



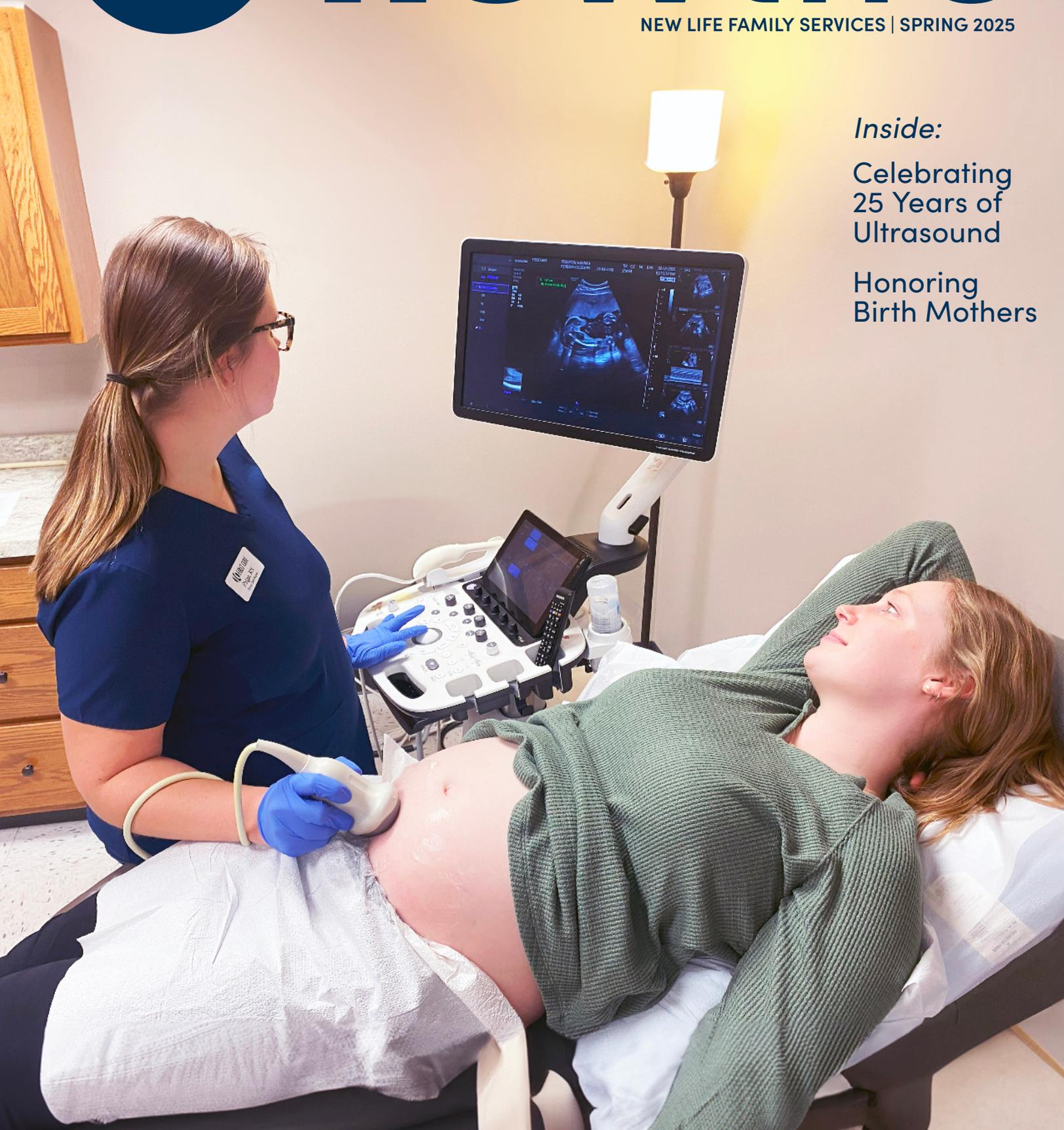
# newlife

NEW LIFE FAMILY SERVICES | SPRING 2025

*Inside:*

Celebrating  
25 Years of  
Ultrasound

Honoring  
Birth Mothers





## Dear Friends,

This year marks 25 years of offering life-saving ultrasound services at New Life Family Services! For a quarter of a century, women have seen life in the womb and found the hope and support they need to choose life—thanks to your generosity.

