

"Healthy
Choices with
an emphasis on
God's plan."

Reaching Millennials

Izzy was one of a couple dozen students in the 7th grade class. She didn't participate too much during the first day. Izzy was a little suspicious and a bit uncomfortable because they were going to be talking about some "adult" type topics.

The class, called *Healthy Choices*, was led by a young woman they called Miss Rachel. Little by little, Izzy and the other students began opening up, getting more comfortable and even participating with questions and answers. They all enjoyed Miss Rachel's energy-filled, interactive lessons and loved that she had a great sense of humor.



Izzy and teens everywhere are facing issues like:

- Sex & relationships
- · Stress, anxiety & emotions
- Drugs
- Making the right decisions

The teachers witness the after-effects of Rachel's presentations. They report that while Rachel brings laughs and

games, the students are learning and remembering. The students wish adults knew that teens "need someone to talk to." Rachel is one adult that the kids can talk to thanks to Healthy Choices.

Izzy explains, "Miss Rachel made the class feel comfortable even though we talked about issues that normally wouldn't be talked about." Another student commented that it wasn't a boring lecture, it was a lot of fun and full of important information.

continued on pg. 3

Did You Know?

Teens today have tough questions and tough situations. Rachel Greiner speaks to them at schools all over with our Healthy Choices program. Despite how it may feel, students DO open up sometimes to adults they trust. See an exchange Rachel had with a teen at ALife2.com/blog.



Give from your IRA

AN IRA is an appealing way to save for retirement, make a contribution, and enjoy tax savings. Eventually that tax bill comes due: when you begin taking your annual distribution (and every year after that) and again when you leave your assets to your heirs.

If you're 70½ or older, you can use the IRA charitable rollover to make a tax-free gift to WLFL. This allows you to transfer any amount up to \$100,000 annually directly to a qualified charitable organization without paying income tax on the distribution.

Magnify your Impact After Your Life

Regardless of your age, you can give from your IRA by naming WELS Lutherans for Life, Metro-Milwaukee as a beneficiary of your account. This is a great option for extending support from your IRA beyond your lifetime.

2020 Vision

Wow, 2020 sure started off with a bang! So much to share with you and so little space in this newsletter. As we reflect on the past decade and look to the future, we have confidence that our Lord leads his people to carry out his ministry. Our theme verse for this year is 1 Chronicles 16:11, "Look to the LORD and his strength; seek his face always."

In addition to all the regular ministry programs we do, here are four things we've been working on:

- 1) Purchasing the building that we've been in for nearly 16 years. That's right, we're putting down some solid roots. The owner let us know he was going to sell and offered the sale to us before putting it on the market. Through prayerful deliberation, the board of directors decided it would be a good move.
- 2) Getting the STI/STD testing off the ground. RN's, we need you! We're almost ready to kick off STI/STD testing, but we need medical persons to do the testing and reporting. Can you help a few hours per week or month?
- 3) Building out our father program. As we move forward in our efforts to reach the men who come in our door, one of the key ingredients to our success will be input, engagement, and ownership from those who know best what it means to be a father. Yes, I'm talking to you men. We want to effectively strengthen young fathers, many of whom may have never had a father in their lives. Our ultimate goal? Build more families. Families with two parents. Families with a faith in God and hearts to serve others.
- 4) Reconnecting with churches and schools. We are a para-church organization, not the church. Much like paramedics help in crisis and then hand off the patient to the hospital, we need to work together with churches to more effectively reach and then help the families we serve and those who need us.

Each of these provides opportunities for you, or someone you know, to get involved. I'd love for you to join us as we build these efforts. Interested? I hope so. Please drop me an email at Peter@ALife2.com or call 414-331-6066.

In time, I'll be providing you more information about these four initiatives. Be sure to sign up for our email news so you don't miss any timely updates. Opt-in here: www.ALife2.com/e-news-opt-in.

Please pray and consider how you can help us. Thank you!



For Life in Christ,

President & CEO

Reaching Millennials continued

Rachel expresses that with Christ and his guidance, we're able to talk about this stuff in a positive way. We're able to say, "Good News! God has a plan for you. Good News! You could do great things with your life. You can have healthy relationships and can be a blessing to so many people."

Rachel adds that *Healthy Choices* does more. "We're not just equipping students. We're passionate about empowering parents/guardians as they walk with teens. The response to our parent nights has been very positive." The goal of these meetings is to build confidence in the parents/guardians so they are empowered to continue these difficult conversations with their teens as well.

Rachel reached more than 1,600 students and nearly 300 parents in 2019 with a message of *Healthy Choices*, emphasizing God's plan for each student. Thanks to your support, teens are getting equipped to make healthy, godly choices through the *Healthy Choices* program.

