

# New Beginnings News

New Beginnings Family Services  
1755 Old West Main Street Suite 101  
Red Wing, MN 55066  
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October 2010  
Vol. 5, No. 4

## New Beginnings Family Services

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Tom Graff  
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Executive Director

Rhonda Johnson  
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Ronda Pelzer  
Client Services Director

Amanda Haas  
Client Services

## “A Baby Changes Everything” 3<sup>rd</sup> Annual Fall Fundraising Banquet, a great success!

Thursday evening, September 30, New Beginnings Family Services held their 3<sup>rd</sup> Annual Fall Fundraising Banquet at the St. James Hotel in Red Wing. The theme of the evening was, “A Baby Changes Everything”.

Dinner was served at 6:30 and Tom Graff, New Beginnings Board President, welcomed everyone and introduced Pastor Tim Anderson from First Covenant Church, who gave the Invocation.

Cathy Goggin, Executive Director of New Beginnings, began the program with a ministry overview, including a brief description of the free and confidential services offered at New Beginnings and the current client statistics on them. She also shared how the baby she never had, because of her abortion, was the one that most changed everything in her life. This was followed by RaeLynn Kollbaum, beautifully singing, “A Baby Changes Everything” and a video was shown of the new home of New Beginnings offices, volunteers, staff, clients and their children.

Speakers then were introduced and included, Client Services Director, Ronda Pelzer and her client, Annie and son, Rhett; and new Client Services Peer Counselor, Amanda Haas and her client, Liz and son, Dominic. All of them shared from their hearts, how their babies changed everything in their lives and their wonderful stories are included in this newsletter for you to read, if you missed the Banquet.

Speaking next was Dave Carlisle, who did an excellent job in giving the financial appeal, sharing what a great community Red Wing is and why it is important to support life and families here by giving financially to New Beginnings.

The evening concluded with a powerful You Tube video, “A Baby Changes Everything”, that showed a Baby that did change everything, Jesus; from His infancy, to His death and resurrection. This was followed by the Benediction given by Pastor Tom Johnson from New River Assembly of God Church.

Several new donors and several long-standing donors signed up to financially support us this year and for that we are grateful! The total amount of pledges and donations made that evening came to \$22,000.

A drawing was held, the following day to give away a \$50 gift card to Howes Diamond Jewelers, for all who signed up to donate using a credit/debit card and that gift card was won by Tim Haley, who so generously returned it to New Beginnings, to bless a client with.

A huge thank you goes out to all of our generous Banquet Sponsors: Christian Book Store, Clothes Horse; Lyle Stelter/Coldwell Banker, Enhanced Image, Koplins Village Market, Red Wing Grain, Ripley Dental, Smith Heating, Star Tech Computing, Inc., Paul D. Tollison/State Farm Insurance, Zumbrot Ford; Christian Center, Cornerstone Church, CrossRoads Community Church, New River Assembly of God Church, Ruth Olson Ministries and Ziemer Heating & Cooling.

Another thank you goes out to all of you, our faithful supporters, who have supported us financially, prayerfully, voluntarily and in any other way over the year! You are a blessing to us and without you we would not be able to continue to serve the needs of our clients and our community. God bless each and every one of you!

"In essentials  
unity,  
in  
non-  
essentials  
liberty,  
in all things  
charity"

St. Augustine

## From the Executive Director's Desk:

### "Give to the Max Day" Returns on Nov. 16



Dear Friend:

What if you could help us win \$1000 just by giving 10 bucks? On November 16, Give to the Max Day, you can.

Last year, more than 38,000 donors logged on to GiveMN.org and gave over \$14 million to more than 3,000 Minnesota charities and nonprofits in 24 hours during Give to the Max Day. This year, the goal is to beat our own record by engaging 40,000 donors during the second annual Give to the Max Day on November 16. New Beginnings Family Services, together with GiveMN.org – a first-of-its-kind giving website for nonprofits in Minnesota – is working to create a stronger nonprofit community for Minnesota.

GiveMN's Give to the Max Day amplifies your giving impact in a number of ways:

**Win a Golden Ticket!** \$1,000 will be given to a random donor's charity every hour. You could be that donor! Would you consider getting up between the hours of midnight and 6 am to give a donation to New Beginnings that could possibly have the impact of an added \$1,000? Would you also consider making several donations throughout the day for the possible added \$1,000?

