

Lifeline.....

A quarterly publication of Heart Choices
Beloit Concordia Osborne Smith Center

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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.

2016 Spring Banquet Highlights Changed Lives

A group of nearly 200 gathered at the Beloit Municipal Building on April 28 to celebrate the babies and families who were served by Heart Choices in the past year. A smaller, but passionate group met for a similar program the next evening at the Nazareth Motherhouse in Concordia.

Executive Director Alice Thompson reported 153 clients were served in 924 counseling visits during 2015. Services included pregnancy tests, material aid distribution (diapers, formula, clothing, etc.), Mom's activity groups and Bible studies, and "7 Myths of Sexuality" presentations to students in area schools. These services are offered free of charge because of the faithful giving of individuals, churches, and groups, and the support of our community fundraisers.

A short video shared the story of Stevie, a young college student who was referred to Heart Choices. Upon finding she was pregnant, Stevie sought guidance to make the best decision for her child. Stevie chose life for her baby and received support and education through her pregnancy and in her decision to make an adoption plan. Alan & Shonya Klein, the adopted parents of Stevie's daughter, Kiana, shared how the help Stevie received at Heart Choices made a positive impact on many lives.

Over \$40,000 in cash and pledges was collected between the two events. We are thankful to all of the donors and to the banquet sponsors for their generosity.

The following article is an excerpt from a blog post by Ardee Coolidge for CareNet, our National Affiliate for pregnancy centers. It addresses the importance of the church's response to unplanned pregnancy and honoring the sanctity of human life. You can read the complete article at <https://www.care-net.org/churches-blog/the-question-churches-can-no-longer-ignore>.

THE QUESTION CHURCHES CAN NO LONGER IGNORE

If a woman in your congregation faced an unplanned pregnancy, to whom could she turn for support?

If women and men making pregnancy decisions feel unprepared to answer the vital questions of life and abortion, then what can we do? Is it enough for church leaders to say, "Life begins at conception," and "We must elect a pro-life candidate this November," or do the women and men of our congregations need more? How can we create a culture of life within our congregations and empower them to live the abundant life Christ promises?

The first thing we can do is to affirm the blessing of life, no matter age, wealth, or circumstance. If young men and women hear only of the struggles of childrearing and not the great joys and blessings, how can we expect them to choose life? Older couples are to mentor younger ones and help them see beyond the difficulties faced in the moment. Baby days and retirement celebrations should be part of living life in the church.

Second, we need to be conscious about teaching our congregations how to offer compassion, hope, and help to those facing pregnancy decisions. *The abortion industry is proud of the fact that 1 in 3 women will have an abortion. As disciples of Christ we can't wait any longer to address this issue head on; too many lives are at stake.*

Finally, we need to recognize that God has specifically called us to address this issue. When a young woman visits a pregnancy resource center and chooses to raise her child or place it for adoption, her journey is just beginning. It is the church that can most easily support her in the long term. What better place to provide life-affirming support and ongoing discipleship than the church?

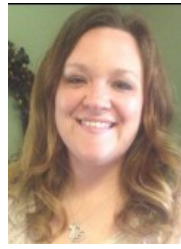
Ultimately, it should be my goal as a church leader that *anyone* in my congregation facing a pregnancy decision would know where to turn for help. The church cannot wait for Roe V. Wade to be overturned in the courts; we have to overturn it in our pews first.

SEXUAL INTEGRITY PROGRAM RESOURCES

Megan Nulf, Director of Student & Youth Programs

Are you looking for resources to introduce the tough subjects of sexuality and societal issues facing your preteen?

If so, you may be interested in some of the resources available at Heart Choices. Whether you wish to check them out for temporary use or review them before purchasing your own copy, here are a few of the newest titles we have available for you.

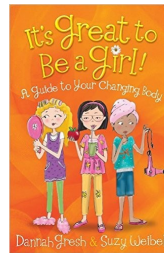


It's Great to Be a Guy! By Jarrod Sechler with Dannah Gresh

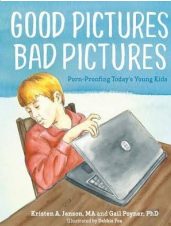
This is a great book for broaching awkward or somewhat uncomfortable subjects with your preteen guy (ages 8-12!). This book focuses on the plans God has for your kiddo's changing body! It's Great to Be a Guy covers hygiene, nutrition, physical changes, and glorifying God with your body. This is an interactive book that is great for spurring conversations between parent and child!

It's Great to Be a Girl! By Dannah Gresh and Suzie Weibel

This is a great guide to a young girl's changing body! This book spurs conversations with your preteen girl (ages 8-12!). The book covers physical changes, nutrition, exercise, make-up and hair care, and how to glorify God with your body. This is an interactive book that is great for spurring conversations between parent and child!



**** Please be prepared to have a pad of paper and pencil on hand! There are many activities in these books! We ask that you do not write in the book to protect your privacy as well as allowing the next borrower to get the most use of the book!**



Good Pictures Bad Pictures by Kristen A. Jensen, MA and Gail Poyner, PhD

In today's world of computer use and social media, it is vital we prepare our children about the dangers that lurk on the world wide web. This book introduces the topic of pornography to be discussed between parent(s) and child.

The CAN DO plan helps your child have the skill set to respond immediately and appropriately when they come across images that are inappropriate online. This is a quick read that is really worth your time.

Let's give our kids the tools they need in order to porn-proof their world! Though the child is centered around a male child having the conversation with his mother, it would be appropriate for a female child as well. As pornography is increasing in popularity amongst females, it is definitely worth covering the subject with both our guys and gals!

