



NOVEMBER 2024 ISSUE

Newsletter



DIRECTOR'S CORNER

BY MARA SORENSON

Philippians 1:3 "I thank my God every time I remember you."

It's that time of year where our thoughts turn to all of the things that we are thankful for. I want you to know that every day, not just in November, we are thankful for each and every one of you. The board, staff and I truly thank God every time that we remember you and all of the ways that you support First Choice Clinic.

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OUR NEEDS

- Diapers - sizes 3-7
- Unscented wipes
- Winter clothing 2T-5T
- Baby hygiene products

VOLUNTEER OPPORTUNITIES

- Cleaning team
- Church partners
- Board of Director members

Your generosity is greatly appreciated. All contributions are 100% tax deductible. New items will be accepted and can be dropped off at the clinic during normal business hours: Tuesday 9AM-7PM, Wednesday 9AM-5PM, Thursday 9AM-7PM.



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This year we have so much to be thankful for. First Choice Clinic is continuing to be a beacon of hope, help and healing to our communities. If you were at our annual fundraising banquet last month, you heard me speak about how God is bringing more clients to us every month. Our client visits are up over 21% compared to last year, plus we surpassed the number of ultrasounds done in 2023 by April of this year. Because of you, we are also seeing more and more new clients every month, both for medical and educational services.

When you partner with First Choice Clinic you are a part of these successes. There is such a need for everything that we offer and your support makes it possible for us to continue to offer the best care that we can for each person that comes through our doors. This ministry would not be possible without your prayer, financial and material support. Together we are changing lives!

As we look ahead to 2025, I know that we will face many challenges. I also know that the God we serve is more than able to walk with us through those challenges and overcome them. I want to ask each of you if you would commit to praying for us weekly and be led by the Holy Spirit on how to continually support us through your giving. Without you, First Choice Clinic would not be the effective ministry that it is and I know that you will be richly blessed as we are changing generations together.

With Deepest Gratitude,

Mara Sorenson
Executive Director

IN MEMORIAM

Recent gifts to First Choice Clinic have been given in memory of: Stacy Montgomery, Jan Erickson, Dave Wooden and Lou Chicquette.

Please contact us at info@firstchoiceclinic.org if you are interested in giving in memory of a family member or loved one.

Did you know?

Corporate Matches Support First Choice Clinic

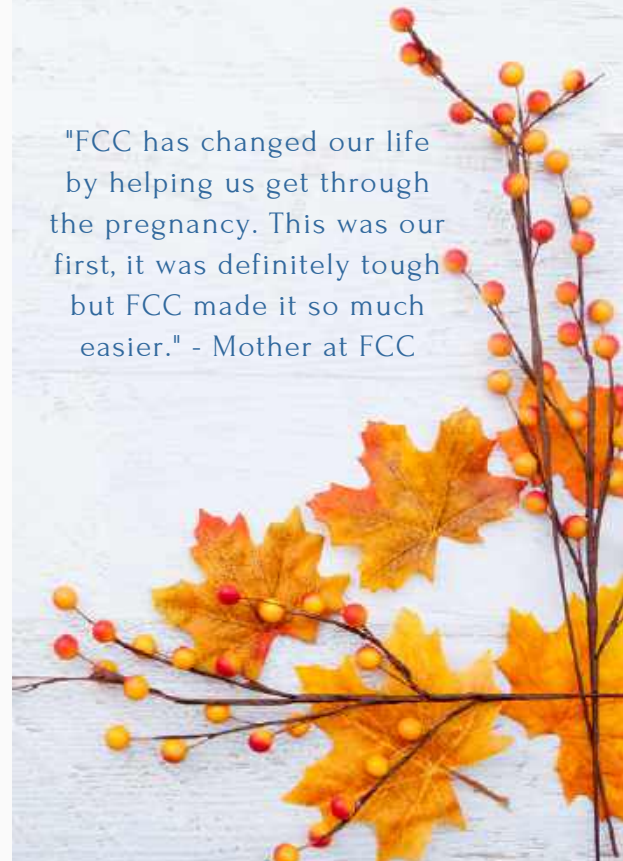
Several employers provide corporate donations on behalf of employees.

