

WHAT'S INSIDE

2
Continued Letter from
the Founder

3
Walk for Life

4-5
Meet the Babies

6
After Abortion Care

7
Gifts Given

8
Upcoming Events

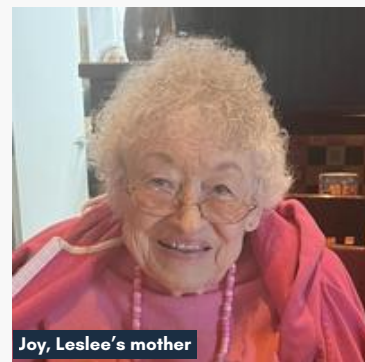
KEEP IN TOUCH



alphacenterfriends.com

BUILDING A LEGACY OF *Generosity*

I want to take a moment to reflect on both the legacy of my late mother, Joy, and the enduring spirit of generosity that continues to drive Alpha Center. Joy was a remarkable woman who went to her new heavenly life on July 1st. Her unwavering faith and commitment to helping others impacted countless lives, including mine. As I navigate this season of loss, I am inspired to honor her memory and encourage you to think about the legacy you wish to leave behind.



Joy, Leslee's mother

Have you ever considered the lasting impact that your support has on this community? Legacy giving is not just about leaving a financial gift; it's about ensuring that your values and vision for the intrinsic value of human life endure long after you're gone.

Thoughtful estate planning plays a vital role in Alpha Center's sustainability and growth. This allows us to advance our services, expand our reach, and continue providing the hope and practical support so many people depend on as they journey through an unexpected pregnancy. When you include Alpha Center in your estate planning, you're not just donating funds; you're becoming a vital part of our family, committed to inspiring hope in the lives of women and men.
(Continued)

*"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."
Matthew 6:19-21*

CONTINUED LETTER FROM THE FOUNDER

As you consider *your* future legacy, here are a few tips to remember when planning your legacy:

1. **Reflect on Your Values:** Think about the causes and organizations that resonate with you. What drives your passion? How might you want to contribute to these causes long-term?
2. **Consult a Professional:** Estate planning can be complex. Involve a financial advisor or estate planning attorney to ensure your wishes are honored.
3. **Choose Purposefully:** Consider designating a portion of your estate to Alpha Center. Your support can continue to impact lives and bring hope for generations to come.
4. **Communicate with Your Loved Ones:** Share your intentions with family members. Discussing your legacy plans can help strengthen connections and let loved ones understand your passions.
5. **Explore Gift Options:** Legacy gifts can take various forms—bequests, charitable gift annuities, or even the donation of appreciated assets. Each option has its benefits, so discover what works best for your situation.
6. **Start Small:** If a comprehensive estate plan feels overwhelming, begin with a simple will, then build from there as you become more comfortable with the process.
7. **Make It Official:** Once you have made your decision, confirm your plans in writing. Share your intentions with your loved ones and Alpha Center, so we can celebrate your commitment to making a difference!

“Blessed is he who plants trees in whose shade he will never sit.”

-Greek Proverb



By considering a legacy gift to Alpha Center, you're ensuring that your support continues to create a ripple effect of hope, compassion, and empowerment for those facing unexpected pregnancies. Together, we can foster a community where individuals feel supported and informed, no matter their circumstances.

Thank you for being a part of the Alpha Center family and for believing in our mission. You are a beacon of hope and life.

For HIS Unborn,



Leslee Unruh
Founder, Alpha Center



WALK FOR LIFE



HOSTED BY ALPHA CENTER

**SATURDAY,
OCTOBER 18
8:30AM - 11:00AM**

**LACE UP FOR LIFE! JOIN ALPHA
CENTER'S WALK FOR A CAUSE**



Ready to make a real difference and have a blast while doing it? We've got just the event for you! Join us for Alpha Center's Walk for Life—a fun, family-friendly event that helps us support individuals and couples facing unexpected pregnancies right here in our community.

