



newlife

NEW LIFE FAMILY SERVICES | FALL 2023



BE A PART OF THE
story





DEAR FRIENDS

Be a part of the story...

As I think about the people that founded New Life 50 years ago, I imagine what their dreams were for this ministry. I imagine the stories they prayed would be the fruit of their mission. Did they know the impact they would have on tens of thousands of lives here in Minnesota?

From the moment I started at New Life 21 years ago, I knew this place was special. I knew I wanted to be a part of it. I can honestly say it is a joy and a privilege to do the work we do every day. God does not **need** us; He *allows* us to be a part of what He is doing, and it is an honor.

Tens of thousands of stories have been re-written because of the work God has done through New Life these past 50 years. Women considering abortion have chosen life. Families crushed by infertility have been created and expanded through adoption. Women left devastated by abortion have found restored hope through Christ. These are the stories we are blessed to be a part of every day.

Your investment in New Life—whether through time, treasure, talent, or prayer—means **you** are a part of these stories too.



In Christ,

Tammy Kocher

Tammy Kocher
Executive Director
New Life Family Services



Our Mission

To honor the sanctity of human life by assisting clients with life-affirming decisions with the love and compassion of Christ

Our Vision

To one day reach all abortion-minded and abortion-vulnerable individuals throughout Minnesota with comprehensive pregnancy-related services and the message of the gospel of Jesus Christ

Our Locations

MINNEAPOLIS

2015 Chicago Ave
Minneapolis, MN 55404

ST PAUL

2109 Old Hudson Rd
St Paul, MN 55119

RICHFIELD

6517 Nicollet Ave
Richfield, MN 55423

UNIVERSITY

2900 University Ave SE
Minneapolis, MN 55414

ROCHESTER

40 16th St SE
Rochester, MN 55904

ADMINISTRATIVE OFFICE

1515 East 66th St
Richfield, MN 55423

THE STATE OF ABORTION IN Minnesota

Recently, the Minnesota Department of Health released their report on induced abortions in Minnesota in 2022. Although it's difficult and saddening to read about the lives who were so

greatly affected by abortion last year, it is vital to be aware of what is happening in our state so that we can better reach and support the women, men, and families in our communities.

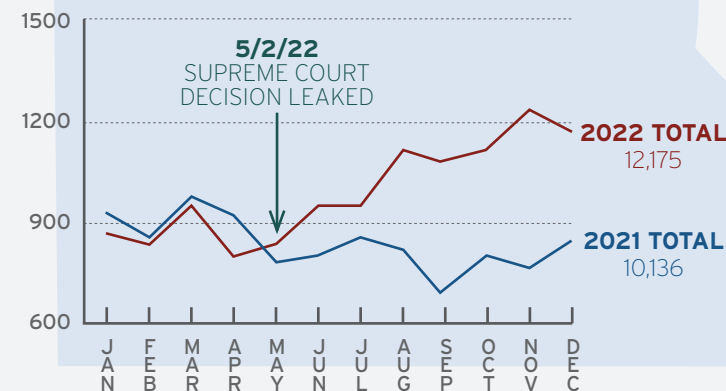
↑ 20%

IN MINNESOTA ABORTIONS IN 2022

IN 2022, THE TOTAL NUMBER OF ABORTIONS WAS **12,175**, AN INCREASE OF **2,039** FROM THE PREVIOUS YEAR. IT IS THE LARGEST INCREASE IN OVER A DECADE AND FOLLOWS YEARS OF FLAT OR REDUCED NUMBERS YEAR-OVER-YEAR.

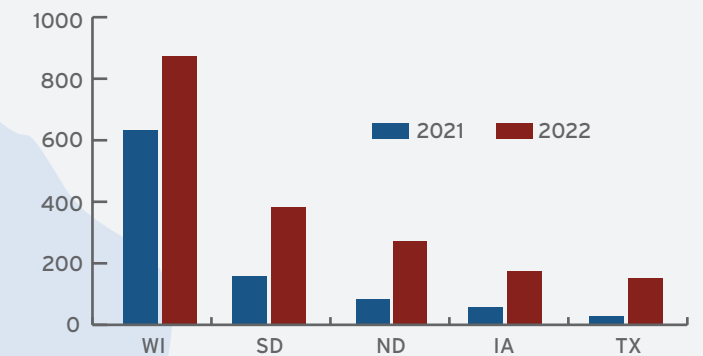
ABORTIONS ACCELERATED SHARPLY FOLLOWING THE SUPREME COURT DECISION

A RISE OF 39% FOLLOWING THE OVERTURNING OF ROE



HALF OF THE TOTAL INCREASE WAS DRIVEN BY OUT-OF-STATE RESIDENTS

THIS WAS PRIMARILY AMONG BORDER STATES, HOWEVER 150 TRAVELED FROM TEXAS (UP FROM 18 IN 2021)



