

# New Beginnings News

New Beginnings Pregnancy & Family Services

120 Broad Street

Red Wing, MN 55066

651-267-4357

www.newbeginningspc.com

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## New Beginnings Pregnancy & Family Services

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## **New Beginnings is needed now more than ever!**

The economic crisis plaguing the nation has affected everyone. For many, now is not an ideal time to be starting a family or adding to one. To ensure no woman facing an unplanned or unexpected pregnancy feels she has no option other than abortion, feels that she is unable to care for her child financially or she is unsure of what to expect and how to be a good parent, New Beginnings is here to help. New Beginnings offers support to pregnant women and their families and provides needed resources and services completely free of charge. And **these life-changing resources are needed now more than ever**. In April, we saw an increase of over 110% in our client visits from April of 2008. In May, more than a 55% increase in

client visits over the same month in 2008. And in June, nearly 200% more client visits took place than in June of 2008!

For women facing an unexpected or unplanned pregnancy, New Beginnings has become someone they can rely on. While some women may not be able to rely on a paycheck, their partner to stand by and support them during this difficult time or family and friends to be supportive and understanding of their situation, New Beginnings has become a trusted ally and support system in their life-changing experience. By assisting women and their families find housing, secure medical care, obtain financial stability, adoption assistance, finish their education and become a great parent among many

other available services, our clients are able to find some comfort in knowing that they aren't alone in this new, exciting (and sometimes scary) journey.

Women are turning to New Beginnings even after they've had their babies, to continue the growth and learning in their new role as a mom. Even our clients who have had children before believe the support system at New Beginnings is invaluable. With the increased demand for our services, your continued support of New Beginnings is vital. Together we can make sure that no woman feels she can't carry her baby to term due to her economic circumstances, her lack of support, or for any other reason. We have made a real difference in the lives of so many throughout our community.

*"Is not this the kind of fast I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter-when you see the naked, to clothe him, and not to turn away from your own flesh and blood?"*  
Isaiah 58:6 & 7

## **From the Executive Director's Desk:**

Welcome to New Beginnings News! In this issue, we will be sharing with you what has been going on in this very busy ministry over the past 3 months.

### **Earn While You Learn:**

Two of our Earn While You Learn clients gave birth to beautiful, healthy babies in May. It was our pleasure to give these clients a brand new crib, a brand new pack-n-play, diapers, clothing, Bibles, prayer and community referrals. They earned their baby items from being enrolled in our Earn While You Learn Pregnancy and Parenting Video Education Program. Due to the generous financial support and prayers of our friends, we were able to purchase the baby items needed and our clients were blessed and helped to be ready when their babies arrived.

As of June 1, changes to our Earn While You Learn program have been made: **we now only give out brand new baby furniture, clothing and items** for the moms who participate in our program. If you are someone who loves to shop and find deals on brand new, adorable baby clothing (boys or girls size Preemie to 3T), diapers and wipes, new baby furniture or other baby items, please consider picking these items up and donating them to New Beginnings! Maybe you have a women's group that would be willing to do this? You would be a blessing to New Beginnings and to the moms that need these items!

A great opportunity to educate and encourage fathers to be the best father they can be, was discovered when I went to the Heartbeat Internal Conference in May. Earn While You Learn has just released an educational video curriculum specifically for fathers. We would love to provide this education to the men who come with our clients, because we feel that fathers are the foundation of our families. Currently, we are asking for donations to cover the purchase price of this curriculum, which is \$550 plus shipping and handling. If you have the desire to help us, and fathers, please consider a donation for this curriculum!

Listed below are the client visit statistics over the last 3 months compared to those same

months in 2008. We have been so busy--especially with our Earn While You Learn Program which brings in the most clients. Current enrollment of Earn While You Learn is 12!

April 2008= 27 client visits.

April 2009= 57 client visits.

May 2008= 36 client visits.

May 2009= 56 client visits

June 2008= 19 client visits.