We're also thrilled to share that our brand new St. Paul building is open and thriving! More space means more services, more clients, and more lives changed in a community that deeply needs our presence.

And this summer, we're launching two new events that bring fresh energy to our mission. After many years of hosting the Walk for Life, we're introducing new ways for you to connect, give, and get involved:

- **Diaper Bundling Bash – Saturday, June 14**  
A family-friendly event with hands-on service, carnival games, and fun for all ages.
- **Riverboat Cruise Fundraiser – Thursday, July 24**  
A beautiful evening on the water with dinner, music, and stories of hope.

Join us as we celebrate the past and step boldly into the future—together!



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

1706 White Bear Ave N  
St Paul, MN 55109

### 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



## PRAYERS ANSWERED: A HOPE AND A FUTURE

**N**ot long after we opened our new St. Paul office, a young woman came in for an ultrasound, unsure about her plans for the pregnancy. She met with a staff member for decision-making support but still left undecided, asking for more time to process.

A week later, one of our team members felt prompted by the Holy Spirit to follow up with her. On the call, the woman shared that she had an abortion scheduled for the next day, but was still torn. We offered her a same-day ultrasound, and she arrived within the hour.

During the scan, she watched her baby move and suck its thumb. The nurse explained fetal development, and the client later described the experience as “divine intervention”—despite not identifying as religious. That day, she chose life for her baby.

She also allowed us to pray with her and share Jeremiah 29:11: “For I know the plans I have for you,” declares the Lord... “plans to give you a hope and a future.” She’s now enrolled in prenatal education classes and open to ongoing parenting support from First Care.



If you would like to set up a tour of our new St Paul space, email us at [info@nlfs.org](mailto:info@nlfs.org)

# ENGAGING THE NEXT GENERATION IN GIVING

Build a Future of Philanthropy in Your Family



**I**n a world full of causes and opportunities to give, it's easy to fall into the habit of "checkbook philanthropy". This is when you find yourself giving to causes when asked, without a long-term vision.

While every gift matters, there's a powerful shift that happens when we view giving through a strategic lens—and doing so gives us a chance to invite our children and grandchildren to walk that journey with us.

Strategic philanthropy is intentional. It asks questions like:

- What issues matter most to our family?
- Where can our support create lasting impact?
- How can we be part of the solution beyond financial gifts?

Even small steps matter. If your family supports a local nonprofit like ours, consider bringing the entire family to a service project like our Diaper Bundling Bash coming up in June. By meeting the people behind the mission and hearing the stories of those impacted, you can move philanthropy from an abstract act to a shared family value—one rooted in relationship and purpose.

Philanthropy isn't just about writing checks; it's about living generously. When we give with strategy and invite the next generation to join us, we don't just fund change—we inspire it. ■



This kind of approach aligns our giving with our values and encourages thoughtful, consistent support of the causes we support. Involving your children in this process deepens both the meaning and the impact. Conversations about responsibility, generosity, and stewardship help shape their understanding of the world—and their place in it.

How can you begin to take this strategic approach? Research nonprofits together. Set a family giving budget. Host a family meeting where each person shares a cause they care about, allowing your children or grandchildren to pitch their favorites. Ask good questions. Let them experience the joy of making a difference.



Bring the kids!

## DIAPER BUNDLING BASH!

Saturday, June 14,  
10:00AM-1:00PM

Saint Paul First Care

Join us for an all-ages day of service and fun, bundling diapers collected from the World's Largest Diaper Drive.

This family-friendly event will include:

- Games and Activities for the Kids
- Picnic Lunch for Purchase
- Center Tours

You won't want to miss this unique intergenerational opportunity to serve alongside children and grandkids.



[nfs.org/DBB](https://nfs.org/DBB)

This year the Walk for Life will be replaced by  
**TWO NEW EVENTS!**



PADEL FORD RIVERBOATS  
Thursday, July 24, 6:30-9:00PM

Spend a summer evening cruising the scenic Mississippi River as we raise money to help reach women and families with the love and compassion of Christ.

Whether you're looking for a relaxing night out or a chance to connect with others who share your passion, this event promises to be a summer highlight!

