



## FAR

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63% of abortions **nationwide** are due to the abortion pill



## NEAR

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Abortions in **Minnesota** have increased by 35% since 2021



## HERE

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Despite facing backlash, every area of **New Life** has grown in the last five years

# THREE YEARS AFTER ROE:

## A SHIFT ACROSS THE NATION, A REALITY AT OUR DOORSTEPS

*Inside - A New Chapter for Woodbury Options for Women*



Dear Friends,

Three years after Roe v. Wade was overturned, the story has not unfolded the way many expected. Across the country, abortion has not declined in simple ways. Instead, it has shifted. The rise of the abortion pill has changed how and where abortions happen, and states have moved in very different directions. Here in Minnesota, access has expanded rapidly, and our state has increasingly become a destination for abortion.

But what matters most to me is not just what is happening nationally or even at the state level. It is what we are seeing every day inside our centers. We are meeting women in moments that are often more isolated, more pressured, and more complex than ever before. Decisions are happening quickly, and many are navigating them without the support they need. In the midst of that, the need for compassionate, consistent care has only grown.

For many years, this work happened quietly, but after the Dobbs decision, that changed. As demand has grown, so has opposition and misinformation, yet our focus remains the same: to meet people with compassion and truth. And we are seeing the impact. More women are walking through our doors, more conversations are taking place, and more opportunities to offer hope and share the love of Christ are happening every day.

In this issue, you will see that work in action through adoption and parenting stories, services like Abortion Pill Reversal, and a new chapter in Woodbury as we reach more families.

The landscape has changed, but our mission has not. If anything, it has become clearer. Thank you for standing with us.



In Christ,  
*Tammy Kocher*

Tammy Kocher  
Executive Director  
New Life Family Services

Scan here to learn more or  
visit [SupportNewLife.org](https://SupportNewLife.org)!



Five years ago, New Life Family Services began offering Abortion Pill Reversal (APR). At the time, few people had heard of it. Today, as the abortion pill has become the most common method of abortion, this service has become more important than ever, offering a second chance for a woman to choose life.

A chemical abortion is a two-step process using two distinct medications. The first pill blocks progesterone, a hormone needed to sustain pregnancy. The second pill taken 24-48 hours later, induces labor, expelling the pregnancy.

### APR EXPLAINED

If a woman changes her mind after taking the first pill, we will provide an ultrasound to determine if the pregnancy is still viable, and if so, she can be given progesterone to help “out-compete” the first abortion pill, supporting her pregnancy. If she continues the progesterone, there is a 63-68% chance the baby will survive.



For some women, the decision to begin an abortion is made quickly, often under pressure or in the midst of fear and uncertainty. And for some, **regret comes just as quickly.**

We have spoken with women who say they knew almost immediately that they didn't want to go through with it. APR creates a window, a second chance to choose life.

### A SECOND CHANCE

Over the past five years, New Life has walked alongside women in some of their most urgent moments. When a woman calls, our medical team responds quickly, often meeting her after hours. She receives compassionate, high-quality care and support throughout the process. This is more than a single appointment. It is a commitment to walk with her, no matter what happens next.

**Since starting APR in March of 2021, we have offered 76 APR clients a second chance to choose life.**

### FROM OUR APR CLIENTS:

**"Everything with getting an abortion was hard and I didn't feel cared for, but everything with this [APR] process has been peaceful and full of light, which is clearly from God."**

A client and her partner came to New Life for prenatal education after beginning the APR process. In the weeks that followed, she received ongoing care and support, including four ultrasounds with the same staff, bringing consistency during an uncertain time. She later shared how grateful she was for the care she received in those early weeks.

Reflecting on her experience, she said, **"You guys prayed with me and gave me so much help and hope when I didn't know what to do."** They're now preparing to welcome their baby girl, filled with hope for what's ahead.

### Our Mission

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

### Our Locations

MINNEAPOLIS	UNIVERSITY	ADMINISTRATIVE OFFICE:
ST PAUL	ROCHESTER	1515 E 66th St.
RICHFIELD	WOODBURY	Richfield, MN 55423

### Board of Directors

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# BRING CONVERSATIONS TO LIFE FOR YOUR CHURCH, SCHOOL, OR SMALL GROUP

New Life partners with groups like churches, schools, and college ministries to create space for meaningful conversations about life. How can you get your group connected?