THE MAJORITY WERE CHEMICAL ABORTIONS

SECOND AND THIRD TRIMESTER PROCEDURES ALSO INCREASED, RISING 16% OVERALL AND 74% AMONG NON-RESIDENTS

60%

CHEMICAL ABORTIONS

While we mourn the increase in abortions in Minnesota, we believe that God has put us here for this specific time. This is an opportunity to reach more women from Minnesota and from out of

state, to dive further into our calling without fear or hesitation, and to expand our services to one day reach every abortion-vulnerable woman in our state with the love and compassion of Christ.

MEET OUR NURSING STAFF



AMANDA SORENSEN, RN
Director of Nursing

HOW LONG HAVE YOU WORKED FOR NEW LIFE?
5 years

WHAT DO YOU LOVE ABOUT YOUR ROLE?

I love working for an organization where my faith and nursing practice align. There are not many nursing jobs where you are encouraged to pray before your day, pray for clients, and share the gospel with clients!

WHAT IS YOUR FAVORITE CLIENT MOMENT?

I can vividly remember doing an ultrasound for a mother who was leaning toward having an abortion. During the scan, I was able to show her that she was having TWINS! At the moment where not one but TWO heartbeats were seen, she started crying and exclaimed, "I could never abort twins. I am going to keep these babies."

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I love to hang out with my family. I am a mother of 3-year-old triplets and a newborn and am married to my amazing husband. As a family, we enjoy spending time up north, boating, waterskiing, and zipping around on jet skis!



PAIGE HOGANSON, RN
Client Care Nurse

HOW LONG HAVE YOU WORKED FOR NEW LIFE?
1 year

WHAT DO YOU LOVE ABOUT YOUR ROLE?

I love meeting people where they are in their stories and having the opportunity to meet tangible needs. I also love using ultrasound to show God's most precious creation being intricately woven together inside of the womb! It is such a privilege.

WHAT IS YOUR FAVORITE CLIENT MOMENT?

During an ultrasound with an abortion-vulnerable client, we saw a beautiful eleven-week baby who was practically bouncing off the walls of her uterus. I pointed out different features of this little one and the mom was able to just watch the screen for a few minutes. After the ultrasound, she joyfully and confidently exclaimed, "I'm keeping my baby!"

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

Outside of work I enjoy riding our tandem bike with my husband, spending time with my family and friends, being outside and on the lake, and being involved in my church. My husband and I also just welcomed our baby girl to the world in August!



TOVE SWEET, RN
Assistant Nurse Manager

HOW LONG HAVE YOU WORKED FOR NEW LIFE?
5 years

WHAT DO YOU LOVE ABOUT YOUR ROLE?

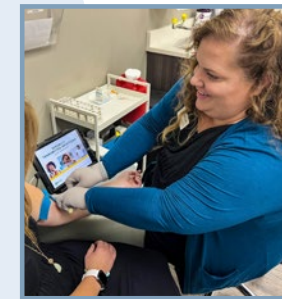
I love being able to utilize my skills as a nurse, passion for moms and babies, and heart for the gospel every day at work. It is such an honor to be able to show women a glimpse of the life growing inside and provide tangible support during scary and uncertain times.

WHAT IS YOUR FAVORITE CLIENT MOMENT?

I will never forget getting to meet a little baby just days after he was born, whose mom had come to First Care early in her pregnancy. She had initially felt abortion was her only option, but after several ultrasounds and lots of support from First Care staff, she made a decision for life. I will never forget the impact of meeting the beautiful baby I first saw when he was only the size of a pea!

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

My husband and I were high school sweethearts and have been married for almost 6 years. We are expecting our first baby in October. We enjoy spending time outdoors and taking our Wirehaired Pointing Griffon swimming and pheasant hunting.



