRENATAL CARE UNDER NEW LAW

“MY WEEKEND IN PARADISE” BY R. SISCO

PLAN B NEEDED!

VOLUNTEER FOR THE NEXT REACH CLINIC

CALLING THOSE WITH MEDICAL OR HEALTH CARE EXPERIENCE

Contact Info

i. @ruthsarmytn

f. https://www.facebook.com/ruthsarmyTN

e. ruthsarmytn@gmail.com

w. https://ruthsarmytn.org

TENNESSEE WOMAN DENIED PRENATAL CARE UNDER NEW LAW

A 35-year-old pregnant woman in **Tennessee** reported being refused prenatal care by her doctor solely because she is unmarried—an action taken under the state’s **Medical Ethics Defense Act**, which allows providers to refuse services based on religious or ethical beliefs. She has since traveled to Virginia for care and filed complaints with state and national medical authorities. This case marks the first known instance of a patient being denied prenatal care under the Act, which took effect in April 2025. Critics warn that its broad language could enable discrimination based on marital status, lifestyle, or medical history.

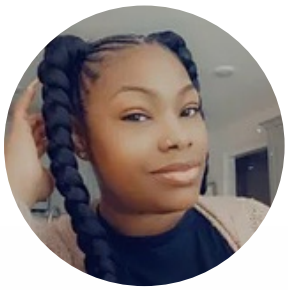
Legal and health experts argue that the law severely threatens reproductive health access in **Tennessee**, one of the states with the highest maternal mortality rates in the country—especially now that abortion is banned and rural healthcare options are dwindling.

NEW FEATURE TO RA'S NEWSLETTER!

One of the goals for Ruth Army's newsletter is to spread awareness of topics and information related to reporductive rights. We are excited to add a new voice to the newsletter. Each month we will feature an article by Rachel Sisco.

Want to hear more from Rachel between newsletters? Check out her substack **here**!

"MY WEEKEND IN PARADISE" BY RACHEL SISCO



This past weekend, Tennessee Advocates for Planned Parenthood (TAPP) hosted a Rooted and Rising Grassroots Organizing Retreat. I knew from the moment that I walked through the doors, I was welcomed, seen, and valued. We learned about one another over meals, laughter, deep conversations, and the kind of encouragement you could only dream of. There were women who have created movements that stretch across county lines, to women who have chased their dreams of running for office. There were even men who attended to show their solidarity. The support was loud and proud, but we acknowledged an important realization early on. Things seem discouraging right now. The world is changing at a rapid pace, and we are desperately needing a moment to catch our breath. This is where Kratina Baker shined. Kratina is the East Tennessee Grassroots Organizer for Planned Parenthood and the founder of the Radical Southern Belle. The platform was created to capture the stories of hardship and the joy that comes with letting go. During the retreat, she debuted a mini course she calls "The Hot Grease Framework" that centers around healing and the significance of rest. The most beautiful thing about the course is that we were given the opportunity to ask ourselves questions, such as how often we pour into our own cup and ways to determine if we were experiencing burnout. She is currently working on finalizing The Hot Grease Framework, and it should be available later this year, or early next year.

“MY WEEKEND IN PARADISE”(CONT.)

Throughout the weekend we covered topics such as the upcoming TN7 special election. We also discussed the importance of voter registration, community support for the four democratic candidates who are currently running, and constituents like you, me, or someone you know who want to reach people in their communities to spread awareness and garner support. Planned Parenthood of Nashville and Mississippi makes it their mission to support Tennesseans during such a scary time in our state and county’s history. With many who desire to undo all the progress we have made, Planned Parenthood is determined to protect those who are most affected by the bills that are being passed, and continue the fight to ensure that the power to make decisions about women’s bodies stay with us. It was an emotional, healing, educational, and inspiring weekend. Everyone left this retreat feeling even more passionate about the future and the work ahead of us than when they walked in. I strongly encourage everyone to find the best way to get involved. The most important take away is this: MAGA isn’t the majority. They aren’t stronger, they are just loud. Let’s be louder.

PLAN B NEEDED!

Ruth’s Army is grateful for the dedicated volunteers who make the REACH Clinic a safe, supportive resource for our community. While many serve by showing up in person, there are meaningful ways to contribute outside the clinic as well—especially in helping us meet ongoing needs.

One urgent area where help is needed is in supplying Plan B emergency contraception. Both REACH Clinic visitors and students at Austin Peay State University rely on access to Plan B, and Gen Action’s Plan B locker is frequently running low. Donations of Plan B can make a direct, immediate impact on someone’s health and peace of mind.

If you're looking for a way to support but can't attend clinic hours, consider donating Plan B. Every contribution helps ensure that those who need support can get it—no barriers, no judgment. To coordinate a donation or learn more about how you can help, contact us at the Ruth’s Army email [**ruthstn@gmail.com**].

VOLUNTEER FOR THE *NEXT* REACH CLINIC

Our tabling and marketing efforts have paid off as clinic days have been increasingly busy. **To register to volunteer at our upcoming clinics, please visit this Google Form to register.**

REPRODUCTIVE EQUITY & CONTRACEPTIVE HEALTH
REACH CLINIC

OUR *NEXT* CLINIC DAYS..

September 13th
October 11th
November 8th

HEALTHCARE FOR ALL AT THE REACH CLINIC, REGARDLESS OF IMMIGRATION STATUS

Do you have medical or health care experience? The **Reach Clinic** is looking for volunteers with this experience to assist on clinic days! We especially need support from those who can help our medical doctors during patient visits and procedures like IUD insertions or removals.

If you're interested in making a hands-on impact and would like more information, please reply to this email—we'd love to have you join us!