June 2009= 56 client visits.

A client visit is the number of times a client comes through our doors. Earn While You Learn clients typically come in once a week. As you can see, our numbers have for the most part, doubled and we expect the increase to continue due to nationwide economic conditions.

We love Earn While You Learn! It provides friendly and professional, up-to-date education and information. It also reaches the abortion-vulnerable clients, as it creates an environment where our services are promoted between friends.

Our clients have a circle of friends that include those who are the most abortion-vulnerable. When an unplanned pregnancy occurs, many times it is their friends that women first turn to and those friends--our clients--can tell them about New Beginnings and our life-changing Earn While You Learn Program.

Through this program, clients learn what they can do to have a healthy pregnancy and how to be good parents. They form relationships with our parenting instructor volunteers and by the end they are able to walk out of the center with much-needed items for their babies and are proud of their accomplishment. The lessons they learn are crucial to the emotional and physical well-being of their babies and breaks cycles of poor parenting, neglect and abuse.

**Move For Life:** Another great success was our annual spring fundraiser, Move For Life, held May 9, at Lower A.P. Anderson Park! It was a huge success, despite the cold, windy and rainy day! We had about 30 walkers, down from previous years, but they raised the most amount of money ever: \$6500! Thank you to all who participated and donated!

**Heartbeat International Conference:** The week of May

17<sup>th</sup> I participated in the Heartbeat International Conference in Richmond, Virginia. This conference was for staff and volunteers of pregnancy resource centers. I learned information about: volunteer training & retention; grant-writing and public speaking; Heartbeat's Sexual Integrity Program and online giving, just to name a few. The nightly speakers were awesome and the food was great! The information I came home with has proven to be invaluable and we are in the early stages of implementing them. I can't wait to go again next year! A big thank you to those who donated frequent flyer miles to cover the cost of my airline ticket and also to the donor who covered the cost of my hotel room!

**New Staff:** While at the conference, I realized that I needed office help at New Beginnings. Upon my return, I made a request to the board to hire Rhonda Johnson, our volunteer coordinator, for 8 hours per week. She is now not only the volunteer coordinator, but our administrative assistant. Rhonda has much experience in that area and with New Beginnings. She is a perfect fit for us and I am thankful to have her on board!

I could go on forever, but I will wait for the next issue of New Beginnings News in October to tell you more. Please feel free to stop in at any time and check out what we have to offer!

New Beginnings has much more work to do and we will continue to affirm life, love and support our clients, despite what the culture around us says and does. Won't you continue to join us in standing for life by donating your time, prayers, ideas and/or finances to New Beginnings? We can't do it without you!

Thank you!

*Cathy Goggin*

Cathy Goggin  
Executive Director

## A Real Story of Hope and Healing

I had an abortion almost 12 years ago. The doctors told my husband and I we were having twins. Unfortunately, one was not forming correctly. First, they said she didn't have a brain. Then, they said she had a brain but was without a skull above the eyebrows. Her limbs were malformed, and she was holding on only because her sister was giving her a blood supply. She was also without a heart, and if she did it was a single-chambered one. My Grace was not going to make it. I thought "well, one child, now twins. Now one child. It's a roller coaster but I was planning on one." The doctors sent me to a genetics counselor who told me the odds of twins and then the odds of one with anencephaly. She said women were meant to have one baby at a time and twins were a birth defect. I was confused. I have twin brothers and other than some of the choices they've made they are perfect. She told me if Grace survived the time in my womb and delivery she would die within a week. They were concerned that Isabella, working so hard for both of them, would have heart problems after they were separated. All of this was overwhelming. These are educated people. I know they like to tell you the worst to prepare you but when would this stop? I was about 16 ½ weeks. I just wanted to wake up from this dream. I was happy about being pregnant, now having twins, and planning a funeral for one.