We're all about building stronger, healthier families, and you can be a huge part of that. Choose your path: a refreshing 2-mile walk or a more challenging 5k walk/run. Bring the kids, grab your friends, and make it a team effort!



GETTING INVOLVED IS EASY AS CAN BE:

- Sign up! Register as an individual or create a team with your friends and family.
- Set your goal! Follow the instructions given after registration to activate your online fundraising page.
- Share the love! Send the link to everyone you know and watch the donations roll in.

CAN'T MAKE IT ON THE DAY OF THE EVENT? —————

No problem, you can still be a hero! Your support is vital, and you can help by:

- Making a donation directly to the event or to Alpha Center.
- Offering a prayer for our clients and the mission.
- Walk on your own or with friends some other time that weekend and still try to get sponsors!

**Let's
walk
together
for life!**

Ready to get started or have a question? We're here to help! Give us a call at 605-361-3500 or shoot us an email at projectmanager@alphacenter.org.

MEET *the* BABIES

We asked our Alpha Babies to answer the following questions, and here is what we found out:

1. When was I born?
2. How was my name picked or what does it mean?
3. What do I like to do?
4. What does mommy like to do in her spare time?



Leo

- March 17
- From Leo The Lion
- Eat & Giggle
- Make TikToks & Go On Walks

Milani

- April 1
- After My Great-Grandmother
- Be Outdoors
- Workout



Jamila

- September 4
- My Name Means "Lovely One"
- Smile
- Take A Nap

Chozen

- April 30
- Because My Parents Chose To Have Me
- Tummy Time
- Play Video Games





MEET THE BABIES *Continued*



Our annual Meet the Babies evening is one of the most special nights of the year at Alpha Center—a time set aside to celebrate the precious families we serve. It's a joyful gathering filled with food, fellowship, arts and crafts, thoughtful gifts, and the priceless opportunity to capture cherished family photos. Each smile and hug reminds us why we do what we do: to support, uplift, and walk alongside these families as they nurture the beautiful lives entrusted to them. None of this would be possible without the generosity of our incredible supporters and volunteers. Thank you for making moments like these a reality!



AFTER ABORTION CARE

Women choose abortion for a variety of reasons. Some of the more common sentiments that we hear at Alpha Center include the following: “It is not the right time,” “I don’t have the support or resources,” “I didn’t know I could get pregnant.” In the beginning, abortion might look like a reasonable option for escaping an unplanned, unwanted situation. While the initial feelings may be relief and the ability to “move on” with life, it is important to look at the long-term footprint that abortion leaves in its wake.

According to current statistics, **1 in 4 women** will have an abortion in their lives. This means countless women in our country will experience and express their guilt, shame, and grief in unique ways. The psychological effects of an abortion can mimic the symptoms those with Post-Traumatic Stress Disorder (PTSD) experience, and include the following characteristics:

- Eating Disorders
- Alcoholism
- Self-Destructive Behaviors
- Promiscuity & Multiple Abortions
- Difficulty with Interpersonal Relationships
- Sexual Dysfunctions/Addiction
- Anxiety, Depression and Panic disorders
- Flashbacks & Nightmares
- Suicidal Thoughts & Tendencies



Eventually, for some women, there is a time when they feel incapable of handling the effects of abortion on their life. If those around her (friends, family members, pastors) understand that these challenges could be tied to a past abortion, the road to healing may begin. At Alpha Center, we can help women start moving down this road. It is one where forgiveness and freedom are found, with Jesus at the core of healing. This road is not an easy one, but for the woman who has undergone an abortion and is living in the aftermath of regret, there is hope.

