



Get Started Today!

We're so excited you are joining us for this 10 Day Virtual Walk for Life!

1. Follow us on social media! Select the "Attend" button on our Virtual 10 Day Walk & Run for Life [Facebook event page](#)! This will help us see how many people are participating. We will be posting client videos and daily inspirations that you won't want to miss! You can access this page through our website or on our [New Life Facebook page](#).

2. Download the [Strava app](#). Through this app you can join our **Walk and Run for Life club** where you can record how many minutes and miles you are walking and running! To learn how to set up this app, visit our website www.nlfs.org.

3. Reference this calendar. Each day contains daily inspiration, prayer requests, goals and themes!

4. Tag us in photos or videos. Use #NewLifeNewWalk for a chance to be featured on our social media pages and a chance to win prizes! We will also be creating a montage of photos to send out at the end thanking everyone who participated. Please make sure your post settings are public, so we can see your pictures or videos.

5. Help us raise money to support families. We know these are uncertain times, however, we still need your financial support. Please consider donating or fundraising as you are able. Donations can be made through our Facebook fundraiser, or our New Life website www.nlfs.org.

6. Have fun! Know you are making a difference for life as you walk or run for life.





MAY 1st

TODAY'S INSPIRATION: A woman recently called our center after finding out she was pregnant. She was a recovering addict and felt as though her life was too unstable to have a baby. After meeting with our social worker and learning about all her options, she shared her gratefulness with us for listening to her. We were able to offer her the support she needed to finally feel hopeful about her pregnancy.

TODAY'S PRAYER: Pray for women who are just finding out they are pregnant and are unsure about their next steps.

TODAY'S GOAL: Walk 30 minutes in honor of the \$30 it costs us to provide a pregnancy test. Consider donating a gift of \$30 to underwrite the cost of a pregnancy test and counseling session.

•TODAY'S THEME• Post to social media or carry a sign saying what you're walking for.

I completed today's challenge!



MAY 2nd

TODAY'S INSPIRATION: Over the past 47 years God has been faithful to carry our ministry through difficult times, and we have complete faith that He will lead us through this national pandemic. Our clients need us now more than ever, and we are grateful to be able to continue to serve our community during these uncertain times. We are thankful for the support of our faithful donors who have partnered with us, and we are excited for the next 47 years of ministry!

TODAY'S PRAYER: Pray for the leadership of New Life as we seek the Lord and navigate these uncertain times.

TODAY'S GOAL: Walk 47 minutes for the 47 years we've been serving clients.

•TODAY'S THEME• Walk in a previous year's New Life Walk & Run for Life T-shirt!

I completed today's challenge!



MAY 3rd

TODAY'S INSPIRATION: A woman called our office recently requesting the abortion pill. We took time to listen and talk with her about her options, and we offered her an ultrasound to confirm her pregnancy. After seeing her baby on the ultrasound screen, she was no longer set on abortion, but wanted more information about life-affirming options.

TODAY'S PRAYER: Pray for the women considering abortion, that they would connect with their baby during the ultrasound, and would find the strength to choose life.

TODAY'S GOAL: Walk 20 minutes for the 20 years we've been providing ultrasounds. Consider a gift of \$125 to provide a life-saving ultrasound to a mom in need.

•TODAY'S THEME• Crazy Hair Day!

I completed today's challenge!



MAY 4th

TODAY'S INSPIRATION: For more than six years we have been praying about opening a pregnancy center in the Phillips community of Minneapolis. We are currently in the planning process with the city of Minneapolis to make this new location a reality!

TODAY'S PRAYER: Praise God for the gift of this new center, and all the work He plans to do through it. Please pray for those we will be serving in this new location.

TODAY'S GOAL: Walk for 20 minutes and 20 seconds for 2020—the year this dream is becoming a reality! And, if you live close enough—go on a drive today to see where our new center will be, near the intersection of Chicago Avenue and Franklin Avenue in Minneapolis!

•TODAY'S THEME• Walk with your pet! Don't have one? Wear your favorite animal print or animal costume!

I completed today's challenge!



MAY 5th

TODAY'S INSPIRATION: A couple came into our center, pregnant with their first child, and feeling anxious about being able to provide for their new baby. We enrolled them in our Every Family Program where they received education, support, and essential baby clothing and equipment. They recently brought their newborn baby in for a visit and expressed their gratitude for our support: "I don't know where we would be if we hadn't found you!"

TODAY'S PRAYER: Pray for those in our Every Family parenting program. Many are facing additional challenges during this pandemic including job loss, lack of child care and family support.