**Put us on the Leader Board!** Your donation on November 16, could put us on the leader board to win \$10,000 or even \$20,000 for the most number of donors for our nonprofit. Help us get "on the board!"

**Matching Grants!** New Beginnings has 2 matching grants available to us this year. The first grant is a \$550 match given by the Jones Family Foundation and the Red Wing Area Fund. This match goes with the first \$550 donated online on Give to the Max Day. A second grant is a \$450 match given by New Beginnings Board of Directors. This match goes with the second \$450 donated online on Give to the Max Day.

To get to our webpage at GiveMN go to GiveMN.org and search for New Beginnings Pregnancy Support Center or go to our webpage at [www.newbeginningspc.org](http://www.newbeginningspc.org) and scroll down to the green New Beginnings GiveMN link.

#### **What is GiveMN?**

GiveMN.org is the smart way for you to discover, support and engage with the charities that are right for you. The online giving platform allows you to easily find organizations that match your giving goals, support them through secure credit or debit card donations, receive automated tax deductible receipts through email, and conveniently track and record your donations in a single online location.

As you consider your charitable end-of-year giving, please consider participating in **Give to the Max Day** Nov. 16. GiveMN is easy to use, and your gift to New Beginnings Family Services will make a huge difference to our ongoing work!

Sincerely,

Cathy Goggin, LAS  
Executive Director

\*We are still in the process of waiting for the State of MN to legally change our name to New Beginnings Family Services. When you go to make a donation to us on Give to the Max Day, November 16, you will find us listed on the GiveMN site as, New Beginnings Pregnancy Support Center.

## Liz's Story—From a Client's perspective

Hello, my name is Liz and I joined New Beginnings a year ago. I found out I was pregnant in August and moved to Wisconsin from my home in California, in September of last year. I had no job, wasn't in school and had nowhere to go. Knowing my life had to change drastically for this baby and myself, I decided to move out here with my mom. She told me she had heard about New Beginnings Family Services through her church. About a week after I arrived, I was talking to Cathy about joining the Earn While You Learn program. I explained that I wanted to keep the baby and wanted to do everything I could to prepare.

I started the following week and have been attending ever since. New Beginnings helped me understand more about what was going on inside of me, like how this life was developing. I learned about how to bond with my child during the pregnancy, how to eat healthy and the importance of keeping up on my doctor's appointments. Throughout the pregnancy, I learned about the physical and mental development of my baby. It was amazing to see what God was doing inside of me.

Throughout this program, not only did my relationship with my baby grow, so did the one I have with God. When I started this journey, I had a very strained relationship with Him, but I still prayed that He would give me strength and guide me. Before I even moved out here, I would pray that every day. When I joined New Beginnings, I felt that God had opened a window, when so many doors had been closed. An opportunity to learn more about my son *and* earn baby items for him sounded so unreal. But it *was* real! I went to all of my doctor's appointments, WIC appointments, and attended all the classes.

At New Beginnings, I earned Baby Bucks through watching the pregnancy DVD's and completing the worksheets that went with them. Baby Bucks are like Monopoly money that you earn and can purchase baby items with them. I was able to bring home a car seat, stroller, crib and many other things that I probably wouldn't have been able to afford brand new.

New Beginnings didn't make me feel like charity case, they provided a way for me to earn these things. I feel like I am a good mom because of this program! The greatest thing they have done for me is accept me. When I felt that I was alone, they opened their doors to me, not only me, but also this life inside of me. I knew I wanted to be a mother, but I didn't know how to be a mother.

I now have a beautiful baby boy, Dominic. New Beginnings has changed our lives, almost as much as this baby has changed mine! If I hadn't gone there, I wouldn't have half the things I do and I wouldn't have learned as much as I did. These people have become family to us. They have watched Dominic grow and they have shown me that there *are* good people in this world. I want other women to know that this program exists and that it's a wonderful way to prepare for a baby. You don't have to be a young mom in poverty to go there, you can be a happily married couple. It doesn't matter who you are there. I am so glad that I didn't let pride keep me from going to New Beginnings! There is nothing shameful about learning about the life inside of you and earning new baby stuff at the same time.



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## Amanda's Story—From a Client and Peer Counselor's Perspective

I want to tell you how a baby changes everything in my life. A baby to me is a precious gift from God, something that can't be taken for granted, but a lot of the time it is.

