



A quarterly publication of Heart Choices  
Beloit Concordia Osborne Smith Center

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- Rachel Ducote ~ Program Director
- Megan Nulf ~ Student & Youth Programs
- Donise Underhill ~ Client Advocate
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- Karrie Wiles ~ Office Manager

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**Mission Statement**

To empower as many individuals as possible in the greater North Central Kansas area to make healthy life choices related to their sexuality, childbearing, and parenting, consistent with the sanctity of human life.

Coming to Beloit, Nov. 8, 2015 6-8 p.m. Beloit Jr/Sr High School



**A RADICAL RESPONSE TO CULTURE'S CASUAL VIEW OF LOVE AND RELATIONSHIPS**

This is a challenge to live bold and set apart from the celebration of immorality all around us. *Silver Ring Thing* defies the meet-up, hook-up, break-up mindset of today and inspires Jr high and high school age students to a pure life, centered in Jesus Christ! This 2 hour stage performance incorporates high energy music, vides, skits, special affects, and comedy delivered in a concert-style approach with which teenagers can respond and relate. The event is presented by a team of peer-level students serving as role models and examples of the power and freedom in living out this calling.

Following the event, students who make a commitment to purity have the opportunity to wear a SRT ring (purchase price \$20) as a symbol and reminder of their decision then are connected to local churches for ongoing discipleship and growth while also being equipped through follow-up emails, text messages and devotional guides from SRT.

Bring a teen or young adult! Parents are also invited to a session held just for them!

**VOLUNTEERS ARE NEEDED TO HELP AT THE SILVER RING EVENT, NOV. 8TH, 2015 IN BELOIT. REGISTRATION, SET UP, TEAR DOWN, RING TABLE HELP, ETC. IF YOU CAN HELP, PLEASE CALL 738-3433!**

**THIS EVENT IS FREE OF CHARGE! Check out [www.silverringthing.com](http://www.silverringthing.com)**



**Are You Mything Around?**

"Are You Mything Around with the Truth?"

This is the question that Heart Choice's volunteer, Doug Twaddell, asks of Junior High and High School students as he brings the sexual risk reduction program, *"The Seven Myths of Sexuality"* to area classrooms. For several years, Doug has been presenting this thought provoking and factual, three day talk which was customized by Mary Fugate, free of charge to local schools at their request. If you are interested in whether Doug is scheduled at your school, or would like to know more about other Sexual Integrity programs, contact Megan Nulf, Director of Student and Youth Programs, at [sexualintegrity@nckcn.com](mailto:sexualintegrity@nckcn.com) or [megannulf@gmail.com](mailto:megannulf@gmail.com).



Doug Twaddell gives an overview of the 7 Myths curriculum to guests at the 2014 Spring Banquet in Concordia.

**Heart Choices is pleased to receive a \$1,000 grant from the Dane G. Hansen Foundation of Mitchell County**

Bob Severance of the Solomon Valley Community Foundation presented a check to Fathering Coach, Josh Krohse, Executive Director, Alice Thompson, Program Director, Rachel Ducote and Heart Choices Board of Directors President, Craig Gengler at the Walk for Life event.



We are excited to purchase and begin implementing the new National Fatherhood Incentive “24/7 Dad” curriculum with our fathers!

This curriculum offers valuable resources and individualized lessons directed specifically for fathers and designed to meet their unique parenting needs.

The Beloit location plans to start offering “24/7 Dad” and “Power Hour Parenting Skills for Dad” class by the end of the year. *If you are interested in finding out more being a fatherhood coach or taking a fathering class, please contact us!*



**Introducing our Director of Youth and Student Services!**

We are pleased to announce a new addition to our staff! **Megan Nulf** joined the Heart Choices team this September, overseeing our sexual integrity

programs as Director of Youth and Student Services. Megan and husband, Jeremy, along with daughter Joelle recently moved back to their home state of Kansas and currently live in Jewell County. Megan graduated from Oklahoma Wesleyan University in 2007 with a Bachelor's Degree in Psychology. She spent 7 years working as a Child Welfare worker in the state of Oklahoma and also the Family Support division for the State of Oklahoma.

Megan will be overseeing and training volunteers for our sexual integrity presentations, researching and developing new and existing school programs and be an active advocate for community and college abstinence awareness activities. “I am excited to work in a positive and uplifting atmosphere!” Megan says, “I am also excited about being a part of a ministry that is so much bigger than myself! I will be able to be the hands and feet of Jesus and touch lives through my work! I look forward to serving the youth of Mitchell County and surrounding areas!”

Megan can be contacted at megannulf@gmail.com.

