



Dakota Hope clinic

*choices for a
bright future*

**From the
director's
desk**



WHAT IS ESSENTIAL?



BY NADIA SMETANA, RN, BSN
CLINIC DIRECTOR

Last year, as the pandemic caused authorities to shut down many services, some states attempted to classify abortion providers as “non-essential”. This spurred court battles with pro-abortion groups. There was no such effort in our state and abortions continued to be performed in ND and surrounding states.

At Dakota Hope, we modified our procedures and continued to serve the community without interruption. The need was great, as a record number, (92% increase) of abortion-minded women sought our help in 2020. The credit here goes to our staff who kept showing up for work, and all of you who continued your donations. One of our staff, Tim Knutson, spent 2 weeks in the hospital with Covid. Thankfully, he recovered and was able to return to work.

So why is Dakota Hope essential? Many would answer that is because we “save babies.” It is true that at least 90 of the 114 women at risk for choosing abortion who sought our help in 2020 decided to carry their babies to term. The decision of 9 women is unknown. But it was the mothers who made the courageous decision to carry. The essential role of Dakota Hope is to help mothers make a fully informed decision, provide long-term support, and post-abortion healing for those who need it.

Many are deceived by widespread reporting that “most” women do not experience negative reactions to abortions. That conclusion is based on ideologically driven junk science. There are plenty of good studies demonstrating the physical and mental-health risks of abortion, and, according to Dr. David Reardon, “There is not even a single study, much less a body of studies, demonstrating that abortion is the direct cause of any measurable benefits to women.”*

At Dakota Hope, we share evidence about risks and alternatives that is based on good studies, and the love and support that every pregnant woman deserves.

Thanks be to God’s grace and all of you, who made this possible, even during a pandemic.

*"In the middle of difficulty,
lies opportunity."*

ALBERT EINSTEIN

For more information and references on the abortion and mental health controversy, see these articles by Dr. David Reardon:

<https://bit.ly/3kAacP5>

<https://bit.ly/3DtANG7>

SERVICES *free of charge*

- Pregnancy testing
- Limited OB ultrasound
- Pregnancy options
- Abortion pill reversal referral
- Support for men
- Parenting classes
- Earn while you learn
- Post abortion healing support

HOURS

TUESDAYS

10:00 am – 7:00 pm

WEDNESDAYS

8:30 am – 4:30 pm

THURSDAYS

8:30 am – 4:30 pm
Walk-Ins Welcome

CENTER INFO

315 Main St. S.
Suite 205
Minot, ND 58701

CLIENT LINE

701-852-4673

Answered 24/7

BUSINESS LINE

701-852-4675

TEXT

978-705-3421

dakotahope.org
info@dakotahope.org
facebook.com/FriendsofDHC





"THIS CHANGES EVERYTHING"



BY KRISTI FANNIK, RN,BSN
NURSE MANAGER

Before ultrasound technology, the womb was a mysterious place. Then ultrasound, like a flashlight or headlights, illuminated the darkness. This new machine showed us the reality of what is beyond our sight. In 1956, the first ultrasound machine was invented by an obstetrician and engineer in Glasgow, Scotland. The prenatal ultrasound didn't really catch on until the 1970's, but by the end of the 20th century, it was routinely used. Current ultrasound technology has made the images clear and even sharable. Expecting parents routinely post ultrasound photos on social media and share them with their loved ones.

If you have never seen an ultrasound, it is hard to understand the feeling of seeing a new, unique life with your own eyes. It is powerful. We know they have a heartbeat at 4 to 6 weeks, but it still doesn't feel real until you see it with your own eyes.

We offer the opportunity to watch the screen during every ultrasound that we do.

Occasionally a woman doesn't want to look, but almost every woman, most every

boyfriend and almost every weepy grandma in the room looks at the screen. They want to see. And the most common response we hear is 'We had no idea.'

For the most part, Christians have always held onto faith concerning the preborn. We all know about Psalm 139:13-14: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

We recently had a client in who was determined that she was going to choose abortion. The ultrasound showed that her pregnancy was actually further along than what she thought. The image on the screen was that of an almost 10 week ultrasound instead of the 6 weeks that she was expecting. She was very quiet and emotional. "This changes everything", were the first words that she said. She asked if she could have a picture to take with her. The truth of what she was seeing was overwhelming for her. That truth, however, is so important when making such a life-changing decision.

While ultrasound is a powerful tool, the key to changing hearts and minds is an ultrasound given within a caring, compassionate environment where explanation and counsel can be given. A lot of people think the ultrasound alone is what will be the absolute game changer. It isn't really, because a woman knows that it's life. Seeing the image can be powerful and can help a lot, but it doesn't change the fact that she still feels overwhelmed and desperate.

Ultrasound is just the first step. It's day one of a long journey. Most of the work we do comes after the ultrasound in the form of education, mentoring, finding community referrals and assistance and offering material assistance as well as grocery/gas stamps. It's not a cookie cutter process. Every client and their situation is unique. We have to meet each woman where she's at and help her to define and fulfill her needs. She has to feel like continuing the pregnancy and choosing life is truly achievable.

