

# Lifeline.....

A quarterly publication of Heart Choices  
Beloit Concordia Osborne Smith Center

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## Empowering Students Through Education and Truth

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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.

Another school year has come to a close in our community and we are rejoicing in the opportunities God provided to dispel myths our teenagers are hearing about sexuality and relationships and share the truth and tools for making positive choices now to ensure a better future.

Doug Twaddell, Heart Choices Student and Youth Programs volunteer, presented the **"7 Myths of Sexuality"** curriculum to **364** students in **24** presentations to schools in the North Central Kansas area including Concordia, Rock Hills, Sylvan Grove, Lakeside (Downs), Pike Valley, Beloit, Tipton, Smith Center, Minneapolis, Kensington, and the Beloit Area Home Educators group. In this 3 day presentation to 7th through 9th graders, students learn the truth about the physical and emotional consequences of early sexuality and reinforces the fact that "Sex is Mint for Marriage".



Doug illustrates the effects of previous sexual partners on future relationships in the "7 Myths" presentation.

Megan Nulf, director of Student and Youth Programs, said the evaluation comments from students who have heard Doug's presentation are generally very positive. "They especially comment on his humor, saying it makes an uncomfortable topic much easier to listen to and understand." She continued, "It is especially encouraging to see young people who have been sexually active or were previously unsure about whether they will become sexually active state that they have made the decision to wait."

Megan also recently completed a program titled **"Real Essentials"** which is appropriate for high school age youth and addresses the prevalent and dangerous issues of pornography, sexting, human trafficking, and social media, and how understanding God's plan for our sexuality is essential to maintaining safety and experiencing the best for future relationships. This program is available to youth groups, youth events, camps, etc. A public school version is also available.

A new group for "tween" girls (ages 7-13) and their mothers called **"Secret Keeper Girls"** met monthly through this school year engaging in a live webinar and Bible

### Beloit Secret Keeper Girls



study complete with crafts, and snacks to encourage an open communication between mother and daughter during the important years when girls are formulating their views on self-image, fashion, and dating. A Facebook page "Secret Keeper Girls—Beloit" provides articles and helpful tips for mothers and daughters as well as notification of meeting dates and times.

Plans are also underway to bring a large event presentation to our area in the spring of 2018 entitled **"Fight the New Drug"**. FTND is a group of young adults that travel to schools and communities to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts." Watch for more information to come.

Please continue to pray for Megan, Doug, in this great outreach to young people designed to empower them to make healthy life choices and best fulfill God's plan for their lives! To learn more about these opportunities or to schedule a presentation for your school or youth group, contact Megan at [megannulf@gmail.com](mailto:megannulf@gmail.com).

## STARTING OVER

### Grandparents Becoming Parents Again

Soon after the birth of our first grandson early in 2016, our daughter left home to pursue her own life leaving her son with us. Being put in the position of raising our grandson was rather overwhelming! It had been 17 years since our last child was born and we had many questions .



Our daughter had connected with Heart Choices earlier in her pregnancy, so we were familiar with the services they provided, but we did not know if they would be available to us as grandparents. We were pleased to find that they were.

Our Heart Choices advocate was very supportive in giving helpful information as well as overall support for a very tough situation, both financially and emotionally. Even though our daughter continues to make poor life choices, we have come to realize that we will likely be the sole provider for our grandson and we must do everything we can to raise and provide for him well.

"Please Don't ever go away or close this service!"  
~ Greatful grandparents

Heart Choices has made our struggles easier by being there through the hard times, providing parenting information and for by helping us earn the baby items that we need.

When asked if there was anything they would say to those who support Heart Choices, the grandparents quickly replied, "Please don't ever go away or close this service!"

## Young, Pregnant, and Afraid . . .

### Pregnant Teen Finds Help and Hope

Finding out she was pregnant as a young teen, "Faith" was scared and had many decisions to make for which she was not prepared. How she would be able to go to school and care for a baby. What would childbirth be like? How would she be able to afford a baby, even with her family's help? What would this unexpected pregnancy do to her plans for the future?