TODAY'S GOAL: Walk 2,732 steps today, one for each of our parenting appointments last year. Please consider purchasing an item off of our amazon registry to support our parenting clients in tangible ways.

•TODAY'S THEME• Wear your favorite hat!

I completed today's challenge!



MAY 6th

TODAY'S INSPIRATION: New Life has a staff team of 34 women who serve in different roles within the organization. From social workers and nurses to administrators and adoption staff - each member of our team uses their God-given gifts to help fulfill our life-affirming mission.

TODAY'S PRAYER: Pray today that God would encourage and equip every member of the staff team.

TODAY'S GOAL: Walk 34 minutes for each of the 34 staff that work at New Life. Consider asking friends and family for a donation of \$34 in honor of our staff team.

•TODAY'S THEME• Wear your favorite sports jersey or apparel!

Don't forget to use the hashtag #NewLifeNewWalk!

I completed today's challenge!



MAY 7th

TODAY'S INSPIRATION: Last year, 18 women found healing from a past abortion through our Conquerors program! One woman shared, "I knew in my head that my abortion was forgiven, but in my heart, I couldn't believe it. Through Conquerors, I found a safe place to be released from the crushing guilt. I finally feel free to be who God has called me to be."

TODAY'S PRAYER: Celebrate those who have found freedom from their past abortions, and pray that women who are still in need of healing will find our Conquerors program.

TODAY'S GOAL: Walk (or run!) for 18 minutes in celebration of the women who found healing through our Conquerors program last year!

•TODAY'S THEME• Bring your chalk and leave an inspiring or encouraging quote or piece of art on the sidewalk!

I completed today's challenge!



MAY 8th

TODAY'S INSPIRATION: New Life is one of only a handful of pregnancy centers across the country that also operates as a licensed adoption agency. We are grateful to be a part of how God is building families through adoption, and are privileged to be a part of hundreds of family's stories.

TODAY'S PRAYER: Pray for each of the families currently in our "waiting family pool." You can pray for them by name on our adoption website! Pray each family continues to be filled with hope, excitement, and peace throughout their journey, and that God's plan for their family will be fulfilled.

TODAY'S GOAL: Walk and/or run 14 min for the 14 waiting families in our adoption program.

•TODAY'S THEME• Walk with a family member or friend!

I completed today's challenge!



MAY 9th



MAY 10th

TODAY'S INSPIRATION: One of the bravest and most selfless acts of love is when a birth mother makes an adoption plan for her baby. Mary came to us when she found herself overwhelmed and pregnant at 19. After considering parenting, she decided to place her daughter with an adoptive family through New Life Adoptions. She later told us: "Making the decision to place my baby for adoption was the hardest decision I have ever made. However, every time I see her and spend time with her, that decision is solidified in the love and respect her parents and I have for each other."

TODAY'S PRAYER: Pray for all of the birth mothers today on National Birth Mother's Day.

TODAY'S GOAL: Walk and/or run 50 minutes for the 50 women we served last year. Donate or ask a friend to consider donating \$50 in honor of a birth mother today.

•TODAY'S THEME• Wave & say hello to as many neighbors as you can! (While social distancing.)

I completed today's challenge!

TODAY'S INSPIRATION: Motherhood is beautiful, hard, rewarding, and so much more. At New Life we honor and support all moms. We support those who choose to parent and those who make an adoption plan. We support mothers who have adopted children and those who have lost children through miscarriage or abortion. All mothers should feel loved, supported and cared for today.

TODAY'S PRAYER: For all the mothers out there: single moms, new moms, moms of multiples, and moms who have experienced the loss of a child.

TODAY'S GOAL: Consider giving a gift in honor of (or in memorial of) your mom. The cost for New Life to support one woman throughout her entire pregnancy is \$550 (or \$46/mo). Give the gift of life this Mother's Day!

•TODAY'S THEME• Walk with your mom, if you're able, and/or post about why you love your mom!

I completed today's challenge!

YOU DID IT!

Thank you for joining us for this virtual Walk for Life! We are so encouraged by your participation and would love for you to share your achievements. Head to New Life's Facebook page to see who walked with you these 10 days.

TOTAL MILES COMPLETED:

TOTAL MINUTES WALKED:

TOTAL CHALLENGES COMPLETED:

THANK YOU!

newlife
family services

and its programs



Conquerors



FIRST CARE
PREGNANCY CENTER



new life
ADOPTIONS

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