For more visit ALife2.com/blog



Comments about Healthy Choices

- "I liked Rachel's sense of humor and her openness. I learned that I really want a beautiful, godly relationship/marriage and that setting goals can help your future." Student
- "I like the stories and how funny Miss. G can be. I set boundaries for myself and learned what I do now affects my future." 7th grade girl
- "You taught us the good things about relationships and I learned GOOD and bad things about sex." 8th grade boy
- "Rachel did a great job of showing how much she cares about young people and helping them make healthy, Christian-based life choices. My students didn't want Rachel to stop coming! I can't wait to have her back in my classroom next year." Teacher.
- "I remember what Rachel told me. I'm overjoyed that I could make the right decision (choose abstinence) and I hope I can stay strong. Everyone needs this!" 10th grade boy



Encouragement from our Partners:

- Thank you for all of your good work! Bill & Karleen L.
- Enclosed is a gift toward the important work you do. The Lord richly bless your labors for him and for Life! Paul & Kathryn S.
- I'm so thankful for your ministry to speak up for the unborn and to assist the mothers in hearing God's Word, as well as helping them in other ways. Sandy W.
- Thank you for all that you do! This donation is on behalf of terrific mother who models her life around Proverbs 22:6. Your mission is in my prayers. God's blessings! Ryan Z.

Thrivent Choice Dollars

Thrivent members, you must direct your designated Thrivent Choice Dollars before March 31. Don't miss this opportunity to recommend that Thrivent Financial provide funding to WELS Lutherans for Life. Go to Thrivent. com/thriventchoice or call 800-847-4836 and say "Thrivent Choice" after the prompt.

TRIBUTE GIFTS

From 4th Quarter of 2019

Show how special people are or how their lives have touched yours. Send a gift in memory of someone who entered eternal life or honor someone for a milestone (birthday, baptism, adoption, anniversary, confirmation, graduation, etc.). Each gift is gratefully acknowledged and noted in future Sacred Trust issues.

In Honor

From

Jerry & Vicki Raddant Dan & Carrie Rynders

Scott & Rebecca Klitzke Scott & Rebecca Klitzke Robert & Christine Baker Warren & Terry Groskreutz Terry & Carol Kveen Lyle & Marilyn Krueger Fritz & Kathy Horn Mark & Karen Mathwig Barbara Weihing Evan & Trudie Roloff Evan & Trudie Roloff Evan & Trudie Roloff

Celebrating

Many friend's birthdays On Vicki Raddant's birthday acknowledging all she does at the pregnancy center Callista Marie Carlson's 7th birthday Solomon Charles Carlson's 3rd birthday New grandson Cosley Baker's birth Granddaughter's birthday 45th Wedding Anniversary Our grandchild, due in March Adoptive parents and foster parents Janice Mathwig's Birthday God's abiding presence Gene & Sharon Huth's Wedding Anniversary Thanksgiving for a Christian Mother Tim & Paula Drea and Jadyn & Justyce for being dear

In Memory

From

Merlyn & Corrine Krueger James & Sharon Aderman Bob & Carol Goelz Bob & Carol Goelz Ruth Lampe Brian Stichmann David & Linda Pollesch Bill & Karleen Liedtke Divine Peace Lutheran Church George & Mary Ann Scott Gerry Babinec Bob & Jan Niemuth Evan & Trudie Roloff Earl & Elnor Reichel Cheryl Ehlke Gerald & Jeanette Adams

Bill & Karleen Liedtke Roger & Miriam Festerling Bill & Karleen Liedtke Laila Arndt Jerry & Georgia Adams

Stephen & Leslie Granberg Christine Warnke Vivian Swanson Nate & Heidi Sebald

Jane & Philip Krueger

Pam Hunt

In Memory of Zach Link

LeRoy Wangerin Walter & Linda Goelz Glenn & Pearl Kolbow Loved Ones Harlow Stichmann Arlene Werth Edith Bardele Catherine Shollack Charles Weinheimer Don Babinec Nancy Wendt Ed Huth Jenise Fouts Paul Luciani L. Peter Sauer Debbie Popp Theodore Kuske Lester Reichel Del Ehlke Tim Zanowski Ruby Liedtke

Our granddaughter, Caitlin, killed in auto accident 11/13

Bud Keller Paul Arndt Arlene Werth Arlene Werth Arlene Werth Stuart Nelson Ken Freiesleben Parents Fred & Lillian Koch Dorothy Kosinski

Client Story

Sophie came to our clinic with a baby, suspecting that she was pregnant again. She was young, without the help of her family, and anxious about having another child. Still, she was excited about being a mom again and she was eager to see her baby on the ultrasound. Sophie waited, but her ultrasound was inconclusive.

Sophie had experienced a miscarriage, and she was completely heartbroken. We consoled Sophie with God's word. She was given a miscarriage info pack, which can help grieving parents at the loss of a baby.

Our advocate encouraged Sophie to come to parenting classes for additional support, and she accepted the offer. She has become a regular attendee at our Loving Parents class! Here she has a support system and earns incentive dollars while learning and being encouraged through God's word. Thanks to you and your donations, we can support moms like Sophie through tough situations!

This story first shared on our Facebook page: Facebook.com/WELSLFL.

Life-A-Thon 2020

Join us for the 2020 fundraising walk/run and Face Life's Obstacles with Strength.

Date: Saturday, May 19, 2020

Time: 9 am - Check-in/registration 9:45 am - Kid's Obstacle Run 10 am - 5K Walk/Run

Where: Wisconsin Lutheran Seminary

Cost: \$25/person, \$60/family, \$85/school group *Free WLFL draw-string bag with registration

Peer2Peer fundraising for a chance to win prizes

REGISTER NOW

at Life-A-Thon.org or 414-727-8176