***You kissed my heart with forgiveness,
in spite of all I’ve done.
You heal me from the inside out.
You don’t look at me only to find my faults,
just so that you can hold a grudge against me.
You discipline me for my many sins,
but never as much as I really deserve.
Nor do you get even with me for what I’ve done.
Higher than the highest heavens—
That’s how high your tender mercy extends!
Farther than from a sunrise to a sunset—
That’s how far you’ve removed my guilt from me.***

***—The 103rd Psalm of King David,
paraphrased, The Passion Translation***

Are you in this place of difficulty, or do you know someone who is? You do not need to walk this journey alone. For more information, contact Amy, After Abortion Care Coordinator at Alpha Center.

counseling@alphacenter.org
605-361-3500

¹ Thorp, J.M., Harmann, K.E., Shadigian, E. (2003) Long-term physical and psychological health consequences of induced abortion: Review of the evidence. *Obstet Gynecol Surv.* 58(1)67-79.

² Curley, M., Johnston, C. (2013). The characteristics and severity of psychological distress after abortion among university students. *The Journal of Behavior Health Services & Research*, doi: 10.1007/s11414-013-9328-0.

If you are a **pastor** or **church** leader seeking after-abortion resources, we would be honored to come alongside you. Alpha Center is here to equip and support you as you care for those in your congregation and community who may be carrying this burden. Please reach out—we’re here for you! Call 605-361-3500 or email counseling@alphacenter.org.

GIFTS GIVEN

MINISTRY PARTNER

IN MEMORY OF

THOMAS & KAREN ASFELDT	ALICE ANN STANGE
ALAN & AVIS BAKKER	TYLER DEN BESTEN
GARY & JOANNE BAKKER	JOHN & MARIE BAKKER AND BILL & HENRIETTA VANDEWAERDT
DWIGHT & DEB BEUKELMAN	LILIAN BEUKELMAN & JOY INGALLS
DAVID & NANCY BOGENHAGEN	SHANNON RASMUSSEN & JUSTIN EVERSON
PASTOR MICHAEL & COLLEEN BRANDT	JOY INGALLS
DON & RENEE BRONDSEMA	KARLA KUIPERS AND KENNETH & DONNA KUIPERS
THOMAS & MARY CINK	MARY MARGARET GENGLER
REV. GEORGE & MARY CLAUSEN	PETE SOODSMA
JULIE & SHAWN CLEARY	MARY MARGARET GENGLER
DAVID & NANCY CUTSHALL	JOY INGALLS
LEONARD & JOANNE DANKEY	MARY MARGARET GENGLER
DARWIN & Lyla DUBS	DALE & ALICE ANN STANGE
DR. DAVID L. & JULIE ELSON	MARY MARGARET GENGLER
KARLA FERRIN	LINDA KRAFT
SHELLY & DAROLD FRIESE	JOY INGALLS
MINDY KLEIN	LINDA KRAFT
KEN & RHONDA K. KOCH	DORIS CUMBEE
WILLIAM & SADIE KORTMEYER	MARV VELDKAMP
NORMA KRUGER	LOREEN HARMAN
JOHN KUNNARI	MARY LOU KUNNARI
JOSEPH & AMY MATTSON	MEATLOAF MATTSON
REV. GERALD & PAULA MERKOURIS	JOY INGALLS
STEVEN & NANCY NEFF	JOY INGALLS
MYRNA NELSON	ALICE ANN STANGE
PAMELA & MILTON OPLAND	ALICE ANN STANGE
ERIC & GRETCHEN PEDERSON	ALICE ANN STANGE
JAMES & MAURINE PEDERSON	ALICE ANN STANGE
DR. GLENN & COLENE RIDDER	MARY MARGARET GENGLER
KEITH & ANN SCHAEFBAUER	MARY MARGARET GENGLER
ALLEN & SANDY SEVERTSON	JERRY ERICKSON
LEA ANNE THOMPSON	MARY MARGARET GENGLER
LISA & RANDY ULMER	JOY INGALLS & PATRICIA KNUST

GIFTS RECEIVED BETWEEN JUNE 17, 2025 AND AUGUST 20, 2025.

