

Inspira tion Hills work days

Spring Workday 2026

Volunteer Workday- No cost for Lunch & Snacks- Thank you for your help!

Volunteer Workday Overnight Guests- Freewill donation for private room stay and additional meals.

Friday, May 1st

1:00 PM Welcome & Devotions
Divide tasks and begin work
3:30 PM Mid-afternoon snack
5:15 PM Complete Tasks
5:30 PM Dinner
~Optional Overnight Guests~

Saturday, May 2nd

8:00 AM Overnight guests' continental
breakfast
8:30 AM Welcome & Devotions
Divide tasks and begin work
9:30-10:00 AM Mid-morning snack
12:00 PM Lunch
2:30-3:00 PM Mid-afternoon snack
4:00 PM Complete Tasks & Departure
~Optional Overnight Stay for Friday night
guests~

Task List (not limited to):

- *Split and stack firewood.*
- *Trail Maintenance*
- *Cut down trees*
- *Stain or paint*
- *Grounds & landscaping cleaning*
- *Disperse picknick tables.*
- *Clean chairs.*
- *Camp Garden prep and planting.*

What volunteers can bring:

- *Work gloves*
- *Safety glasses*
- *Ear protection*
- *Chainsaws / pole saws*
- *Limb saws and pruners*
- *Rakes*
- *Side by side or 4-wheeler and trailer for hauling wood chips/ logs*
- *Any other tool*



JOIN THE HUMAN RACE

Run for Hope. Walk for Health.

SATURDAY, JUNE 6, 2026

Sertoma Park · Sioux Falls, SD

SCHEDULE

8:00 AM Sign-in & Warm-up

9:00 AM 5K Run

10:00 AM 1 Mile Walk



Center of Hope exists to walk alongside people to promote physical and spiritual health, and ultimately change our community one life at a time.

— Center of Hope Mission Statement

75% of your fee goes directly to our Free Clinic Ministry

HOW TO REGISTER — \$35 Early Bird

- 1 Visit runsignup.com
- 2 Search: Health Connect Human Race
- 3 Select "Center of Hope"



Scan to Register

Must select Center of Hope as nonprofit



JOIN THE HUMAN RACE

Run for Hope. Walk for Health.

SATURDAY, JUNE 6, 2026

Sertoma Park · Sioux Falls, SD

SCHEDULE

8:00 AM Sign-in & Warm-up

9:00 AM 5K Run

10:00 AM 1 Mile Walk



Center of Hope exists to walk alongside people to promote physical and spiritual health, and ultimately change our community one life at a time.

— Center of Hope Mission Statement

75% of your fee goes directly to our Free Clinic Ministry

HOW TO REGISTER — \$35 Early Bird

- 1 Visit runsignup.com
- 2 Search: Health Connect Human Race
- 3 Select "Center of Hope"



Scan to Register

Must select Center of Hope as nonprofit



CENTER OF HOPE

April 2026

Center of Hope Newsletter

Sowing Seeds of God's Love...Physically and Spiritually

Scarred Hands and Hearts by Adam Hofer

Have you ever wondered why Jesus rose from the dead with scarred hands?

More than seventeen years ago, a man named Steve Johnson helped start our Bike Ministry. What made Steve an unlikely candidate was that he had no legs. Yet he faithfully served for years and took great pride in continuing to work despite his disability. As the end of his life approached, he wasn't afraid of death. Instead, he was excited. A week or two before he passed, he told me, "I'll be dancing with Jesus in Heaven!" Sometimes I picture him now — whole, restored, dancing with joy with a new pair of legs.

Scripture tells us in 1 Corinthians 15:42-53 that our earthly bodies are perishable, dishonorable, and weak because of sin. But our resurrected bodies will be imperishable, glorious, and powerful. They will no longer be subject to decay, sickness, or death. That truth fills us with hope. So why did Jesus rise with scarred hands?

Every Tuesday from 8a.m.-10 a.m., I lead a Bible Study at the South Dakota State Penitentiary. We focus on what I call the "strongholds of the heart" — lies that are disguised as truth that we accept as truth that leads us into internal bondage. Even though, as Christians, our salvation is secure in Christ, the enemy still whispers deception. Behind every sin is a lie we have believed. Identifying the lies and replacing them with Biblical Truths is crucial. Scripture tells us in 2 Corinthians 10:3-5 that we have divine power to demolish strongholds — not just manage them, but *demolish* them.

Over the years, I've learned

something important: lasting change happens when the heart is touched. And the truth is this — **we all carry scars.** Some are physical. Most are not. Trauma. Betrayal. Grief. Shame. Disappointment. Scarred hearts.