AMANDA LITTLE, RN
Client Care Nurse

HOW LONG HAVE YOU WORKED FOR NEW LIFE?
4 years

WHAT DO YOU LOVE ABOUT YOUR ROLE?

I love seeing families come back for prenatal and parenting classes when at the time of their ultrasound, they were considering abortion. I love bringing Jesus into appointments. I love educating clients, students, and families on prenatal care, breastfeeding, sexual health, and the way God created their bodies. I love the team I work with, and I love to interact with supporters and donors at events.

WHAT IS YOUR FAVORITE CLIENT MOMENT?

Recently, a client visited us with her toddler. She initially came to us years ago when she was facing an unplanned pregnancy without any help or support. After the ultrasound, she decided to carry the pregnancy and parent her baby. She came to all the prenatal classes and Every Family appointments, she has referred her friends to us, and she brings in donations now as she is in a much more stable place. It is amazing evidence of God's work.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I enjoy and fill my time with babysitting, dog sitting, and plant sitting. I am an avid master fort builder. I like to figure out puzzles of all kinds. I desire to spread laughter like it's glitter.

MEET OUR NEW NURSES

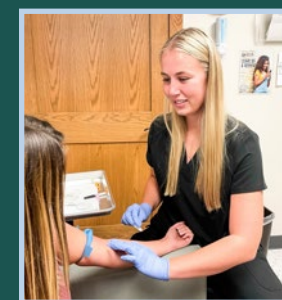


EMILY HOLLIDAY, RN

WHAT EXCITED YOU MOST ABOUT WORKING AT NEW LIFE?

I am most excited to be able to offer holistic care to my future clients. We have such an array of resources available to anyone who comes through our doors, and we make

educating our clients a top priority. Our holistic, client-centered approach makes me excited because I believe it shows our desire to offer our very best to all our clients.



KAILEY LINDAHL, RN

WHAT EXCITED YOU MOST ABOUT WORKING AT NEW LIFE?

I look forward to providing holistic patient care to all people who walk through the door by caring for their physical, emotional, mental, and spiritual needs. I love how First Care seeks to provide patients with all the

facts to enhance fully informed decision-making, and I am eager to play a role in that. Lastly, I am excited to work with a team of people who are all seeking to make God known and give Him glory!

Motherhood TO ME



Pictured: Kendrah and Olivia (2019)

KENDRAH BIRTH MOM

Motherhood to me is unconditional love. The second I found out I was pregnant, I knew I would do absolutely anything to make sure my daughter always feels safe and loved.

I felt calmer than I expected after seeing that positive pregnancy test, but I was unsure of what my future would look like. I asked my mom to pick me up, got in the car, and said, "Mom, please don't hate me. I'm pregnant." She sat there for a minute before saying, "Okay, go grab your things. We'll get you home. It's going to be okay. I love you."

My mom was my number one support the entire time. She dropped everything in her life to make sure that I felt supported and loved. I have put her through a lot, and she has never shown me anything but unconditional love.

Throughout my decision-making process, New Life was a truly supportive environment. They made me feel safe, heard, and confident in my decision. I wanted to give my child the best life possible, and eventually I realized that adoption was the best way to do that.

"MY DAUGHTER IS SO HAPPY NOW AND HAS A STABLE HOME WITH PARENTS WHO WERE READY TO RAISE A CHILD. "

My mom and I prayed together about which adoptive family to choose, and when we met John and Rachel for the first time, we both felt like it was obvious – they were meant to be my daughter's family.

The most emotional time was when my daughter was born. I had 48 hours with her before we had to go our separate ways. I could have stayed in the hospital holding her forever, and it absolutely crushed my heart to drive home without her.

My daughter is so happy now and has a stable home with parents who were ready to raise a child. They are wonderful and love her so much. I have also gained her adoptive family as a family of my own. We do activities together, and I get lots and lots of pictures! I'm so glad I was able to place her with such deserving parents.



Pictured: Kendrah and Olivia (2022)

God has been a huge part of this journey from start to finish. I truly believe that He orchestrated this and made everything work out exactly how He wanted.

KRISTINA BIRTH GRANDMOTHER

I vividly remember when my daughter shared that she was pregnant. Initially, I needed a minute to process, but then I jumped into action. We picked up prenatal vitamins, moved her back home, and made an appointment at a pregnancy center. From the moment she told me, my love for her and the baby far outweighed any "disappointment."