The evenings events include:

- Seated Dinner
- Live Music
- Ministry Updates

Stay tuned for more details about how you can secure tickets to this limited capacity event.

Adults only!



# CELEBRATING 25 YEARS OF ULTRASOUNDS AT NEW LIFE

## TYPICAL CLIENT PERCEPTIONS

*"When does life even begin? It's a clump of cells. It's not a human yet. It's just tissue."*

*"This will ruin my future. I have plans that I need to see through."*

*"I need to focus on the children I'm already caring for. I cannot be a good mother and have another child."*

**T**hese are just a few of the thoughts that are immediately interrupted when a client sees her child on the ultrasound screen. She sees the heart beating. She sees her baby moving. This information is real and right in front of her eyes. Time slows, and she begins to process her hesitations with new information about her baby filling her thoughts.

For 25 years, New Life has provided limited obstetric ultrasounds to women and families unsure of where to turn in their pregnancies. God has used these appointments and the images of

babies in the womb to change the hearts and minds of those in crisis and considering abortion. It is a critical, life-saving service that we are honored to provide at no cost to our clients.

## New Life Before Ultrasounds

Before we added ultrasounds in 2000, clients were first provided with a free pregnancy test. If they received a positive result, a staff member would go over a brochure with pictures of fetal development as well as fetal models to explain how their baby was growing. Clients were then referred to life-affirming doctors in hopes of having an ultrasound with their provider. These methods were not nearly as effective as introducing a client to their own baby — an opportunity to bond immediately.

*"Adding ultrasound was a game changer for sure! It's the most effective tool we have had in reaching abortion vulnerable women and men. It truly was remarkable! There are so many children alive today due to this amazing tool."*

- Jody Fryer, VP of Programs

## The Power of Ultrasound

As one of our nurses explains, "Ultrasounds provide clients with the opportunity to meet their baby for the first time and see a glimpse of what is going on inside the womb. I've heard several clients incredulously exclaim "There's a baby in there!" after seeing their baby wiggling on the screen, and one woman process out loud, "How could I even consider an abortion after seeing this?" Another dad said, "There's a lot of life going on in there!" when asked what he thought after seeing the ultrasound. Another client reflected, "Everyone says it's just a clump of cells. But after seeing this, I know that it's not." My personal favorite was when one client quietly wondered during her scan, "Who can argue with life?" It's such an honor to see firsthand the impact ultrasounds have on decisions for life."

## Looking Ahead: The Future of Ultrasound at New Life

As we celebrate 25 years of offering life-saving ultrasounds, we're also expanding how this tool is used to serve women in increasingly complex situations. One of the most impactful developments is our ability to support women seeking Abortion Pill Reversal (APR). When a woman takes the first abortion pill and changes her mind, she can come to us for an ultrasound to confirm the baby's viability—a crucial first



## CLIENT STORIES

**After seeing** her baby on the ultrasound at First Care, one client stated, "This was just what I needed. I wanted to know what's going on inside of my body, and that was really cool to see."

**A woman** came in for an ultrasound who had multiple previous abortions in her past. The woman expressed regret over her past decisions and wondered if she could make a different decision this time around. After seeing her baby on the ultrasound and receiving resources and support, the woman left feeling confident in her parenting decision saying, "I want to do anything I can to give this baby life."

**A young** couple still in high school came in for an ultrasound. They both were moved to tears when they saw their baby wiggling on the screen and had such soft hearts for this little life growing inside. They were so excited to take home pictures of their baby, they were both smiling, looking at their pictures and pointing out their baby's features to each other. It was amazing to see such young individuals make the courageous decision for life!

step before beginning the APR protocol with progesterone. These appointments offer both a second chance at life and the compassionate support she needs to choose it.

Ultrasound has always been about more than just imaging—it's about connection, truth, and hope. As we step into the future, we remain committed to using this remarkable tool to affirm life, serve with excellence, and walk faithfully with each woman God brings through our doors. ■

# AN ULTRA- SOUND LEGACY: DR. GRAHAM

**D**uring a season of uncertainty in his life, Dr. Richard Graham found himself asking God a simple but powerful question: How can I use my skills to serve You? As an OB-GYN, he knew the unique gifts and training God had given him weren't just for a career—they were for a calling. With that prayer in his heart, he picked up the phone and called New Life Family Services to see if there was any way he could help.