“Hosting a Conquerors speaker has sparked compassion and curiosity in my students and has brought deeper meaning to complex conversations.”

- Rheanna Arfsten, WEST Worldview tutor

## LIVE ULTRASOUND PRESENTATIONS

Step into an experience similar to what clients encounter during an ultrasound in our clinics. With a portable ultrasound machine and one of our licensed nurses, we walk through the real-time scan of an expectant mother while explaining what's happening along the way. It's interactive, informative, and often unforgettable. While audiences learn about early development, what stays with them most is seeing life in the womb with their own eyes. It's a powerful, tangible reminder of just how incredible life is.



**WORKS BEST:**  
Hosted by Schools and Churches  
30-100 Attendees  
Typically 40-90 Minutes

## IN HER SHOES

Visit one of our clinics for a tour structured to help our guests gain a deeper understanding of the often complicated situations our clients are facing by stepping "In Her Shoes".

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



**WORKS BEST:**  
Hosted at a First Care Location  
Small Groups of Attendees, Max of 15  
Typically 45-60 Minutes

## CLIENT SPEAKERS

Invite one of our clients to share their personal story.

New Life Adoptions birth mothers share how they came to choose adoption for their child. It's a story highlighting the courage, love, and faith behind an adoption decision.

Conquerors speakers can tell the story of how abortion impacted their lives and the healing and restoration they later found in Jesus.

Each of these presentations can be tailored to fit your setting and age group.



**WORKS BEST:**  
Hosted by School Groups and Sunday School Classes  
10-200 Attendees  
Typically 20-60 Minutes



**WORKS BEST:**  
Hosted by Schools and Churches  
Typically 2-4 Weeks Span

## BABY BOTTLES

This is a financial fundraiser where individuals fill a baby bottle with coins, cash, and checks (online baby bottle gifts are also accepted). Filling a baby bottle is a great way to get families, youth, and children involved with a visual reminder about what the gifts are going to support.

Meaningful support begins with connection. That's why we partner with churches, schools, and groups, not just to share our work, but to invite others into it. These experiences spark conversation, deepen understanding, and build a community that stands with families when it matters most.

To get started or plan a custom experience, email [churches@nlfs.org](mailto:churches@nlfs.org).

# UPCOMING SUMMMER EVENTS!



For more information on New Life summer events, scan the QR code or visit [nlfs.org/events](http://nlfs.org/events).

JUNE 13



## DIAPER BUNDLING BASH

SATURDAY JUNE 13, 10:00 AM-12:00 PM | ST 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 kids
- Snacks
- Center Tours

AUG 28

## Girls Night Out



AUGUST 28, 6:30-9:00 PM | CEDAR VALLEY CHURCH

Fashion Show, Pre-loved Purse and Jewelry Auction!

JULY 23

## RIVERBOAT CRUISE

FUNDRAISER

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.

This evening's events include:

- Seated Dinner
- Live Music
- Ministry Updates

PADELFORD RIVERBOATS | HARRIET ISLAND, ST PAUL  
Thursday, July 23, 6:30-9:00 PM

AUG 29



Bring a team (of 4-5) or come solo | Shotgun rental available  
SOUTH ST PAUL SPORTSMAN'S CLUB | Check in at 10:30 AM

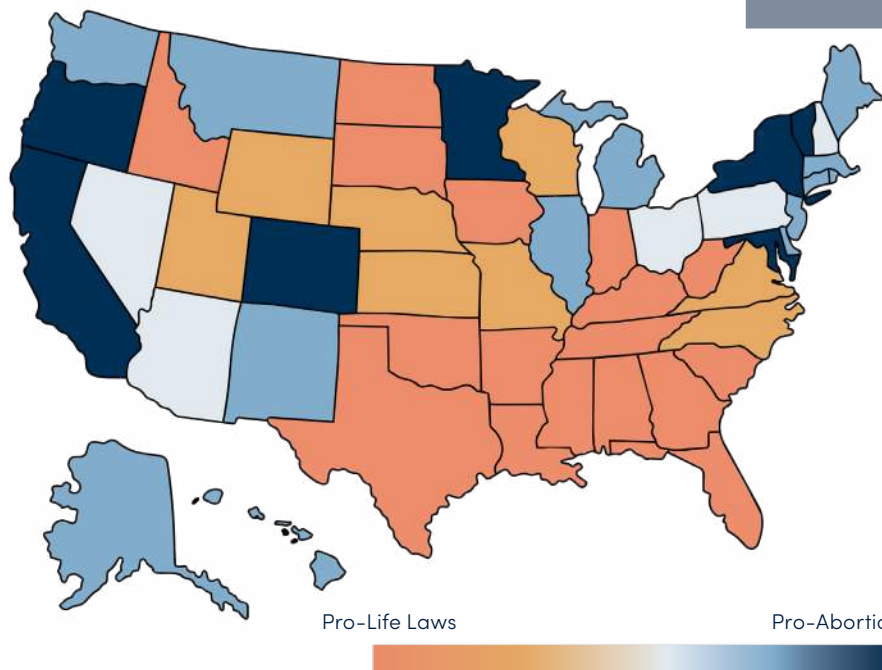
# A CLOSER LOOK.