A local organization told her about Heart Choices and helped her get in contact with us. As it became evident that transportation was going to be a barrier to receiving the help she needed, Heart Choices offered to provide services to Faith in her home town. Participating in the Earn While You Learn pregnancy education, she gained the confidence, support, and hope needed to choose LIFE for her unborn baby and earned enough "Mommy Bucks" buy a safe crib for her child, as well as many other needed items for her baby.

"I was scared when I got pregnant , but I am glad I have my son."

Faith says she really appreciates the fact that we were able to serve her in her own community. "The classes helped a lot; knowing what was going to happen was a huge help! I was scared when I got pregnant, but I am glad I have my son!"

Faith's mother says she is thankful for Heart Choices' education and support through this difficult time in their family's life.

Faith continues to attend high school and both she and her son are doing well!

## Parents Learn and Earn Through "Smart Parents/Safe Kids" Program

The **Smart Parents/Safe Kids** program at Heart Choices has provided many parents the unique opportunity to earn safe equipment while learning how to keep their child safe. The program, funded by grants from Community Foundations and the Dane G. Hansen Foundation, allows parents of infants to receive education on best safety practices for their home and travel including Safe Sleep/Reducing the Risk of SIDS, Shaken Baby Syndrome, Safety Starts at Home, Calming a Crying Baby, and Infant Bonding. The module for earning a car seat also includes sessions on car seat safety, including proper installation and age/weight requirements. For their participation, parents from Smith, Osborne, and Mitchell counties are awarded their choice of a brand new car seat or crib that meets federal safety guidelines.

One couple came to Heart Choices seeking a crib and other items that were needed before their premature infant could be released from the hospital. All had to meet federal safety guidelines, however they were struggling financially and did not know how they would afford these items. Through the SP/SK program they received a brand new crib and mattress as well as diapers, safety items, and other needed supplies. The safety classes were especially helpful to them as they learned how to best care for their tiny infant. Through their involvement with Heart Choices the parents have gained support in parenting and challenging life situations. The father is also being mentored by a Heart Choices male volunteer. They meet to explore topics regarding fatherhood and leadership roles in his home, and how to be a Christian father.

Providing safe equipment and practicing safety in all aspects of parenting is important, but creating relationships of love and support for families who have not had that modeled for them can make the difference in a child's life long past the life of these items.



Joy Smith, Andrea Kendig, Amanda Mans, Laura Wilson, and Andrea Schurr participated in a Smart Parents/Safe Kids group class directed by Rachel Ducote, Heart Choices Program Director, and held at Osborne Public Library.



**WE'VE ONLY JUST BEGUN**  
Celebrating Fifteen Years and Counting



In His parable in Matthew 25, Jesus appears to rebuke His disciples for their failure to meet His physical needs of which they were seemingly unaware. He spoke of being hungry and not fed, naked and not given clothing, and in prison, but no one visited him. Ashamed and confused, the disciples cannot understand how they could have possibly neglected to see such blatant needs. Jesus then explains, "Truly I tell you, whatever you did not do for one of the least of these, you did not do for me." (v. 40)

As we pursue God's plan for us and how to serve Him, sometimes we neglect to see that when we are giving and helping others, we are also expressing our worship to God. And when we ignore the needs of others, we have also turned Him away.

When Heart Choices opened in August of 2002 as Heartbeat Pregnancy Center, I doubt any of us imagined the many needs that would come through our doors. Whether it be the young woman facing an unexpected and possibly, unwanted, pregnancy, the young mother who has chosen to deliver her child but has not resources or support to do so, a family who is in desperate need of encouragement in challenging parenting, or a teen who needs the strength to say "no" to premarital sex, God has used the dedicated personnel to guide and provide. These and many other situations continue to not only meet physical needs, but open the door of opportunity to building trusting relationships that are receiving to the Gospel.

Of course, this has only been possible because God's people have responded to His call to be servants and to provide the resources needed. It is truly miraculous to look back and see how needs have been met, enabling staff to be available for individuals to find hope, help, and healing, and for the mission of saving and protecting the lives of children—both born and unborn.