Our meeting with the doctor was not pleasant either. He told us that I could go into emergency labor in the 2<sup>nd</sup> trimester if "Baby A" dies. He said, Disseminated Intravascular Coagulation (DIC), a clotting and hemorrhaging disorder made from the demise of one twin. A twist to this puzzle: now they were concerned about my life too. We were given the "options:" carry on with the pregnancy, wait and see if we go full term, have an emergency C-section and take the risk of DIC, or medically terminate. They already spoke of selective abortion but because of baby placement that was not an option. Now in the hall as the doctor walked my husband and I to the next room he said, "you can have more children, but not without your wife." What was that? Were we not already devastated? What about the option of taking my babies home?

With the doctors' words and the words of family and friends we chose abortion. I was medically justified, yet I still had to fight the insurance company because the hospital didn't send it in as "for the life of the mother." I was justified by the world to kill my babies before they killed me.

I am not God. How could I think I could change my time of death? I went through Beauty for Ashes 8 years later, an abortion recovery group. See, being medically justified just kept me in denial and without healing. I found out that DIC is a complication of an abortion. So I could have still died. God had a greater plan for me, regardless of my decision. I cannot say choice because I feel like there was no choice. Most women who have an abortion don't feel like they have a choice. Abortion is the only option in their situation. We all wanted our babies even though the situation surrounding our pregnancy wasn't how we imagined it. I wish I had known about pregnancy centers 12 years ago. When I look at my life I have to measure it by the Word not the World. I may be justified, but now I am forgiven, set free and able to share the healing I received through New Beginnings. God doesn't want us to hit the "easy button." He wants us to work through our pain with Him. If you are justified by your health, rape, incest, or because it is legal to have an abortion come get healing. Jesus wants you to be free. Isabella and Grace live on in our hearts and will forever be missed. God has used their lives for a New Beginning in me.

*--Ronda L, Red Wing.*

*If you or someone you know would like to share a story with New Beginnings, please contact our office!*

## What's new?

### New Beginnings' Web site!

Check out New Beginnings' Web site, [www.newbeginningspc.com](http://www.newbeginningspc.com). New Beginnings' online presence just got better with the unveiling of our new and improved Web site! Clients and friends of New Beginnings will find information about the services and support groups offered, useful links, upcoming events, our newsletters, ways you can help us (by donating securely online using PayPal, for example) and much more! Be sure to make [www.newbeginningspc.com](http://www.newbeginningspc.com) your homepage and check back often, as the Web site is always being updated with new information and resources!

### New Beginnings quarterly newsletter gets a makeover!

New Beginnings is excited to have a new look for our newsletter. A volunteer graciously donated time and talent to give our newsletter its new facelift! Also, current and past newsletters are posted on our Web site for your convenience.

### Support New Beginnings with GoodSearch!

Use **GoodSearch** ([www.goodsearch.com](http://www.goodsearch.com)) every time you search the Internet and New Beginnings gets a penny! It doesn't sound like much, but every penny counts--*literally!*

Visit [www.goodsearch.com](http://www.goodsearch.com) and enter "New Beginnings Pregnancy and Family Services" as your charity of choice. It's easy, free and for how much we all use the Internet it will really make a difference! For more information or if you have any questions, please contact New Beginnings. Every penny counts!



*New Beginnings' homepage on the new and improved Web site*

## Event Calendar

\*July 24-25:  
Garage Sale

\*October 1:  
Fall Banquet  
Fundraiser

\*November 21:  
Volunteer  
Training

## Upcoming Events

### Garage Sale!

New Beginnings will be having a garage sale on Friday, July 24th and Saturday, July 25th. The garage sale will be located in Red Wing at the New River Assembly of God Church Gymnasium, 240 Spates Ave.

**Friday, July 24th: 7:30am-5pm**  
**Saturday, July 25th: 8am-1pm**

We have started to accept donations of gently used items and want to encourage you to consider donating items for the sale, too. Please contact us if you have items for the garage sale you would like to drop off. Reminder: all donations to New Beginnings are tax deductible. Please visit the Web site for more details about the Garage Sale!