NATIONWIDE, MINNESOTA, AND COMMUNITY REALITIES.

## NATIONALLY

*A Different Reality Than Expected*

When Roe v. Wade was overturned in 2022, many believed it would lead to a meaningful decline in abortions across the country. More than three years later, that has not been the case. Instead, abortions have continued to rise nationwide, even as laws have shifted from state to state. What we are seeing is not a simple reduction, but a growing complexity.

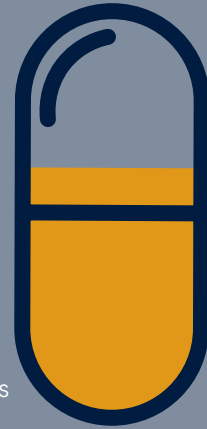


# 63%

*Of abortions are because of the pill.*

One significant change has been the rapid rise of the abortion pill, representing over 63% of total abortions. What was once a clinical procedure is now a process that happens at home, often with little to no oversight.

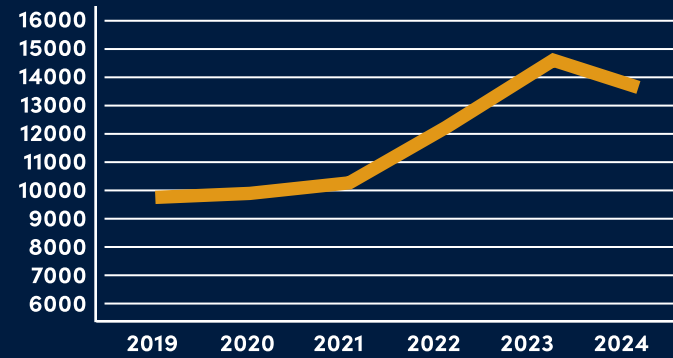
Reflecting this reality, online-only abortion clinics doubled from 2023–2025, now accounting for 24% of abortion providers nationwide.



## Minnesota Has Become a Destination State for Abortion

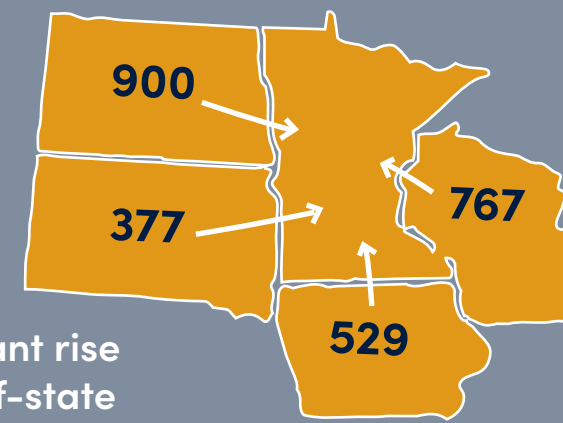
At the same time, the country has become increasingly divided on the issue. Some states have moved to restrict abortion, while others have expanded access and, in at least ten states, enshrined abortion into their constitutions.

**One in five patients now travel outside their state for an abortion.**



**Abortions in Minnesota have increased by 35% since 2021.**

2024 MN Border State Abortions



**Significant rise in out-of-state abortions up 173%**

Minnesota is no longer just a state where abortion is legal. It has become a place people travel to for access.