I took Kendrah to every appointment, poured over adoption family profiles with her, and bought her the foods she craved. I sat with her as she told family and friends, cried, rejoiced, and prayed over every step of the process with her. And I would do it all again in a heartbeat!

I remember standing in our social worker's office before our first meeting with John and Rachel. It was a mixture of excitement, hope, and nerves. When I prayed about the decision, God made it clear that He already had the perfect parents hand-picked for this little girl.

I had a vision of the adoptive mother – a woman



Pictured: Kristina, Kendrah, Olivia, and Kristina's Mom (2022)

with curly, short blonde hair and a kind and tender spirit. When I described the image to Kendrah, she said, "That sounds like a kindergarten teacher!" And sure enough, Rachel had short blonde hair that she often wore curly and was an art teacher.

I supported my child's decision to place her beautiful baby girl for adoption, but I couldn't help but feel the gravity of that choice in the hospital. Seeing my daughter in intense emotional pain was heart-wrenching, and reassuring her that she made the right decision was immensely difficult.

"SEEING TWO MOTHERS, BOTH WANTING THE BEST FOR THIS LITTLE GIRL, WAS AMAZING! IN THAT MOMENT, I FELT GOD SIT NEXT TO ME AND HOLD MY BROKEN HEART AS I HELD KENDRAH'S."

But seeing two mothers, both wanting the best for this little girl, was amazing! In that moment, I felt God sit next to me and hold my broken heart as I held Kendrah's.

Being a birth grandmother is wonderful. I have loved my granddaughter deeply since the

moment I knew she existed. While giving up my "grandma rights" was difficult, we are grateful for how generous John and Rachel have been in sharing her with us!

RACHEL ADOPTIVE MOM

I used to wonder if I would ever experience motherhood, and now I feel motherhood in every part of me. It has to be more than biology, doesn't it? It's more complex, amazing, and sacred.

I was diagnosed at five years old with Type 1 Diabetes, and rather than have a high-risk pregnancy, my husband John and I decided that adoption was the best way for us to grow our family. In 2013, we felt ready, and after consulting with many people, we chose New Life Adoptions.

When we first started the process, I had many worries and questions. Would I feel like a mom? Would we bond? The first Mother's Day waiting in the pool of adoptive parents was very emotional. I was ready to be a mother but was unsure of when or if it would happen. John bought me flowers that day, and I was so

thankful he understood that my heart was ready for motherhood. Life just needed to catch up.

After a few ups and downs, we adopted our oldest daughter in 2014. I remember feeling unsure at first, but then I just fell in love with her. It was a natural, barely noticeable transition, and I now know that I am a mother, *her* mother.

As soon as we could, we began pursuing a second adoption. As we waited, God kept reminding me of Ephesians 3:20, "Now to Him who is able to do immeasurably more than all we can ask or imagine..." I knew He was preparing us for something better than I could design.

After waiting for four years, I woke up one day just knowing in my heart that we would receive news of a special adoption situation, and we did! We learned a week later that the birth mother wanted to meet.

The day of the meeting, we were SO nervous! I changed my outfit at least three times. The whole meeting was covered by the Holy Spirit, and the most incredible part was that God had shared a vision of the adoptive parents with Kristina, and it was an image of us! How

reassuring to know that God was guiding us! We all ended the meeting in tears, and we took our daughter home four months later. Her birth mom and I love each other and love Olivia. She is not just mine. She is ours.

As painful as our journey has been at times, it has given us the purest joys of our lives. Becoming a mother, holding my sweet children whom I prayed so hard for, witnessing their growth, and watching a sisterly bond blossom, have been some of the best moments of my life.

But motherhood is hard. I have come to hold so much respect for my own mom! And while it's hard, it is better than I could have imagined. I never comprehended the depth of love I could feel, and I never knew how many people the word "family" could encompass.

"HER BIRTH MOM AND I LOVE EACH OTHER AND LOVE OLIVIA. SHE IS NOT JUST MINE. SHE IS OURS."