At that very moment, the New Life staff were in a prayer meeting. The medical director role had unexpectedly become vacant, and they were crying out to God for provision—asking specifically for a doctor to help them continue offering life-affirming medical care. Dr. Graham's phone call wasn't just timely—it was God's answer.

That was 25 years ago. Since then, Dr. Graham has faithfully served as New Life's Medical Director, overseeing thousands of ultrasounds and offering compassionate care to women at a critical point in their pregnancy decisions.

***"God created each person for a purpose. One of our main purposes as Christians is to make sure all people get to live the life God created them for."***

**-Dr. Richard Graham**

For him, being a doctor has never been just a job. "I've always felt that He has called me to being a doctor. And He gave me such love for what I do. It's the best job I could ever find. He puts you where He wants you, if you let Him."

*"I had the honor of training under Dr. Graham and was always moved by his tender heart for both moms and babies. One day, after seeing a tiny heartbeat on an ultrasound, I told him, 'I hope I never lose the sense of wonder.' He smiled and said, 'After all these years, I never have—and I know you never will either. Life is a miracle.'"*

**-Tove, Assistant Nurse Manager**

Even after decades in the field, the wonder of life never gets old for Dr. Graham. "I was reading ultrasounds that we had done over the past few days and saw a tiny little 6-week baby with a strong, steady heartbeat. Then we had an 8-week-old that was so beautiful, and a 13-week baby that was so fun to watch. That's the beauty of ultrasound: we get to see these babies grow and develop. It's been a great honor to introduce these babies to their mothers during an ultrasound. It's such a privilege to be a part of that."

Dr. Graham's legacy at New Life is one of faithfulness, compassion, and deep reverence for the miracle of life. For 25 years and counting, his steady hands and steady heart have helped mothers see the truth of what God is growing within them—one heartbeat at a time. ■



We are so grateful for Dr. Graham and his service to New Life for 25 years!



**E**very client that comes through our doors has a unique story. That is why we are excited to share about a new tour experience, "In Her Shoes," designed to share a deeper understanding of the often difficult and complicated situations our clients are

facing. During this immersive tour experience, visitors will have the unique opportunity to step into curated stories and see how staff and volunteers meet each individual with care and compassion.

Be it through a walk in pregnancy test, an Every Family coaching appointment, or a limited ultrasound scan, we want to share with you the real impact your generosity and support has on the lives of the women, men, and families we serve. Interested in bringing your small group, youth group, or family through In Her Shoes at one of our First Care centers? Reach out to [info@NLFS.org](mailto:info@NLFS.org) for more information. ■

## SHARE YOUR GIFTS AS A VOLUNTEER PARENT COACH



**Elisia Kraemer**  
Every Family Program Manager

**A**t First Care, our Every Family program provides parent education and material support for families from pregnancy through age five. As a staff member and trainer, I've seen firsthand how powerful this program is—not just for our clients, but for our volunteers too.

People often ask me what makes a great parent coach. For me, one word stands out: encouraging. The best coaches are quick to affirm the good they see. They're consistent, curious, and willing to ask thoughtful questions. The rest? We'll teach you! With the right heart and the tools we provide, anyone can step into this role.

We use a parenting curriculum from *Connected Families*, a faith-based organization that equips us with a biblical framework and practical tools to share with clients. I've trained volunteers from all kinds of backgrounds—retirees, moms, pastors, and professionals with flexible

schedules. The common thread is a willingness to show up and walk alongside someone.

The process to get started is simple: an interview, a background check, and then hands-on training—including time shadowing experienced coaches. After that, volunteers typically serve about four hours a week, broken into hour-long client sessions.

It might sound like a big step, but I promise—it's worth it. Our program has such a strong sense of community that many volunteers stick around for years. One is even about to celebrate 20 years with us! It's an incredible honor to encourage and equip parents in this sacred season of life.