## NEW LIFE

*What We're Seeing*

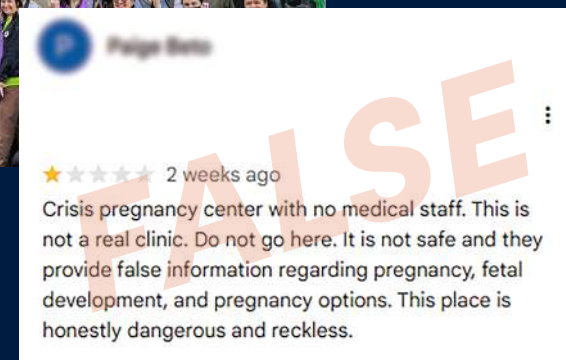
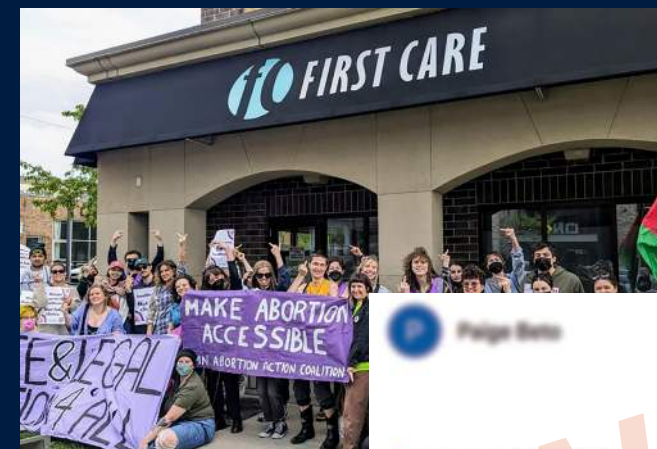
These trends are not theoretical for us. We see them play out every day inside our centers.

In the years since Roe v. Wade was overturned, pregnancy centers like ours have faced increasing pressure and scrutiny. Public criticism, protests,

and misinformation have become more common, including statements from state leadership that continue to question the role and credibility of centers like New Life. Despite these challenges, our commitment to serving women and families with compassion and truth remains unchanged. We continue to stand firm in our mission, providing a safe and welcoming place for those seeking guidance, hope, and care during difficult decisions.

## What We Have Faced...

Vandalism and protests at our centers as well as constant misinformation about the work we do via podcasts, newspaper articles, and fake one-star reviews on Google.



## What Has Grown

*Over the past five years, every area of care has grown—some dramatically.*

 **PREGNANCY TESTS**  
Up by 37%

 **ULTRASOUNDS**  
Up by 58%

 **EVERY FAMILY VISITS**  
Up by 68%

 **CLIENT CARE VISITS**  
Up by 277%

 **SPIRITUAL CONVERSATIONS AND PRAYER WITH CLIENTS**  
Up by 75%

## MINNESOTA

*A Different Reality Than Expected*

In just two years, Minnesota moved from having defined safeguards and requirements around abortion to one of the most expansive access environments in the country.

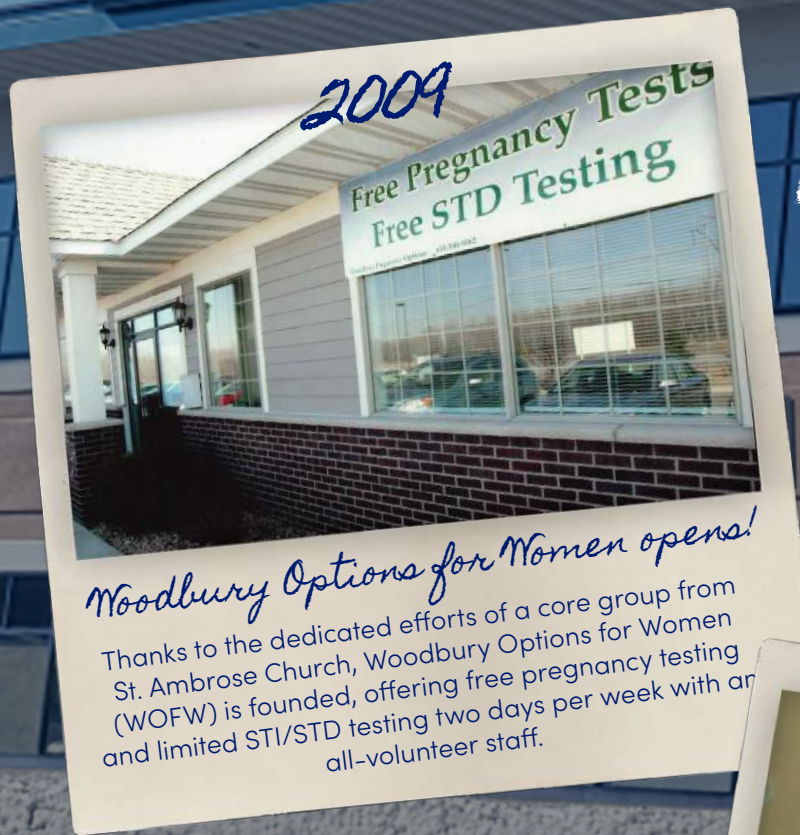
The 2023 Protect Reproductive Options (PRO) Act established abortion as a fundamental right in state law. At the same time, lawmakers permanently removed many long-standing regulations, marking a clear shift away from a more regulated framework toward broad access with fewer legal limitations.