Ever since I can remember I've wanted children. I dreamed of the day I'd get married and start a family. Everything was going to be perfect! But little did I know, it was going to be a lot harder than I had anticipated! One abortion and two miscarriages later, here I am the mother of five. Three of my children are now in heaven, one of which we actually had a funeral for. Let me tell you, a parent is not supposed to bury their children. It is one of the hardest and traumatic things I have ever been through.

I have two sons, a 4-year-old and a 1 1/2-year-old, who are here, alive today. Rex, my 4-year-old, is as smart and healthy as can be. Carter, my 1 1/2-year-old, is our mystery baby, as we like to call him. He has multiple things going on with him from his brain, to his eyes, to his muscles. But we know that even through all of this, God has a plan for him and for my husband and I as his parents.

So, saying that "a baby changes everything", is just like saying, "life is like a box of chocolates, you never know what you're going to get". Although I have gone through much heartache and pain, from the loss of my children, that is what brought me to New Beginnings Family Services.

Continued on Page 4.....

**“Before I formed you in the womb I knew you, before you were born I set you apart.”**

**Jeremiah 1:5**

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

### **Amanda’s Story....continued**

The first class I did was, “Threads of Hope, Pieces of Joy”, the miscarriage class, with Cathy. To most people, a miscarriage is not a big deal. They may think the fetus is not really a baby until you give birth. But as a woman who has had a miscarriage, I can tell you, it is truly painful, mentally and physically. I found this class to be very healing!

One year later, I was going through the process of becoming a volunteer at New Beginnings. It was at the volunteer training that God made it clear to me, that it was time to take “Surrendering the Secret”, which is the post-abortion class.

I went ahead and did that, with Cathy as our group leader. Wow, very powerful stuff, especially since I didn't think that I needed it! It took me four years to admit that I needed to let go of the shame and guilt from my abortion. I never used the word “abortion” instead I used the word “termination”. It wasn't until after going through “Surrendering the Secret” that I could use the word abortion, because I did it for medical reasons and thought that would make it okay. But it does not. I still felt the hurt and pain that goes with any abortion, until I went through the class. It was there, I was able to let go of the pain from my abortion and the guilt and shame that went with it.

This past year, I did the sexual healing class, “Steps to Sexual Health”. I was amazed at all the things I learned and how to deal with the junk that I had stuffed so far down inside of me from years ago.

Throughout all my pain and trials, New Beginnings has impacted my life for the better! I have grown emotionally and spiritually through the help of their classes.

I remember the day that Cathy said she had a client she was going to have me work with. I was excited and very nervous as to what the Lord was leading me to! When I first met Liz, we just clicked. She is the first client that I worked with. She is an amazing woman and mother!

I feel blessed that God and Cathy chose me to be a volunteer at New Beginnings. I believe God has a plan and purpose for everything. I would like to say what a privilege it is to be part of something that is God-centered and truly amazing! New Beginnings is a safe place for women and men to turn to when they are in need of help.

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### **Ronda’s Story—From a Client Services Director’s Perspective**

Shortly after the Red Wing New Beginnings office opened in 2006, Cathy Goggin came to my church and spoke about New Beginnings. After hearing her, I knew I was supposed to volunteer there. My background is in nursing. I am an RN and have worked in a wide variety of hospital and clinic settings, but I was standing on the threshold of doing something I had never done before. Then I realized that that is when new beginnings occur. I knew I needed to move out of my comfort zone, step out in faith and just do it. I went on the belief that God doesn’t call the equipped, He equips the called. So I started volunteering in September 2006 and did mostly organizing donated baby items. We hadn’t really gotten going with the Earn While You Learn program yet and we didn’t have many clients. (The Earn While You Learn program is our pregnancy, parenting and life skills education program. Clients who do EWYL earn Baby Bucks to get new baby items, clothing and diapers.)

I watched a lot of the videos and read the materials we were to use with the clients to prepare myself and prayed about what was to come. This month marks my fourth year with New Beginnings. Since January of this year I have a new title of Client Services Director. For me, working with the clients is what this is all about. And we have many more clients than we had four years ago!

We have a wide variety of people that come to our center. People from all different backgrounds. Men, women and children. Many have been strongly impacted by something in their past, whether it be abuse, neglect, illness, poverty, homelessness, rape, broken relationships or being overwhelmed by life’s circumstances. Some want to be pregnant and some come in believing their lives are over because they are pregnant. I work to help them see that their lives are changed, not over.