If this speaks to you, we'd love to talk. We have openings for Parent Coaches at all of our centers, and there's a particular need for Spanish-speaking volunteers. You can reach out to our Volunteer Coordinator at [volunteer@nlfs.org](mailto:volunteer@nlfs.org). ■

# HONORING BIRTH MOTHERS

**M**other's Day is a time to celebrate the women who have given us life and nurtured us in countless ways. While many focus on the mothers who raise their children, it's equally important to honor birth mothers—those who make the profound and sacrificial decision to place their children for adoption. These women exemplify courage, love, and selflessness in ways that often go unnoticed.

*For birth mothers, Mother's Day can be a complex and emotional time, but it's also an opportunity for the Church to recognize and affirm their unique role in adoption.*

The decision to parent a child or not begins with prayerful discernment and reliance on God's Word. Proverbs 3:5-6 reminds us to "trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Birth mothers who face an unintended pregnancy often wrestle deeply with what God is calling them to do. Choosing adoption is not a decision made lightly; it involves considering what is best for the child, weighing personal circumstances, and seeking God's wisdom. This act of surrender—entrusting their child to another family—is a reflection of faith and obedience to God's providence.

As Christians, we are called to honor women and affirm their dignity and worth. Birth mothers embody the sacrificial love described in John 15:13: "Greater love has no one than this: to lay down one's life for one's friends." While the act of adoption may bring heartbreak and grief, it also brings hope and new life for all involved. On Mother's Day, churches and families can offer intentional support by acknowledging the birth mothers in their communities, listening to their stories, and praying for their healing and peace. This acknowledgment can be a powerful reminder that their sacrifice is seen and valued by God and His people.



**Kendrah, birth mother, with her daughter, Olivia, who she placed for adoption.**

Let us remember that God's grace and love extends to all mothers, whether they parent their children directly or entrust them to others. For birth mothers, Mother's Day is not just a day of reflection but a celebration of the profound impact they have had on the lives of their children. By lifting them up in prayer, offering encouragement, and creating spaces for their stories to be heard, we can reflect Christ's love and compassion. In doing so, we honor the heart of a mother who, in her own way, mirrors the sacrificial love of Christ for us all.

At New Life Adoptions, we host our annual Birth Mother's Day Brunch, held the day before Mother's Day, to honor and support birth mothers. All are welcome, regardless of which agency they placed through. For more information and to register to attend, email us at [info@newlifeadoptionsmn.org](mailto:info@newlifeadoptionsmn.org). ■



## Life Sustainers

Life Sustainers support the ministry of New Life Family Services through regular and faithful giving to help sustain and grow our efforts throughout the year. Our Life Sustainers commit to a monthly gift of \$50 or more and receive a slew of benefits. [nlfs.org/LS](http://nlfs.org/LS)






Restoring hope after abortion.

The Conquerors program offers emotional support and healing for those who have experienced abortion, providing a safe space to process grief, hear truth, and find freedom. Many carry the weight of their experience for years, but through support groups, mentoring, and community gatherings, Conquerors helps individuals walk a path toward restoration. Facilitated by those who have been on the same journey, it fosters connection, faith, and healing. As one participant shares, "Before Conquerors, I carried shame and guilt for over 30 years. Through the program, I learned I am worthy of forgiveness and loved by God."

If you or someone you know is struggling with a past abortion, take your first step toward healing by emailing [Caroline@ConquerorsAfterAbortion.org](mailto:Caroline@ConquerorsAfterAbortion.org)



## DONATE DIAPERS THIS MAY NEW LIFE'S GOAL: 150,000

Most needed: diapers size 4,5,6, and 7; Pull-ups  
Drop off diapers at:

- **Woodbury Lutheran Church**  
7380 Afton Road, Woodbury  
May 18 - June 1, South Door  
M - Th, 7AM - 7PM  
F, 7AM - 5PM  
Sun, 8AM - 12PM
- **Grace Church**  
9301 Eden Prairie Road, Eden Prairie  
May 11 - May 18, Door 4  
M - Th, 8AM - 8PM  
F - Sun, 8AM - 12PM



Alternatively, deliver diapers to any First Care center or ship diapers to Minneapolis or Rochester First Care. [NLFS.org/WLDD](http://NLFS.org/WLDD)

**THANK YOU**  
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*If you are interested in becoming a Corporate Sponsor, please email [Blake@NLFS.org](mailto:Blake@NLFS.org).*

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