MINISTRY PARTNER

IN HONOR OF

LONA EDMUNDSON	GREAT-GRANDDAUGHTER AMANI'S 1ST BIRTHDAY
ROBERT & CRIS SICHMELLER	MR. & MRS. NATHAN ANDERSON'S ANNIVERSARY
HELEN SOODSMA	DR. RACHEL BONNEMA'S BIRTHDAY
EUGENE & CHERYL THOMAS	CHRISTINE VELDHUIZEN
LINDA & DOUG TINKLENBERG	DR. ALLEN UNRUH'S BIRTHDAY
ORVILLE & ARLENE VANT HUL	ALL TEACHERS AT HULL CHRISTIAN, GRANDSON DRAKE VANT HUL AND GREAT-GRANDSON WYATT VANT HUL
MARK & DENISE VENNER	MARK VENNER
ROGER & CAROL VIS	THANKING THE LORD FOR OUR 60TH ANNIVERSARY

Notes FROM SUPPORTERS

DEAR ALPHA CENTER, THANK YOU FOR ALL OF THE LIFE SAVING WORK THAT YOU DO. MAY GOD BLESS YOU ALL ABUNDANTLY.
-YOUR SERVANT IN CHRIST

DEAR ALPHA CENTER, WE ASK THE LORD JESUS TO PROTECT THE STAFF AND THE PROPERTY. TO STRENGTHEN YOUR HEARTS AND HANDS FOR THE WORK OF SAVING THE MOST HELPLESS AMONG US.

ALPHA CENTER, ENCLOSED IS A CHECK FROM US TO CONTINUE YOUR LIFE SAVING WORK FOR MOTHERS & THEIR BABIES. MAY GOD BLESS YOU & GUIDE YOU TO CONTINUE THIS VERY IMPORTANT MINISTRY!

Whoever brings blessing will be enriched, and one who waters will himself be watered.

-Proverbs 11:25



3405 S. KIWANIS AVENUE
SIOUX FALLS, SD 57105

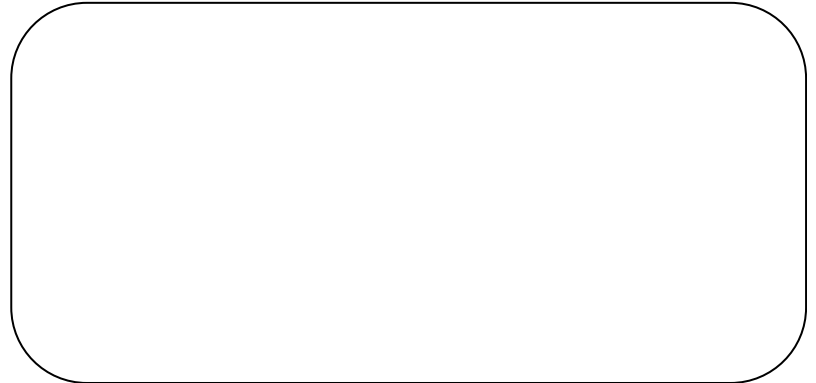
Return Service Requested

NON-PROFIT ORG
US POSTAGE PAID
PERMIT #1581 SIOUX
FALLS, SD

PLEASE PASS THIS
NEWSLETTER ON TO
EDUCATE AND
MOTIVATE OTHERS

A PDF version is available on our
website:
alphacenterfriends.com

STAY UP TO DATE



UPCOMING EVENTS

Save the Date:

**ALPHA CENTER
ANNUAL DINNER**

FRIDAY, APRIL 24, 2026

More details coming soon!



SCAN THE QR CODE TO
VISIT OUR EVENT
CALENDAR FOR MORE
INFORMATION



**BOOTH AT THE
SD RIGHT TO LIFE
CONVENTION**

SEPTEMBER 26 & 27

Pierre, SD



WALK FOR LIFE

OCTOBER 18 8:30-11:00AM

Alpha Center



**SCAN
TO
REGISTER**