Telling your friends, neighbors, members of your faith community, and others about this opportunity to support New Beginnings' work helping pregnant women and their families is critical to making this a successful garage sale!

## Save the Date!

### Fall Fundraising Banquet!

*"Your hands made me and formed me..." Psalm 119:73a*

Join us on Thursday, October 1 from 6:30 to 8:30pm in the St. James Hotel's Summit Room. Donna Yecke will be the keynote speaker discussing how her experiences with a grandchild with Down syndrome in a talk titled "Grandma's Grace." At this inspiring event, we will celebrate the life-changing work New Beginnings and our supporters have been doing in the community over the past year. Please consider being a Table Host. As a Table Host, invite your friends, neighbors, associates, and anyone else you believe would be interested in becoming involved in this life-saving work to fill a table of 8. By contacting New Beginnings to register your table with the names, addresses, phone numbers, emails and food choices of those guests; confirming reservations with those guests a week before the event and acting as a table host during the banquet to those guests you've invited we can ensure that this event will be even more successful than last year! . We have 25 tables to fill. Contact Donna Yecke at 388-1513 or [dmyecke@gmail.com](mailto:dmyecke@gmail.com) to volunteer your services or to sign-up as a table host! For more information, please contact New Beginnings.



*New Beginnings' 2nd Annual Fall Banquet Fundraiser will be held at the historic St. James Hotel in the Summit Room.*

### November 21: Volunteer Training!

Our next volunteer training session will take place on November 21. More details to come. If you are interested in attending this training session, please contact New Beginnings for more information and to sign-up!

## The Value of these Precious Lives

Gretchen Thibault

As published in St. Paul Pioneer Press (9/18/08)

I'm thrilled to see Sarah Palin's family with their little baby Trig on center stage. It's about time this little member of our human race be brought to the center stage of society rather than shoved out of view and conveniently out of our minds.

In 1959, my husband's oldest brother, Greg, was born. He had Down syndrome, too. He was the oldest of six, born in the days of mass institutionalization. Upon recognition of his "ailment"- called "mongoloidism" at that time- the doctors urged his parents to "put him in an institution because future children will be too embarrassed to bring their friends home."

Each doctor's visit resulted in pressure to institutionalize him. His parents never gave it a thought and raised him at home. The doctor's fear was far from reality. The love and protection Greg's siblings had for him was instinctual. Greg had a profound impact on those who came to know him, by demonstrating how to love others unconditionally. He died at the age of 18 with a heart condition that today would be treated with "routine" surgery.

As busy parents of six children, I was surprised when my husband suggested we adopt a baby with Down syndrome. I knew it came from his heart and it immediately permeated mine. We learned there are long waiting lists for parents wishing to adopt these children. The Down Syndrome Association of Greater Cincinnati has a national database with more than 200 families waiting. A majority of those adopting a child with Down syndrome have, or had, a family member with Down syndrome, or they've worked with people with disabilities.

I found it interesting that those who are most familiar with Down syndrome are ones who are wanting to adopt. If Down

syndrome were so terrible, surely these people would know better than to take on such a "task."

As a former high-risk obstetrical nurse, I'd seen many so called "therapeutic" abortions performed on these babies before the 23<sup>rd</sup> week. They were prematurely induced and would die within a few hours after birth. I didn't take part in these procedures.

Today, I know many families who have children with Down syndrome. Many of them recall feeling pressured by medical professionals to terminate.

Today, I know many families who have children with Down syndrome. Many of them recall feeling pressured by medical professionals to terminate. A 2002 study, reported in the New York Times, showed that approximately 90 percent of those diagnosed with Down syndrome are terminated. The pressure to abort today parallels the half-century-old pressure to institutionalize.

We are grateful our son's birth parents, feeling unable to provide for him, made the selfless yet grueling decision to place him with us.

