



SEPTEMBER 2025 ISSUE

Newsletter

DIRECTOR'S CORNER

BY MARA SORENSON

A Safe Harbor in the Storms of Life

"Finding out I was pregnant was unplanned and First Choice Clinic was a safe place to come." - Mother & Father in our Earn While You Learn Program

Dear Friends,

Life often brings unexpected storms—challenges that leave women and families feeling lost, afraid, and uncertain where to turn. In those moments of fear and crisis, First Choice Clinic stands as a safe harbor. Because of your support, women who might otherwise feel abandoned instead find compassion and hope as we offer practical help.

The Psalmist reminds us: "God is our refuge and strength, a very present help in trouble" (Psalm 46:1). Our mission is to reflect this truth—offering God's love and care to each woman who walks through our doors. Whether she is facing an unplanned pregnancy, struggling with doubts, or weighed down by pressures from others, she finds a welcoming place where she is heard, valued, and encouraged.

Jesus Himself said, "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28). In a world that too often tells women that abortion is their only option, your partnership allows us to give them rest from fear and a new vision for life—a vision filled with hope, peace, and the assurance that they are not alone.

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Because of you, our clinic is more than a building. It is a beacon of light pointing to Christ, the true Anchor in the storm (Hebrews 6:19).

Together, we are reminding women that no matter the circumstances, there is always hope and always a safe place to turn. Thank you for standing with us and being the hands and feet of Jesus. Your prayers and support are saving lives and transforming hearts every day.

With Much Gratitude,

Mara Sorenson
Executive Director



IN MEMORIAM

Recent gifts given in memory of:
Tricia Zimmerman, Darryl Schmitt, Robert Stroupe &
Dick Johnson

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

Prayer Requests

First Choice Clinic's team invites you to join us in prayer for the following:

- *For all mothers to support the child's life when faced with an unexpected pregnancy.*
- *For all our clients, that their needs be provided for spiritually, physically, and emotionally.*
- *For the unborn, infants, and toddlers we serve, that they may be healthy and live in loving homes.*
- *For the staff members, that they may continue to serve with joy and service, as witnesses of the Lord.*
- *For new board members who will assist with the leadership and fundraising of the Clinic.*
- *For volunteers interested in assisting with our development needs.*
- *For increased financial and material donations to cover the growing needs of the organization.*
- *For elected representatives and legal support to continually support women, children, and families' needs above others*

Thank you for joining us in prayer!



Join us for our upcoming 19th Annual Fall Banquet



RSVP TODAY!



The planning for our 19th Annual Fall Banquet is in full swing! Liberty's Restaurant will be catering both meals. This event is free and open to anyone ages 12 and up.

You will hear directly from our clients on how First Choice Clinic has impacted and changed the lives of their families. I know you will be encouraged to listen to their stories in their own words and see the faces of the children who are benefiting from our Earn While You Learn program. You truly don't want to miss it!

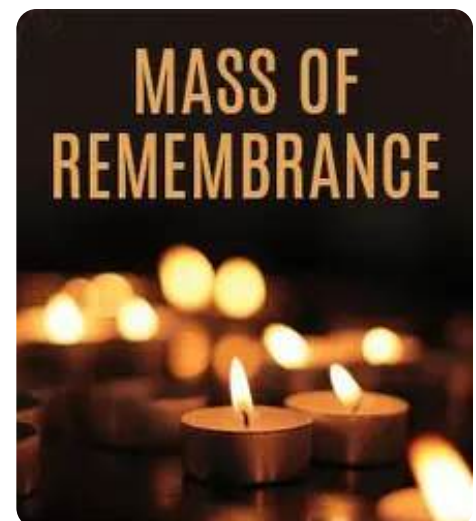
"What brought me to First Choice Clinic was my need to support my son as a single parent with lacking resources and a recent experience of homelessness" - Mother in our Earn While You Learn Program

Mass of Remembrance scheduled for November 20th

All families are invited to attend a Mass of Remembrance at Sr. Mary's of the Lake Catholic Church in Lake City, MN on November 20th at 7:00 pm.

This Mass is a beautiful time of reflection and healing for all those affected by the tragic loss of children of any age. Stay after the Mass for a time of fellowship and refreshments.

Resources to help with the grieving process will be available. The church is located at 419 W Lyon Ave, Lake City, MN.



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We hope to see you
at the banquet
Oct 2nd!
(details inside)



RSVP TODAY!



OUR NEEDS

- Diapers - sizes 5-7
- Unscented wipes
- Clothing - 12 mos to 5T
- Hooded towels & washcloths
- Diaper bags
- Toddler Shoes - all sizes
- Gift Cards (Walmart, Target, Amazon)

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.

CLINIC HOURS

- Tuesday 9 AM - 7 PM
- Wednesday 9 AM - 3 PM
- Thursday 9 AM - 7 PM

**DONATE TO FIRST
CHOICE CLINIC**



www.friendsoffirstchoice.org