## What Changed?

- Parental consent and a 24-hour waiting period **eliminated**.
- Abortions are **no longer required to be performed by physicians** and later-term abortions are **no longer required to be performed in a hospital**.
- **State funding for pregnancy centers eliminated** and abortion reporting requirements reduced.

# A STRONG FOUNDATION. A BOLD NEW CHAPTER.

Building on an incredible 16-year legacy, Woodbury Options for Women is being reimagined to add services, expand access, and reach more families.



2009

*Woodbury Options for Women opens!*

Thanks to the dedicated efforts of a core group from St. Ambrose Church, Woodbury Options for Women (WOFW) is founded, offering free pregnancy testing and limited STI/STD testing two days per week with an all-volunteer staff.

Studies indicate that around 80% of women choose life after seeing an ultrasound of their baby.



2011

*We have an ultrasound!*

Woodbury Options for Women added ultrasound services to the variety of other no-cost services offered at the clinic.



2019

*Woodbury Options for Women relocates!*

The clinic relocates to 1000 Radio Drive to meet growing demand, later expanding to three days of service and adding parenting education classes in 2022.

Mom's groups and Bible studies were also added this year to minister to the spiritual health of clients.



*Coming soon in 2026!*

*Reopening in June!*

Woodbury Options for Women joins New Life Family Services as its sixth First Care location, having served over 2,300 clients. Renovations begin, with plans to reopen in June 2026 offering services five days per week.

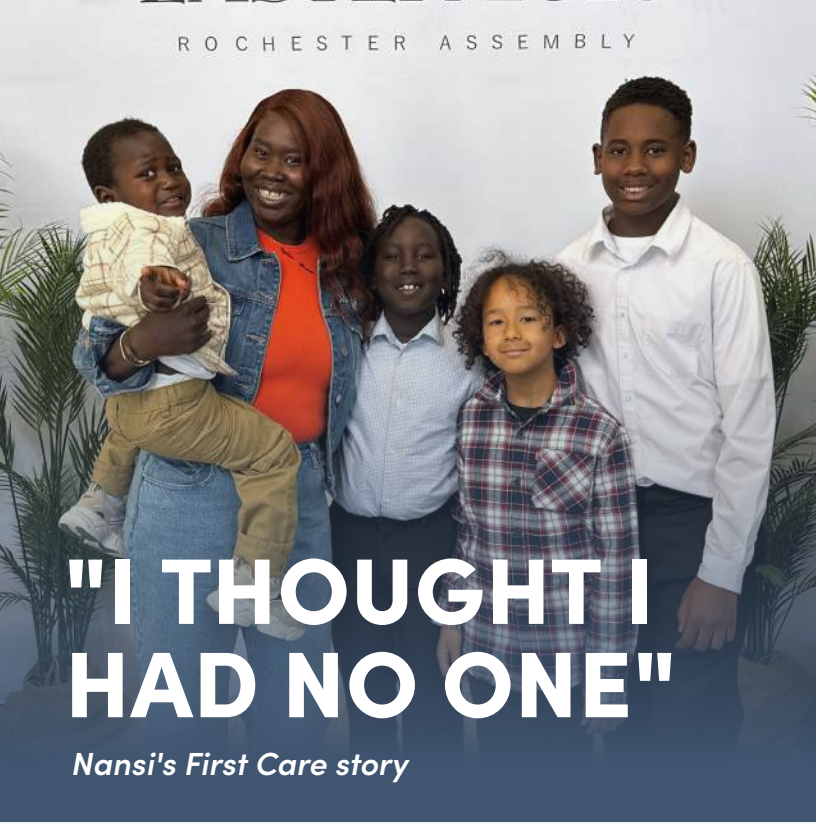
The remodeled clinic will be able to serve clients five days per week!