Pictured: Rachel, Vivi, Olivia, and John (2022)

CREATIVE WAYS TO BE A PART OF THE STORY



Ron & Lori Touchette
PROJECT MANAGER/DONORS

Ron and Lori own Rock Solid Companies, a local commercial real estate firm. Ron has become the “go-to” person for New Life’s property needs, and he helped us purchase our University and Phillips locations. As the Phillips project expanded beyond our wildest dreams, Ron stepped into the role of Project Manager. He worked with our contractor to manage the timeline, process, and countless details. When it came time to pay our final bills for the project, Ron and Lori graciously shared that they wanted to donate the entire fee *back* to New Life.



Kelly Johnson
SELF-DEFENSE TEACHER

Recently, Kelly led a self-defense class for our predominantly female staff through the “Not Me!” course. She stated that she loves the mission of New Life and that she wanted to do the class free of charge. It was a phenomenal experience for our staff, and we learned so much. Afterward, Kelly asked about other volunteer opportunities with New Life, and we are so grateful for this new friendship!

Deb Prokop
CONQUERORS FACILITATOR/LEGACY DONOR

Having experienced two unplanned pregnancies, one that ended in miscarriage and one that ended in abortion, Deb found herself struggling and alone. She went through the Conquerors program, and it made such an impact on her life that she became a Facilitator for the same program that helped her and has now served countless women over the past 20 years. Deb shared that she wants her legacy to continue beyond her time on this earth and has included New Life and the Conquerors program in her estate plan to ensure the work will continue.



Dan & Terri Penz
PROPERTY DONORS

Dan and Terri first heard about New Life when their daughter-in-law volunteered and then worked for New Life. Having an “inside look” at the organization helped them appreciate New Life’s work for the people in the surrounding communities, and they decided they wanted to be a part of this mission. They became landlords five years ago when we relocated our Rochester office. In June of this year, they generously donated our First Care space to us.



50 *Stories of Hope*

Have you been following along?

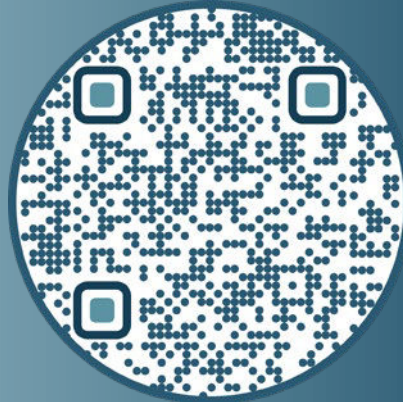
#ICYMI

In Case You Missed It

Kelsey's Story | Story 11

Kelsey was in college when she became pregnant. Even though she had immense love for her baby from the start, she knew she was not in the best place to raise a child.

Scan the QR Code to watch her story to see how God led her to choose adoption.



50StoriesOfHope.org

LEAVE A Legacy For Life

COULD LEGACY GIVING BE AN OPTION FOR YOU?

A legacy gift to New Life is a thoughtful way to ensure that the important work of the ministry continues well into the future while establishing the legacy of your generosity.

FIVE REASONS TO INVEST

- With five locations, New Life is the **largest network of pregnancy centers** in Minnesota operating as one organization
- New Life offers **no-cost comprehensive, quality pregnancy care services** provided by licensed social workers and medical staff
- New Life is the only organization in the state of Minnesota that operates as both a pregnancy care center and a **licensed adoption agency**
- We serve entire families by empowering and encouraging parents through our **Every Family parenting program**
- New Life is fully committed to **sharing the love of Christ** and providing holistic care to everyone who walks through our doors

WHY SHOULD YOU CONSIDER LEGACY GIVING?

- Support the legacy of New Life while still providing for the financial needs of your family
- Potentially avoid or minimize your capital gains, estate, and income tax burdens
- Leave a legacy without giving up assets during your lifetime
- Make a larger gift than you thought possible

SCAN QR CODE TO LEARN MORE ABOUT LEGACY GIVING



Night of WORSHIP

November 3, 2023 | 6:30 PM

Cedar Valley Church

Bloomington, MN



We're hosting a Conquerors **NIGHT OF WORSHIP** to provide hope and encouragement to those who have faced abortion in their past. If that's part of your story, we really hope you can join us! And gentlemen, don't miss out — this event is open to all.

There's **NO COST** to join the event, but registration is required. Registration will open early October. Email Caroline@ConquerorsAfterAbortion.org with any questions.