"Change for Life" Baby Bottle Donation

New Life Assembly of
God — \$203.67

Calvary Bible
Evangelical Free Church
\$133.54

Mitch & Tami Eck
\$52.82

Danny & Dee Shamburg
\$23.92

Debi Treaster
\$14.19

Jay Feigal
\$6.75

Marty Shipley
\$6.45



Your "change"
changes lives!

Thank
you

For blessing
Heart Choices
with donations of
diapers and supplies

Tipton Knights of Columbus
Catlin's Friendly Apple Market
Wichita Pregnancy Crisis Center
Cawker City Knights of
Columbus
Belleville Knights of Columbus
Beloit Dollar General
Esbon Knights of Columbus
Zion Lutheran Church Sunday
School Classes
Scandia United Methodist Church

OUR CURRENT NEEDS:
DIAPERS
SIZES 4, 5, & 6

Meet our newest little All-Stars!

Isabel Marie ~ 02/9/16 ~ 6 lbs 10 oz
Morpheus Cain ~ 02/17/16 ~ 4 lbs 9 oz
Delbert ~ 03/06/16

Lyryk Kyle ~ 03/28/16 ~ 8 lbs
Sebastian ~ 04/21/16 ~ 6 lbs 7 oz

Avyia ~ 05/02/16 ~ 6 lbs 12oz
Kohen Eugene ~ 05/25/16 ~ 7 lbs 7 oz
Malachi ~ 06/18/16

Matthew Samuel ~ 06/22/16 ~ 5lb 2 oz



Thank you for donations

IN MEMORY OF



Ron Dean
Coola File
Ellen Hearon
Ruby Larsen
Lawrence LaRocque
Dottie Roberts
Emma Jean Smith
Noah Smith
Cliff Heckathorn
Mike Anderson

SERVICES TO WOMEN AND FAMILIES GROWING IN CONCORDIA GROWING RAPIDLY

Donise Underhill, Concordia Site Manager

We are certainly busy in our Concordia office this summer! This location is open for walk-ins and scheduled appointments from 10 a.m. to 12 p.m. and 1:00 to 4:30 p.m. on Tuesdays and Thursdays. We are located in the lower level of the Cloud County Health Department, just west of the hospital on 11th Street.



When you arrive at the Concordia Heart Choices office, you will be greeted by volunteers Maryclara Joyce in the mornings or Carolyn Kirkwood in the afternoons. The Lord has greatly blessed Heart Choices with their compassionate presence and dedication to the ministry in Concordia.

Our current selection of parenting classes has expanded to include Conscious Discipline and No Drama Discipline. Both curriculums vary somewhat from traditional discipline and focus on helping both parent and child learn how to deal with difficult behavior.



Our newest lessons have a focus on the parent - child relationship and the importance of how children's brains develop throughout their first few years. We also have parenting curriculums that deal with temper tantrums, fathering, emotion coaching, toilet learning, power struggles, setting limits, and many more.

Whether parenting or prenatal, participants are offered "Mommy Money" or "Daddy Bucks" to use for much needed items such as diapers, wipes, clothes and other baby and children items. So far we have had over 180 visits at the Concordia location this year!

If you know of anyone who would like to take advantage of our classes or other services, please feel free to give them our Concordia office phone number (785-262-7138).



THANK YOU to Osborne and Smith Center Pizza Huts and communities for your donations from the May 10 sales! We appreciate your support!



AUGUST 29 - We will receive 20% of all sales from Beloit Pizza Hut from 5-9 pm! Make it great!

"WE WANTED TO PARENT THE RIGHT WAY"

When Scott and Jessica Anderson learned they were pregnant, it was a shock. In Jessica's words, she was "Scared. I was really scared."

"We both came from dysfunctional families and knew that the way we had been parented was not God's way. We knew we wanted better for our child."

"We had heard of Heart Choices, but never really paid that much attention to what it was. Then when we knew we were expecting we started noticing it more as we drove by. One day we decided to stop in and check it out. We're really glad we did."

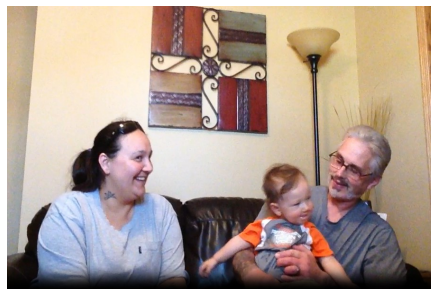
At Heart Choices, the Andersons were able to participate in the *Earn While You Learn* program which was quite helpful to them, both financially and in preparing them for parenthood. Some of their favorite curriculums were "The Miracle of Life Change" and "Effective Parenting in a Defective World".

"What we found at Heart Choices were nice, kind people who were a lot of help to us in many ways. We were able to open up to them and share our past, which was pretty ugly, and never felt judged. They accepted us right where we were then helped us to move forward from there. We've always been able to get help from them when we need it, even if it was not during office hours."

Their son, Titus, is now 17 months old, but Scott and Jessica say they plan to participate in more of the classes and programs as he grows. "I think the process is ongoing", says Jessica.

Scott continues, "As a guy, I never really felt out of place coming in to Heart Choices. I never thought of it as a place that was just for women. I always felt comfortable and welcomed and learned how to be a better dad to my son."

To those who support Heart Choices, Scott and Jessica say, "Thank You. Heart Choices has helped us grow as parents and grow closer to Christ. Our family will be different than how we grew up because of you."





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*Mark your calendars for the
10th Annual Walk-Run for Life
Saturday, September 25!*

Gather your teams and register at www.heartchoicesbeloit.com

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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)

☐ 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.

Mail this form with your donation to: P. O. Box 96, Beloit, KS 67420

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