## HELP IGNITE WOODBURY

Join us in a \$365,000 capital campaign to remodel and fully staff our Woodbury clinic. Your generosity will help transform the clinic into a five-days-per-week medical center and thanks to a generous group of donors your gift will be doubled.

For more information, visit [nlf.org/Woodbury](https://nlf.org/Woodbury).



# "I THOUGHT I HAD NO ONE"

Nansi's First Care story

Hi, my name is Nansi. I'm a single mom to three boys, ages 12, 9, and 2. I've worked in healthcare for 15 years and have lived in Rochester since I was 13.

I initially came to First Care back in 2017 for parenting support and met with the Social Worker, Caitlin. I have been a part of the Every Family parenting program since then, and have gotten to know Caitlin and the other staff.

In the summer of 2025, everything fell apart. I failed my classes and lost my transportation, which made it nearly impossible to get to work or get my kids where they needed to go. With two different schools and a newborn with appointments, I felt lost, overwhelmed and didn't have a support system. I knew giving up wasn't an option, so I cried out to God.

A few days later, Caitlin from First Care called to check on me because I hadn't been in for awhile. I broke down on the phone and told her I needed help. She listened, prayed with me, and reminded me I wasn't alone. We set up regular check ins and she researched ways to help me get my car repaired.

With no transportation, we started walking everywhere. Some days were overwhelming,

especially on very hot days. I felt so alone, yet every time I prayed, Caitlin would call at just the right moment. She encouraged me, helped me think through next steps, and gave me hope when I didn't have any. She even helped me get connected with a grant opportunity that would help pay for my car repairs.

**I came to First Care for a practical need, but I found so much more.** Through Caitlin and the care I received, my faith began to be restored. Today, my car is repaired, my family is stable, and I'm in a completely different place than I was just months ago.

I am forever grateful for the support, prayers, and care I received from someone who believed in me when I needed it most.

## MORE THAN A FOLLOW UP CALL CAITLIN, SENIOR SOCIAL WORKER

When I reached out to Nansi last summer, she shared her car had broken down and everything felt like it was unraveling.

We began checking in weekly, praying together, and working through practical next steps. I was able to connect her to a local church grant that helped cover much of her repair costs, which was especially meaningful as she had been hurt by past church experiences. Their kindness opened the door to deeper conversations about faith.

Nansi recently came back into the center with a bouquet of roses just to say thank you. She also shared the good news that she is going to be baptized and even invited me to attend.



# GIVE SMARTER. MULTIPLY YOUR IMPACT.

*There are simple ways to give that can increase your impact while offering tax benefits.*

## MAKE A GREATER IMPACT WITHOUT GIVING MORE OUT OF POCKET

Many donors are surprised to learn they can give more than they thought possible by giving non-cash assets instead of writing a check.

For example, you may be able to:

- Avoid capital gains taxes by donating appreciated stocks or mutual funds
- Receive a charitable deduction for the full value of the asset
- Give more to ministry than by selling the asset first

In many cases, this means more of your gift goes to changing lives and less is lost to taxes.

## EXTEND YOUR GENEROSITY THROUGH YOUR ESTATE

Including New Life in your will, trust, or beneficiary designations allows your impact to continue beyond your lifetime.

Depending on your situation, this can:

- Reduce estate taxes
- Ensure more of your assets go to causes you care about
- Create a lasting legacy of faith and generosity

It's not just about what you leave behind. It's about what you set in motion.

## GIVE PURPOSEFULLY THROUGH YOUR REQUIRED DISTRIBUTIONS

If you're 70½ or older, you can give directly from your IRA through a Qualified Charitable Distribution (QCD).

This allows you to:

- Satisfy your required minimum distribution (RMD)
- Avoid paying income tax on that portion of your withdrawal
- Support the ministry you love in a simple, direct way

It's one of the most tax-efficient ways to give for many donors in this stage of life.