This includes:

IBM
Land 'O Lakes
Xcel Energy
Gemini

Check with your employer!

"FCC has changed our life by helping us get through the pregnancy. This was our first, it was definitely tough but FCC made it so much easier." - Mother at FCC



2024 SILENT AUCTION AND BANQUET HAILED A SUCCESS!

First Choice Clinic staff and board members would like to thank the many people that made the Silent Auction and the Annual Banquet such a success. Thank you to the businesses and people that donated unique, handmade items, baskets, or gift certificates and to the people that made all the bids during the auction. “We are very grateful to the many contributors that showed their support for life in our community,” said board member Becky Youngmark. The money raised will impact many families by providing ultrasounds, parenting classes, and material support.

The Silent Auction items were on display at both the luncheon and dinner banquets on October 10th at the Church of St. Joseph in Red Wing. The emcee for the event was Board Member Kevin Altendorf. Father Brandon Theisen led the opening prayer at the luncheon and Pastor Mike Montgomery led



the evening opening prayer. Executive Director Mara Sorenson gave an update on the outreach of the clinic to both women and men clients and their families. Attendees were treated to live music courtesy of Chuck Moehnke and a splendid meal catered by Liberty’s Restaurant. They were inspired with the motivational testimony of the speaker, Ann Marie Cosgrove, founder of Silent No More MN. “God wanted me to enter into the deepest, darkest place of my pain, so that I could enter into His most healing mercy and find a love so real and so deep that to think it was never there is unimaginable,” said Cosgrove. Read more about her message in the next article.

SPEAK UP! FIRST CHOICE CLINIC’S SPEAKER HAS A CALL TO ACTION

“You can take a bike, a car, a bus or a taxi to get an abortion, but it is fear that drives you,” is how First Choice Clinic Annual Fundraising Banquet Speaker AnnMarie Cosgrove explained the struggles and challenges that came about because she made the choice to murder her baby.

The presentation she gave was an inspiration for those in attendance to think out of the box. Often, people wonder how someone could take the life of their baby. Cosgrove challenged us to think about what kind of fear forced that person to make that life-changing decision. Did they feel alone? Did they have support? Were they afraid of what their parents, boyfriend, their church would think of them? These were just a few questions that Cosgrove used to show the other side of abortion.

She challenged us to think about those that will never be parents or grandparents because of their decision. She gave us some insight into how that can change the complete direction of a life. The course of that destructive path changed for Cosgrove when she was touched by the love of Jesus through the death of her mother. Now she travels to encourage people to reach out and support those around them that may be going through an unplanned pregnancy or are carrying the burden of aborting a child. She suggested the audience be prepared to share contact information for a local pregnancy center by saving the phone number of First Choice Clinic, 651-267-4357, in their phones to give support to someone in time of need. She also asked them to also save the national Heartbeat International Options Helpline phone number, 1-800-712-4357 to use if they are not in the local area. She indicated being prepared is helpful when the Lord puts someone in your path who needs to know about a pregnancy resource center and their services. And when that happens, Speak Up!



1614 W 3RD ST
RED WING MN 55066



OUR SERVICES

MEDICAL

Pregnancy Testing, Education & All Options Consulting
Limited OB Ultrasounds
Lactation Consulting
STD/STI Testing, Treatment & Education (men & women)

EDUCATIONAL & SUPPORT

Pregnancy & Parenting Education (EWYL)
Cradle of Hope Pack 'N Plays
Peer Support & Mentoring
Life Skills & Money Management Education
Focus on Fertility Education
Pregnancy Loss - Miscarriage or Abortion Support
Sexual Trauma/Abuse Support
Community Referrals
Youth/Teen Speaking - Abstinence, Sexual Integrity,
Healthy Relationships



"It has helped me improve as a parent a little more to know the needs of my children". - Father at FCC



**DONATE TO FIRST
CHOICE CLINIC**

www.friendsoffirstchoice.org

CLINIC HOURS

- Tuesday 9 AM - 7 PM
- Wednesday 9 AM - 5 PM
- Thursday 9 AM - 7 PM