We ask you to continue to pray for our clients, for those who have made a decision to carry the new life within them as well as those who have made the choice for abortion. We also request prayers for our staff. It is difficult for us to comprehend that some of the new lives we see on ultrasound, may never have the opportunity to be born. We know that we cannot force someone to hear a message they are not ready to receive, but we must never underestimate the power of planting a seed. We are grateful for all of you who pray, volunteer, and donate so Dakota Hope can share God's love and provide compassion, care, and assistance to the families in our community.

"This place has such wonderful service and great people. I did not know that places like this existed. The things I was able to get from the store were so helpful to me and my girls."

ALYSSA, CLIENT

Earn
while you
Learn 

CALL
TO
ACTION

Tell someone you know
about Earn While You Learn.



SupportAfterAbortion.com

Their vision is to end the
demand for abortion by healing
those impacted by abortion.

SUPPORT
AFTER ABORTION



WELCOME TO KARMEN HANSON

Administrative assistant

Karmen Hanson joined the Dakota Hope staff in July 2020 as Administrative Assistant. She took over for Darice Burdick, who resigned to pursue her education. Karmen grew up in Minot and graduated from Bishop Ryan High School. She worked as a resident advisor at the Perry Center Maternity Home while attending cosmetology school in Fargo. Karmen worked as a stylist in Minneapolis and a nanny in Minot. Having had a crisis pregnancy herself, she has a strong desire to help other women and families overcome the pressure to choose abortion. She also wants to help women who find themselves in danger of domestic violence. Karmen is a member of Our Savior Lutheran Church and is the hard-working mother of 3 boys, Weston, Asher, and Teddy. Karmen gives all glory and praise to God for his steadfast and never-ending love and grace

PAM STENZEL RETURNS FOR DAKOTA HOPE BANQUET AND SEX-ED YOUTH EVENT IN SEPTEMBER



Are young people capable of making good, healthy decisions about sex and marriage? Pam Stenzel, who travels worldwide, speaking to more than 500,000 students each year, believes they are, but only if they are given the facts about the emotional and physical consequences of sex outside of marriage.

Pam tackles today's tough issues of sex with candor, insight, humor. She holds a Bachelor's Degree in Psychology and a Masters in Marriage and Family Therapy from Liberty University. For years, Pam was on the "front lines" as Director of Alpha Women's Center, a counseling center for women undergoing crisis pregnancies. Drawing from her personal story, as well as her visits with teens around the world, Pam is in great demand both in the U. S. and in other countries.

Dakota Hope Clinic is pleased to bring Pam Stenzel back to Minot for their 10th Annual Fundraising Banquet, as she was the speaker for their first banquet in the fall of 2012. Attendees have a choice of listening to Pam at the ND State Fair Center in Minot on Monday, Sept. 20 or at the Mountrail County South Complex in Stanley on Tuesday, Sept. 21. Both events will begin at 6:30 pm with a meal. There is no charge to attend, but all attendees will be asked to make a financial donation to Dakota Hope Clinic. The Banquets are limited to adults and registration is required at least one week prior to the event. You can be registered by your table host or self-register by calling 701-852-4675 or go to www.dakotahope.org/events.

Pam Stenzel: Speaking to Area Youth

Parents who attend Dakota Hope banquets, frequently ask if their children can attend because they want them to listen to a great pro-life speaker. This year, we have added an extra event for the youth to attend.

Pam will be speaking at area schools (South Prairie, Bishop Ryan, Stanley, Tioga) and at SEX-ED #nomessingaround, a free community event open all area youth, junior high and older. Parents, teachers, and youth leaders are also welcome. SEX-ED will be held at the ND State Fair Center on Sunday, Sept. 19, at 7:00 pm. No registration required.

While Stenzel is Catholic, she draws on scientific research to challenge youth to "avoid" the risks of sexual activity outside of a faithful marriage, not just "reduce" those risks. Her primary prevention approach includes encouragement for anyone who has already made unhealthy choices, that it is never too late to start over. She shares her confidence that youth are capable of making healthy choices if given the facts and support they need.

SAVE THE DATES

**Pre-registration required. Go to DakotaHope.org or call 701-852-4675*

Monthly Prayer

Every 2nd Tuesday
12:05pm
In-person or virtual

Sex-ed #nomessingaround

Free youth event with
Pam Stenzel
Sunday, September 19th
7:00pm

Fundraising Banquets*

Stanley
Tuesday, September 21st
Dinner at 6:30pm

Minot

Monday, September 20th
Dinner at 6:30pm

Discover Peace After Abortion*

Fall session starts Sept 27th

Church Ambassador Training

Friday, October 15th
10am or 5pm



Festival of Trees*

November 19 & 20
Dinner + auction Saturday

*Includes holiday vendor show,
concerts, children's activities,
afternoon Christmas tea, festive
holiday fun run, free pictures with St.
Nick, tree viewing and much more!*

See schedule at festoftrees.com



DAKOTA HOPE CLINIC NAMES THREE BOARD MEMBERS, OTHERS RETIRE

Cynthia Laumb, Tanya Watterud, and Ricky Aberle have joined the Dakota Hope Clinic board of directors.