## BE STRATEGIC IN HIGH-INCOME OR "WINDFALL" YEARS

If you experience a high-income year such as a bonus, business sale, or other financial "windfall," you have a unique opportunity to maximize your generosity. A donor advised fund offers a way to be strategic with the timing of gifts to nonprofits while maximizing tax savings.

Allowing you to:

- "Bunch" multiple years of giving into one year to exceed the standard deduction
- Receive an immediate tax deduction
- Distribute gifts over time to the ministries you care about

This allows you to respond generously in the moment while planning your giving thoughtfully for the future.

## A SIMPLE NEXT STEP



Scan the QR code or reach out to [blake@nlfs.org](mailto:blake@nlfs.org) to learn more!

### We can help:

- Answer your questions
- Walk through options that fit your situation
- Connect you with trusted advisors if needed

**No pressure. Just a conversation.**



## ANSWERING THE CALL: AN ADOPTION STORY

*With little time and a lot at stake, one family found the guidance they needed to move forward.*

“They focused on things that were important to us like supporting birth parents and the children through the process, not just the adoptive families.” - Jenny

When the moment came, they made the call. “Can you help us?” The answer was yes.

With guidance and support from New Life, they were able to navigate a complicated, time-sensitive situation across state lines and bring their son, James, home. In the middle of it all, another surprise. “The next day, I found out I was pregnant.”

Today, the Levenhagen family has four children. Three through adoption, one biological. A family built in ways they never could have scripted.

That is the reality of adoption. No two stories are the same. Some unfold over time. Others happen in a moment and require quick decisions and trusted guidance. However it comes together, families need someone ready to step in and walk with them. At New Life Adoptions, we are equipped to meet families in those moments and help bring each story to completion.

Sometimes, the next step of faith comes when you least expect it. For Jenny and Eric, it came in the form of a phone call. Years earlier, while living in Texas, they felt the Lord leading them to adopt. That calling became reality as they welcomed Clara into their family. A few years later, they adopted again. Their family was growing, their life was full, and their story already felt complete.

Then a phone call came, another child needed a home. But this time, everything was different. They were no longer living in Texas; they had moved to Minnesota. The situation was urgent, complex, and unexpected.

“We were in quite a bit of a rush because the call came last minute,” Jenny shared.

There wasn't time to start from scratch, they needed help quickly. Through their church, they had recently learned about New Life Family Services. What stood out was not just the adoption services, it was the holistic care involved.



### NEW LIFE ADOPTIONS PROVIDES:

- Full & Limited licensed domestic adoption services
- Embryo Adoption
- Post-adoption services

Visit us here for more info:  
[newlifeadoptionsmn.org](http://newlifeadoptionsmn.org)

## JOIN THE WORLD'S LARGEST DIAPER DRIVE THIS MAY

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, 8AM–12PM



**SEVEN WEEKS**  
COFFEE

**Your morning coffee is already changing lives.**

Through Seven Weeks Coffee, supporters like you have helped provide **over \$7,000** to New Life Family Services. With every purchase made through our QR code, 15% is donated back—and for one month only, that **increases to 20% in June**.

It's a simple way to make a lasting impact through ethically sourced, high-quality coffee from a life-affirming company.



### Life Sustainers

#### Faithful support. Lasting impact.

Life Sustainers are the foundation of New Life Family Services. These faithful monthly partners make our work possible all year long.

When you join with a gift of \$50/month or more, you'll enjoy:

- Exclusive monthly video updates from our Executive Director
- Two complimentary tickets to our summer Life Sustainers event
- Early access to tickets for all New Life events

Join a community that's making a difference every single day.



## SAVE THE DATE FOR OUR UPCOMING EVENTS

**6/13 Diaper Bundling Bash**  
*First Care St Paul*

**7/23 Riverboat Cruise Fundraiser**  
*Harriet Island, St Paul*

**8/28 Girls Night Out**  
*Cedar Valley Church, Bloomington*

**8/29 Sporting Clay Shoot**  
*South St Paul Sportsman's Club*

**10/23 Rochester Gala**  
*Hilton Rochester Mayo Clinic Area*

**10/24 Twin Cities Gala**  
*Doubletree Bloomington*



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