Continued on Page 5...

## Ronda's Story ....continued

After making sure their needs for housing, food and medical care are addressed, I help them explore all of their options. I provide education so they can make decisions on where they want to go in their life. Because if you don't know where you're going, any road can take you there. After they determine where they want to go, I help them map out a plan to get there. We do not refer for abortion, but if that is their choice, we will let them know we can help them later through our abortion recovery program if they find they are having problems.

I do a lot of educating and supporting through EWYL, but my job is also to help my clients see there is hope and meaning and purpose in their life. Jeremiah 29:11 says "I know the plans I have for you declares the Lord. Plans to prosper you and not to harm you, plans to give you hope and a future." Hebrews 6:19 tells us that hope is the anchor of the soul. Hope keeps us steady. Without hope we give up. There is further instruction on hope in Ephesians 1:18 which says "I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you." So our hope must be based on the truth of what God has for us. If clients are open to talking about spiritual things I will share these scriptures with them and, with their permission, pray with them. St. Francis of Assisi once said, "Preach the gospel always, if necessary use words." So I can show them the love of Jesus with my actions and how I treat them as well.

I want our clients to know they are not alone, that we at New Beginnings will be there for them. We can't do the work for them, but we can support them and help them navigate through the life changes that a baby brings. I think a lot of times many people go barreling along thinking they are totally alone. Everyone seems to tell them they would have done things differently and all the discouraging comments weigh them down and destroy their hope. While I do not condone unhealthy or irresponsible behavior, it's not my job to condemn either. Jesus said, "If any one of you is without sin, let him be the first to throw a stone at her." We all fall short of the glory of God but there is redemption. There is freedom from brokenness. I help clients learn to make wiser choices so they can have that freedom.

There is a poem in one of our EWYL modules about character and breaking bad habits I'd like to read to you. I think it illustrates the process many of our clients go through.

*I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost...I am hopeless.  
It isn't my fault.  
It takes forever to find a way out.*

*I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place.  
But it isn't my fault.*

*I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in...it's a habit.  
My eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.*

*I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.*

*I walk down another street.*

The biggest joy for me is when clients figure out what they want to do and begin to work toward it and thrive. A baby changes everything and their struggles make them stronger.

New Beginnings has helped me become a stronger person as well. I have grown spiritually and emotionally. I have developed wonderful relationships with clients, staff and volunteers. I have really learned how to rely on God. I pray a lot more! I can't just take my clients' problems away, but I know that God can help them. I have learned not to try to do everything through my own strength but through the strength and guidance of the Holy Spirit. For me, New Beginnings was a life change as well as a career change.

I talk about New Beginnings regularly with my friends. I don't share any confidential information about clients, but I let them know what we do and how exciting it is to be a part of New Beginnings. I enjoy going to work. I enjoy the people I work with. I enjoy the clients. Some of my clients have very difficult circumstances, but I enjoy being a part of their lives and helping them get through the rough spots.

God is a God of second chances and that's what we are about at New Beginnings...second chances and fresh starts. If you are not volunteering with us yet, check us out. You may just find it's one of the most rewarding experiences of your life.

**“Comforting  
others  
with the  
comfort God  
has given  
us.”**

**2nd  
Corinthians  
1:4**

## **Annie’s Story—From a Client’s Perspective**

My name is Annie and I am the mother of Rhett, a 15-month-old baby boy, born last July. When I had Rhett, I had just moved to Red Wing to live with my mother and was emotionally and physically unprepared to take care of a baby. Due to previous circumstances in my life, I was having a really hard time taking care of myself, and did not think I could take care of a child. I knew nothing about babies. I was never a babysitting kind of girl, I never changed a diaper. To be honest, I didn’t really like kids. They made me a little nervous. But through the love and support of my family and friends, I set out on the journey of being a mother.



New Beginnings was suggested to my mother from a friend at church. I called Cathy and made an appointment and started going when Rhett was just weeks old. I

immediately warmed to Cathy and set out to start the Earn While You Learn program. After awhile I started working with Ronda, and both women have been instrumental in helping me learn to be a mother. Both women are mothers themselves, and serve as support and a sounding board for me. The educational videos have helped me learn about everything from giving Rhett a bath, to discipline, to how to pick a baby sitter. There are videos on every aspect of being a parent, and I think children deserve parents that are willing to learn with them.