Laumb of Berthold is a retired licensed practical nurse. A graduate of Powers Lake High School and North Dakota State College of Science in Wahpeton, Laumb has worked in healthcare in Rugby, Berthold and Minot. She is a member of Berthold Baptist Church where she serves on the Trustee Committee. She has been a member of the Ecumenical Council, served as president of the church women's group, taught Sunday school, assisted with the after-school program, and participated in other church ministries. She is currently the Dakota Hope Ambassador at Berthold Baptist Church, and serves on the Client Services Committee.

Aberle of Minot is the chief financial officer for Enerbase in Minot. He has an associate's degree from Bismarck State College and bachelor's degree from University of North Dakota, Grand Forks. He is a member of Our Lady of Grace Catholic Church in Minot and serves as Deputy Grand Knight of the Knights of Columbus Council. He is also treasurer of the local Boy Scouts and president of 3 Kings Workshop, which provides toys to children in need through encouraging donations of items. He continues to serve on the Dakota Hope Finance Committee.

Watterud of Minot is the coordinator of the faith formation program at Our Lady of Grace Catholic Church, Minot. Originally from Columbus, ND, she has a bachelor's degree in Mass Communications from Minnesota State University Moorhead in Moorhead, Minn. She previously served as communications director for the Diocese of Fargo and editor of its newspaper, New Earth, and was a member of the 40 Days for Life North Dakota committee. She is also a freelance writer for Minot Magazine and serves on the Dakota Hope Communications Committee.

The three new members joined Bob Paulson, Dean Redington, Deborah Folden, Marsha Rogne, and Amber Vibeto on the Dakota Hope Board. Board members Carol Bellew and Todd Ringoen have resigned within the last year and we thank them for their service. Bellew joined the board in 2018 and was very active on the Communications Committee. Ringoen joined the board in 2014, served on the Finance Committee and helped with the Festival of Trees, especially with tree delivery.



IN MEMORY OF

Adrien & Delores Belcourt
Albert Boehm
All Military who died serving our country
Andrea Blasingame
April Davenport
Arlene Weidler
Arnie Erickson
Audre Clifton
Audrey Sidener
Barb Larson
Bob Frantsovog
Brent Johnson
Caroline Keller
Charles and Esther Kabanuck
Charles and Laverne Heller
Cheryl Opp
Chuck Raap
Cindy Hoiland
Cloyd Kittilson
Connie Rod
Cris Woiwode
Dale Randash
Darlene Bartuska
David Peterson
Debbie Anderson
Dianne Scheresky
Dick Leavitt
Don Jessen
Don Parrow
Don Paulson
Donald DeGree
Donna Walker
Doris Adams
Dorothy Nelson
Earl Allen
Ella Solle
ERJ baby
Eunice Titus
Fabian Zeltinger
Frances Mortensen
Gabriel Jude Lee
Gabrielle Feller
Geri Cogdill
Jack Doering
Jacob Clinton Hill
Jeff Stemen
Joann Henry
Joe Juma
John Sauer
Julia Rindell
Kirk Randall
Lana Burdick
Larry Guttormson
Laurence Scheresky
Lawrence and Grace Steinberger
Lawrence "Dougie" Anderson
Leona Friedt
Lenora Klein
Leo Jundt
Lois Olson
Lyle and Elaine

Maggie Jo Lynn Smith
Margaret Koch
Margo Sauer
Marily Bryant
Marion Gates
Marvin Blada
Marvin Pfenning
Mary Ann Fakler
Mary Pat
Merle Routledge
Myron Hall
Neil Zimmerman
Pam Shipley
Patty May
Percy Pfenning
Ron Alderman
Roy Wakefield
Ruth Haugen
Ruth Kopp
Ruth Schaeffer
Ruth Torkelson
Shirley Bombach
Shirley Darr
TJ Gehringer
Todd Burckhard
Todd Magnuson
Todd Streich
Twila Peterson
Verla Reichenberger
Vern Wagner
Vernon & Ida Jacobson
Virginia Feist
William Larson
Wilma Adam

IN HONOR OF

Adrien Belcourt
Arlene Byre
Baby T
Bottineau Co. Right to Life
Coriffin Elm
Staff at Dakota Hope Clinic
Dean Feist
Demy and Ayla Braaten
Dennis Egge
Darice Burdick
Dr. Steve Osmond -
Superior Services
Evelyn Van Vugt
Judy Duerre
Karmen Hanson
Kim Knutson
Kristi Fannik
Leon and Linda Overby
Marilyn Sauer
Nadia Smetana
Owen Kornkven
Pam Klabo
Pastor Dan Chell
Pat and Carol Connole
Susan Kessler L'Allier
Tim and Corrine Coughlin
Virginia Braaten