Welcome to Our Little Ones!

 <p><b>Briana Alice</b> 9/02/15 7 lbs. 6.5 oz</p>	<p><b>Faith</b> 7/10/15</p>
<p><b>Jamon</b> 09/09/15 6 lbs 4 oz</p>	<p><b>Addalyn Grace</b> 8/28/15 6 lbs. 6 oz .</p> 

*Thank you*

to the following churches, groups, and individuals who have participated in the **“Change for Life”** Baby Bottle Campaign this quarter!

- Dennis & Debbie Lutgen — \$83.94
- Edward & Shirley Moynihan — \$50.00
- First Christian Church Concordia — \$447.00
- Lyna Mace — \$56.78
- Rich Klee Family — \$15.33
- Thornburg Church Women — \$504.91
- Zion Lutheran Church Beloit — \$28.42

Contact us if you would like to organize a baby bottle campaign in your church!



**Heart Choices**  
**“Pizza Hut Night”**

Treat you family to some delicious pizza and support families in your community!

Monday, December 7th  
5:00–9:00 pm  
Beloit Pizza Hut  
Dine-in, Carry Out, & Delivery

**20%**  
of All sales go  
to Heart  
Choices

**TOY DONATIONS**  
are needed for our annual client Christmas party on Dec. 14th. Parents are given the opportunity at the celebration to choose a gift and wrap it for their child’s Christmas.

New toys and gifts (\$12–\$15 value) for boys and girls ages 0-12 are needed by Dec. 4th.

FALL 2012



**Thank you to all who participated in the 2015 Walk Run for Life!**

We had a beautiful afternoon to CELEBRATE LIFE with a 5K run, 5K walk, 1 mile walk, kids' games and activities, and a great meal! Musical entertainment was provided by Wade Richard, of Beloit. Best of all, \$12,800 was collected for Heart Choices!

Thanks to our many corporate sponsors and business donors who helped to underwrite the event and provided door prizes and meal items!



**Meet Joshua Krohse— Fathering Mentor!**

Joshua Krohse has been volunteering as a fatherhood mentor for the past two years at Heart Choices. Josh is the pastor at Scottsville Community Church, Scottsville, Kansas, and brings his passion for supporting life and the family unit to our male clients. Josh has a BA in from Northwest Christian College and a Masters of Divinity from Gordon-Cornwell Theological Seminary.

He and his wife, Angela, are blessed with six children, ages 5-14., which also enables him to bring practical fathering lessons from personal experience to his volunteer role. As a life-long Mid-westerner, Josh has much in common with the men he mentors and feels that Godly role models are needed for the fathers and young men of today. "Heart Choices believes that babies are precious and so are their parents. Fathers are extremely important to their children, whether they realize it or not. The staff and board of Heart Choices want to care for children by helping men to become good fathers. I think it is a blessing to be part of that!"

Currently, Josh is mentoring clients weekly in our Concordia and Beloit locations.. Heart Choices seeks to meet the needs of all clients, and having a male perspective and welcome for the men that come through our doors is a big part of that! We are thankful for Josh and his family!

If you would like to know more about how you can take a few hours of your month and invest in the lives of young men, as Josh is doing, please give Heart Choices a call!



**Thank For Blessing Heart Choices**

With donations of  
diapers and supplies  
Jewell VBS

Republic County Health Dept.  
Glen Elder Friends of the Library  
Scandia UMC Women  
Zion Lutheran Church

**Krispy Kreme**  
Donuts are coming  
Nov. 13th! \$8/doz or  
3 doz for \$20  
Place your order by Nov. 5!!



**Thank you for donations given IN MEMORY OF**

Barbara Crawford  
Betty Langton  
Steve Palen





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RETURN SERVICE REQUESTED

YES, I would like to help



I would like to choose to offer my support with:

Financial Gift \$ \_\_\_\_\_

Monthly Gift \$ \_\_\_\_\_

(contact us if you would like to have your gift  
Automatically deducted from your account)

Banquet Gift \$ \_\_\_\_\_

Volunteering as:

\_\_\_\_ Church REP for my church

\_\_\_\_ Volunteer Client Advocate

\_\_\_\_ Helping with fundraisers (Fireworks stand, Lemonade Stand, Krispy Kremes, Change for Life, etc.)

(someone will contact you or call 738-3433 for more information)

*Thanks for helping us be good stewards!*

If you would no longer wish to receive Lifeline or if you prefer to receive by email, please call the center at 785-738-3433 or send an email to [heartbeat@nckcn.com](mailto:heartbeat@nckcn.com).

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