As we celebrate the past decade and a half, we realize the work has only just begun. Philippians 1:6 says we can be confident that "He who began a good work in you will carry it on to completion until the day of Christ Jesus." We can celebrate that nearly 1,000 women and men have received services and the number continues to grow rapidly. We celebrate lives that have been changed as they have accepted Christ and grown in their faith. We celebrate relationships that have been healed. And, most of all, we celebrate babies that have been saved from abortion as their mothers found help and support in a caring, loving environment. The abortion rate in Mitchell County was reduced by 75%. Cloud County was reduced by 43% and Osborne County by 50% this last year!! Those lives are MIRACLES that now have a hope and a future!! THANK YOU to the faithful supporters who made that happen!

As a public funded organization WE NEED YOU! We need your prayer support and we need your financial support. We're heading into a very busy fundraising time which can easily wear out our staff and distract us from being fully present for our clients. Please pray for us!

Will you consider a special anniversary gift or even partnering with us on a monthly basis for the miracles that are yet to come? We truly believe that God's work done God's way will never lack God's supply.

May God bless each of you as you bless others!

~~ Alice



Harvest time is here. Please know that we are praying for a safe and successful harvest for our entire community. Also, please remember that Heart Choices can accept donations of grain at most local elevators, providing the most tax deduction benefit as you share from your bounty to help others. God bless you!

**Welcome New Arrivals!**

Rowan  
2/07/17  
7lbs 6 oz



Kasey Lynn  
6/15/17  
7 lbs 8 oz

Isabella Alicia  
5/30/17  
8 lbs 3 oz

Maci Roselyn  
6/22/17  
6 lb 15 oz

Kathleen Jay  
6/20/17  
7lbs 2oz

**Thank you for donations given**

**IN MEMORY OF**

- Amy Blanchard
- Pat Haney
- Jim Henning
- Francis Long
- Lawrence McKinney
- Evelyn Simmons-McMann
- Steven Raymer
- Joe Simmons
- Noah Smith
- Sharon Carlo
- Mike Anderson

*Thank You*

*For those who blessed us with donations of diapers and baby items*

- Beloit United Methodist Church
- Cawker City Knights of Columbus
- Esbon Knights of Columbus
- St. Edwards Catholic Church
- Thornburg Church Women
- Tipton Knights of Columbus
- Trinity Lutheran Ladies

# It's Back!



## Visit us at the Mitchell County Fair July 27–29 for **Fresh Lemonade!**

*Heart*  
**CHOICES**  
PREGNANCY & PARENTING  
RESOURCE CENTER

**JUNE 29 TO JULY 4**  
**10:00 AM - 10:00 PM**

# FIREWORKS

**STOP BY THE BIG RED  
AND WHITE TENT IN  
FRONT OF SHOPKO  
(BELOIT)**

CLOVER LEAF FLAG RACE POLO TURN  
POLE BENDING PAIR SACK RACE  
and more!!  
\$15 Rider entry (KWAH Points \$1 add'l)

**2nd Annual**  
***Ride for Life***

**Western Fun Show**  
Saturday, July 8   
8:30 am  
Bull City Roughriders Arena  
Alton, KS

All proceeds benefit  
*Heart*  
**CHOICES**  
PREGNANCY & PARENTING  
RESOURCE CENTER

Beloit Osborne Smith Center Concordia

Spectators—FREE (bring a lawn chair)  
Concessions available onsite



Your financial support is especially needed right now!  
Will you help us continue to offer HOPE, HELP, AND HEALING  
to women and families in North Central KS?



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  
 \_\_\_\_\_ Mentor (male or female)  
 \_\_\_\_\_ Helping with fundraisers

**NAME:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
**CITY/STATE/ZIP:** \_\_\_\_\_  
**PHONE:** \_\_\_\_\_  
**EMAIL:** \_\_\_\_\_

Lemonade Stand, Walk for Life, Krispy Kremes

Please include this sheet with your check and mail to PO Box 96, Beloit, KS 67420  
 You may also donate through our website [www.heartchoicesbeloit.com](http://www.heartchoicesbeloit.com)

Your gift DOES make a difference!

*"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*  
Matthew 25:40

**Gather your team now for the Annual Walk-Run for Life—OCTOBER 1st!!**  
**Online registration available soon at [www.heartchoicesbeloit.com](http://www.heartchoicesbeloit.com)**