FIVE WAYS TO LEAVE YOUR LEGACY

WILL OR TRUST A popular form of legacy giving is designating New Life as a beneficiary or devisee of your estate plan through your will or revocable trust. You can designate either a specific dollar amount or percentage of your estate.

RETIREMENT PLAN Naming New Life Family Services as a beneficiary of a qualified retirement plan (401(k), 403(b), or IRA) can provide you and your family with considerable tax savings.

LIFE INSURANCE Consider naming New Life Family Services as the beneficiary of your life insurance policy.

DONOR ADVISED FUND Not only can you recommend gifts to New Life from your donor advised fund during your lifetime, but you can also designate New Life as the partial or sole beneficiary of the balance of your fund at death.

CHARITABLE TRUST Donations to New Life through a charitable lead or remainder trust may be appropriate for larger gifts of appreciated assets or in connection with your family's estate tax planning.



Volunteer with us!

Are you looking for a creative way to give to New Life?
Below are some current, pressing needs.

Cleaners
Handyman

Parent Coaches (English and Spanish-speakers needed)



Have another skill that you'd like to use
to bless our clients?

Reach out to our Volunteer Coordinator at
Traci@NLFS.org



Celebrate Sanctity of Human Life month with us this January!

Email Churches@NLFS.org to request:

- A member of our staff to share about New Life at your church
- A client speaker to share their story
- Sunday School presentations
- An information table
- Bulletin inserts

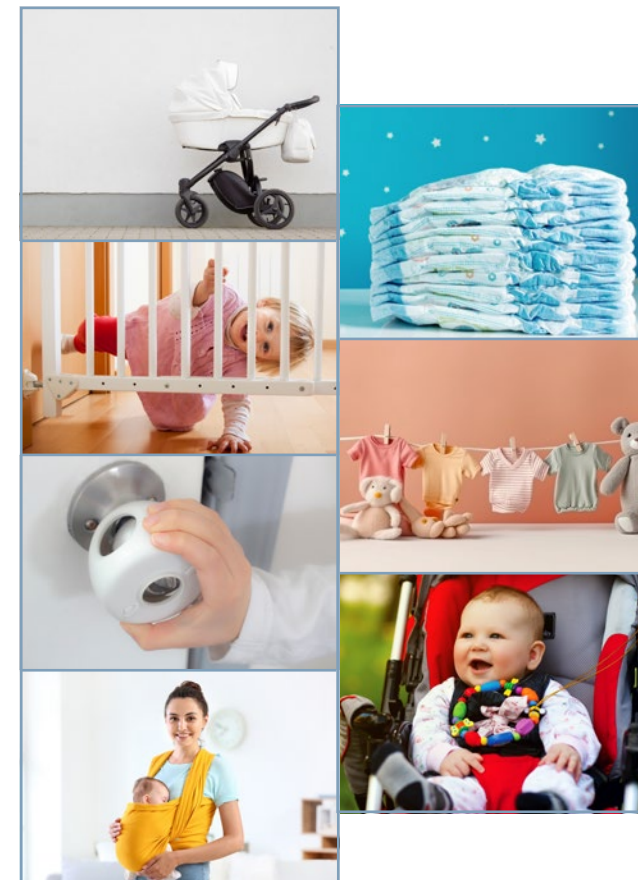


give ^{TO THE} MAX
Nov. 16, 2023

GIVING
TUESDAY

Give to the Max and Giving Tuesday

Be a part of the story this fall during giving season. New Life Family Services will be recognizing **Give to the Max Day (November 16)** and **Giving Tuesday (November 28)**, so keep an eye out for emails and social posts with details on how and where to give.



We are in need of Material Donations

(drop-off at any First Care location)

We are in need of new baby equipment items for our Every Family closets! Our current specific needs include:

- Baby wrap carriers**
- Bouncy chairs**
- Safety doorknobs**
- Baby gates**
- Umbrella strollers**
- Size 7 diapers and Pull-Ups**

*All items **MUST** be NEW



A full list of needed items can be found on our website and our Amazon registry.

THANK YOU for helping us make a difference.



and its programs



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(612) 866-7715

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NLFS.ORG

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CONNECT WITH US:

Join our email list by sending an email to info@nlfs.org.



THANK YOU TO OUR CORPORATE SPONSORS



*If you are interested in becoming a Corporate Sponsor,
please email Blake@NLFS.org*