I think that people can have an unrealistic view of New Beginnings and the reality is much different than what they think. There is no preaching, no extremes of any kind, just a lot of love and support. There have been times, more than a few, when I have been exhausted, mentally, emotionally, and physically, but going into New Beginnings gave me a place to take a break, and have someone listen that knows what its like to be exactly where I am at.

Having Rhett has changed everything in my life. I have a new reason to get up everyday, to work hard, and to live each day to the fullest. I know that he is a gift that has been given to me!

When you become a parent, how you spend your time changes. Sleep is a luxury that sometimes you don’t get. If you don’t have a lot of patience, you learn to get it. As a single mother, I have to think more about who I bring into my son’s life, and about how I spend my money. Everything changes, but its all for the better!

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### **Free and Confidential Services Offered at New Beginnings**

- Earn While You Learn
- Pregnancy Tests
- Sexual Integrity for Women
- Quest for Authentic Manhood
- Financial Peace University
- Threads of Hope
- Surrendering the Secret
- Battlefield of the Mind Bible Study
- Community Referrals

## Memorials & Celebrations

Lana Horn	Red Wing, MN	In Memory of Syvilla Madsen
Sandra Kitzmann	Red Wing, MN	In Memory of Lorie Hauschildt and Darren Reps
Bud and Lois Kraft	Zumbrota, MN	In Memory of Jane Larsen
Karen Stemmann	Red Wing, MN	
Bob and Mary Augustin	Red Wing, MN	
Melinda Thunstrom	Red Wing, MN	
Joyce Kopp	Lake City, MN	In Memory of Margaret Kopp-Schmidt & Ellen Barrett
Colleen and Allen Hansen	Lake City, MN	
Wayne Hahn	Goodhue, MN	
Leona Johnson	Beldenville, WI	In Honor of Marisa Brabec

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## New Beginnings Garage Sale Is A Success!

New Beginnings had our annual garage sale August 20th and 21st at First Covenant Church in Red Wing. We had a wide variety of donations from church and community members. We raised \$2000 to purchase new baby items for our clients. **Thank you** to everyone who donated items, helped set up the sale, worked the sale and cleaned up afterwards. We could not have done it without your help! You are appreciated!

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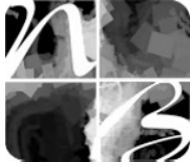
<u>Client Statistics</u>	<u>2009</u>	<u>To 10/31/10</u>
<b>Total Client Visits</b>	<b>804</b>	<b>911</b>
Earn While You Learn	437	439
Quest for Authentic Manhood	0	30 (started 9/1/10)
Financial Peace University	0	48 (started 9/1/10)
Support Groups/Bible Study	267	311
Pregnancy Tests	18	8
Other	82	75

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## Upcoming Events

**Mark the calendar for these events in 2010!**

- November 6: Volunteer training (9:00am-4:00pm)
- November 8: Board Meeting (6:30pm-8:00pm)
- November 9: Project Community Connect
- November 10: Now Open on Wednesdays (10am-5:00pm)
- November 16: Give to the Max Day
- November 20: Prayer at New Beginnings (8:00-9:00am)
- December 13: Board Meeting (6:30pm-8:00pm)
- December 18: Prayer at New Beginnings: (8:00-9:00am)



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[www.newbeginningspc.com](http://www.newbeginningspc.com)

## **New Beginnings Family Services**

1755 Old West Main Street Suite 101  
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**E-mail:** [newbeginningspc@qwestoffice.net](mailto:newbeginningspc@qwestoffice.net)

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

### **Hours:**

Walk-ins Welcome!

<b>Tuesday:</b>	10am-5pm
<b>Wednesday</b>	10am-5pm
<b>Thursday</b>	10am-5pm
<b>Friday:</b>	9am-1pm

\*Other times available by appointment.

### **Mission Statement:**

New Beginnings Family Services nurtures a Christ-like view of human life through hope, help and life-affirming choices to women, men, and teens in our community.

### **In this Issue**

- Banquet 2010 Highlights
- **GiveMN—See how your donation to this can benefit New Beginnings**
- Liz, Amanda, Ronda and Annie's stories