There are certainly hardships and disappointments with EVERY child, and those with Down syndrome are no exception. As Sarah Palin pointed out, "Sometimes even the greatest joys bring challenge. And children with special needs inspire a very, very special love." I suspect my most heartbreaking moments will not be Ricky does or doesn't accomplish, but rather cruelty inflicted upon him due to people's ignorance.

Hasn't history shown us that targeting a selection of population as being "less than human" or "undesirable" has always been faulty?

As we see Trig Palin, one of

the many children with special needs in the world, I hope those who are ignorant, by no fault of their own, grasp an understanding of the value of these precious lives and root it in their hearts. Let us be a country filled with individuals who don't simply talk about caring for those less fortunate than we are, but that each of us actually and accepts the responsibility and cultivates this virtue.

Ricky has eight cheerleaders in his home. He is a Rock Star- his red hair and blue glasses that frame his crystal blue eyes draw attention to him wherever we go. That great smile doesn't hurt, either. Our pride bubbles over. We don't mind him being at center stage. His nature makes us see life differently. While the stories of Greg's life were always inspirational to me, life with Ricky has taught me and my children a lesson that no words can. I hope watching Trig grown before our eyes, as a nation, makes us better people.

Gretchen Thibault lives in Shoreview. She recommends the following Web site for anyone interested in more information: [www.dsamn.org](http://www.dsamn.org) (Down Syndrome Association of Minnesota) and [www.prenatalpartnersforlife.org](http://www.prenatalpartnersforlife.org).

Story reprinted and photos used with permission of Gretchen Thibault. (Thibault, Gretchen. "The value of these precious lives." St. Paul Pioneer Press 18Sept. 2008: 11B.)

# Ricky!



## **New Beginnings' Wish List**

### **Fatherhood Curriculum!**

This program will help men become the fathers they want to be! With 25 new Earn While You Learn lessons written by a man for men, expectant fathers and partners will learn the tools and have the knowledge needed to be a good, supportive father.

This series is the foundation of manhood. The Men's Fraternity curriculum is comprised of 25 lessons that focus on a man's core identity and gives an overview of basic manhood issues. Throughout the course

of the study, men will learn how to clearly define manhood.

One program participant at another center noted, "I was 21 years old, a new husband and expecting our first baby. I came out of drugs and other problems. This program was just what I needed. I wanted to be the best husband and father I could but didn't know what that looked like. Men's Fraternity answered my questions and helped me create a plan of action for my life. It was cool meeting with other guys and talking about

what we learned. This is an awesome program."

New Beginnings is excited about the opportunity to provide this resource to fathers, partners and supportive men who join the women in their lives to New Beginnings for life-changing support and services. With this program, we would be able to provide the same high-quality learning experience our female clients have been afforded to the men looking to changes their lives for the better.



*Kyler was born this spring to one of our clients!*

### **Sexual Integrity!**

What if every woman learned to respect her body, to understand the ingredients of healthy relationships, to achieve sexual wholeness and to value life?

The Sexual Integrity program is designed to teach women how to walk in sexual wholeness in all areas of their life – physical, emotional, social, intellectual and spiritual. New Beginnings

believes this program is a valuable tool and the ability to meet women where they are at, facilitated by this program, is important in building high-quality, supportive relationships with our clients. While there are many benefits to be had with providing our clients with the opportunity to take advantage of this program, one of the most exciting is that women will be empowered and

educated to make healthier choices with their bodies, which can reduce the following: abortion, STDs/STIs, fractured families, poverty, domestic violence and child abuse to name a few. We look forward to providing this enhanced support to our clients as a way to ensure a more complete reproductive health education experience.

### **Other Wish List Items**

#### *\*New Furniture:*

- 2 cribs
- 1 high chair
- 1 stroller/car seat combo
- 1 infant car seat

#### *\*Diapers/Baby Supplies:*

- 3 diaper bags
- 2 car seat covers
- Huggies diapers size 2, 3, 4, 5
- Luvs diapers size 2

#### *\*Other:*

- Rolls of stamps
- \$10 Gift cards to Target and/or Wal-Mart
- 2 cordless phones
- DVD/VCR player
- Volunteer client peer counselors

New Beginnings is only able to accept new baby furniture, clothing and other items. If you are interested in helping New Beginnings by donating any of the wish list items or donating money to help us pay for the two new educational resources we are interested in having at the center, please feel free to drop off the items during our office hours or mail them to the center. Please contact our office with any questions.

**Remember:  
All donations  
to New  
Beginnings  
are tax  
deductible!**

## How You Can Help Us

There are many ways you can help New Beginnings. Below is a list of just **10 things you can** do to be a part of our life-saving work:

1) We welcome and greatly appreciate your gift, whether it is on a one-time, monthly, quarterly or yearly basis. To set up a plan for scheduled donations, please contact us. All donations to New Beginnings are tax deductible. Please mail or drop off your donation at our office with coupon below.

2) If your company offers matching gifts for charitable giving, consider choosing New Beginnings as you charity of choice! (Xcel Energy offers matching gifts, for example. For a list of employers that match charitable gifts, contact New Beginnings).

3) Donate securely online with PayPal! Contact us for instructions.

4) Purchase something off of our Wish List and donate it to New Beginnings.

5) Have a Baby Bottle fundraiser! Contact New Beginnings for a supply of baby bottles to distribute to your neighbors, church or group of friends. When the bottles have

been filled with spare change over a set period of time, the filled bottles are returned to New Beginnings and we are able to use the money raised to support our needed programs. This project can be an exciting and fun project for adults, teens, and children of all ages!

6) Use GoodSearch! For every Internet search you use with GoodSearch, New Beginnings gets a penny! Just visit [www.goodsearch.com](http://www.goodsearch.com) and enter "New Beginnings Pregnancy and Family Services" as your charity of choice. It's easy and free. For more information or if you have any questions, please contact us.

7) Tell five people about the free support and services New Beginnings provides.

8) Volunteer your time and talent to New Beginnings!

9) Be a Table Host at the Fall Fundraising Banquet!

10) Donate items for our garage sale, and show up and shop on July 24-25th!



### **New Beginnings** Pregnancy & Family Services

120 Broad St  
Red Wing, MN 55066  
651-267-4357  
[newbeginningspc@qwestoffice.net](mailto:newbeginningspc@qwestoffice.net)  
[www.newbeginningspc.com](http://www.newbeginningspc.com)

## Yes! I want to help New Beginnings!

Please print

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

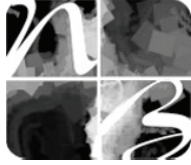
Amount \$ \_\_\_\_\_

Please make checks payable to *New Beginnings*.

*All donations to New Beginnings are tax deductible!*

Please mail or bring donation with this coupon to address on the left. *Thank you!*





**New Beginnings Pregnancy  
& Family Services**  
120 Broad Street  
Red Wing, MN 55066

Return Service Requested

Visit our Web site!  
[www.newbeginningspc.com](http://www.newbeginningspc.com)

## **New Beginnings Pregnancy & Family Services**

120 Broad Street  
Red Wing, MN 55066

**Phone:** 651-267-4357

**24-hour Helpline:** 1-800-395-HELP

**E-mail:** [newbeginningspc@qwestoffice.net](mailto:newbeginningspc@qwestoffice.net)

**Web site:** [www.newbeginningspc.com](http://www.newbeginningspc.com)

### **Hours**

Walk-ins welcome!

**Monday:** 1pm-5pm  
**Tuesday:** 10am-5pm  
**Thursday:** 10am-5pm  
**Friday:** 9am-1pm

\*Other times available by appointment.

### **In this Issue**

- Mark your calendars:  
Garage Sale on July  
24th-25th!
- A Real Story of Hope  
and Healing
- New Beginnings' Wish  
List!
- How you can help us.
- Fall Banquet preview!
- ...and more!