After Jesus rose from the dead, Mary Magdalene visited His tomb to see that the stone was removed from the entrance of His tomb. Thinking His body was stolen, she ran to Peter and the other disciples. Out of fear, they ran to the tomb and saw His linens laying there. They left the tomb discouraged. Yet, Mary remained and wept. Two angels appeared and asked why she was crying. Then, Jesus appeared behind her. She did not recognize Him initially, thinking He was the gardener. However, when she realized that He was Jesus, she ran to the disciples to let them know He was alive. Instead of running to Him, they remained locked up in their house out of fear of Jewish leaders. Soon after, Jesus appeared to them. Yet, one disciple was missing: Thomas. And he doubted. He said in John 20:25, "**Unless I see the nail**

marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."

We call him "Doubting Thomas." But was he any different from the rest? The disciples were hiding. They were afraid. They struggled to believe. Thomas simply voiced what they were all feeling. Why did they doubt the resurrection? Because their hearts were scarred. The trauma of losing their Lord led them into fear and uncertainty.

Jesus could have risen without wounds. He is God incarnate. He could have appeared whole, untouched, flawless... But He didn't. He stood before Thomas with visible scars and invited him closer: "Put your finger here. See my hands." And Thomas responded, "**My Lord and my God!**" (John 20:28).

The scars weren't a defect. They were proof. Proof of love. Proof of sacrifice. Proof that death had been defeated.

It's easy to criticize Thomas. It's harder to recognize ourselves in him. In grief, we too struggle to see hope. In pain, we too struggle to believe miracles are possible. Fear often feels safer than trust. We, too, have scarred hearts.

And yet, Jesus approaches us not with condemnation — but with scarred hands. For all eternity, those scars will remain. Not as signs of weakness, but as eternal reminders that love suffered, endured, and overcame. His scarred hands brought healing to our scarred hearts. And because He lives, our scars are not the end of our story. They are the beginning of restoration.



Walk or Run for Center of Hope

Join us at Health Connect of South Dakota's Human Race event on Saturday, June 6, at Sertoma Park at 9am! Center of Hope was selected among other local nonprofit organizations to be a recipient of funds from the event. However, you must select Center of Hope to have the funds go to Center of Hope. 75% of your registration fee goes directly to helping Center of Hope live into our mission

of walking alongside people to promote physical and spiritual health and ultimately change our community one life at a time. This year, all funds raised for Center of Hope will go directly to our Free Evening Clinic for the uninsured. Our Free Evening Clinic served the uninsured in our community on Wednesday and Thursday evenings. However, due to the rise in patients, we are planning to add Mondays to our weekly schedule in the Spring-Fall months. Let's have more walkers and runners than the other nonprofits in our community! Sign up TODAY by scanning the QR code.



Leading people from Prison to Hope

Walking alongside people transitioning out of prison must be a priority. At Center of Hope, we take this task seriously. For years, we have worked with returning citizens from prison in our Pastoral Care Ministry, Clothing Ministry, and Bike Ministry. However, we wanted to go deeper! We recognize that re-entry is more complex than finding housing and employment. Behind every unhealthy thought, lifestyle choice, and habit is a stronghold of the heart that needs to be demolished, lies disguised as truth that we accept as truth that leads to internal bondage. Yet, through the power of God, healing is possible. Through our Prison Transition Mentorship program, returning citizens learn

skilled labor while being surrounded with Spiritual Mentors, Financial Mentors, and Addiction Counselors. I cannot say enough how encouraged I've been seeing the lives of our mentees and friends change for the better. **Kelly**, our third mentee, had a dream to become a Case Manager and to start a clothing assist program called "New Beginnings." After receiving mentorship at Center of Hope and completing our 3-month program, we transitioned him to become a Case Manager at Union Gospel Mission. They liked him so much that they promoted him to become the Family Center Director! In addition, the New Beginnings program will start at Center of Hope on April 1, which will bless hundreds, if not thousands, of lives in the years to come. **Galen**, our fourth mentee, will be completing our re-entry program this month. He has found the mentorship to be life changing! I am so proud of him, for saying no to his old ways and embracing the life Christ has set before him. He will be transitioning into long-term employment this month. **Kelly**, our fifth mentee, has a dream to get into marketing. To fuel that desire and prepare him for his next chapter, he will be assisting in the marketing of Center of Hope and other local nonprofit organizations. He is now on the leadership team of the Human Race event. He is on fire! He is going to do so much for our community! **Sonny** and **Kyle** will be added as mentees in our Prison Transition Mentorship program very soon, if not already when this Newsletter gets to you! This is not just a 3-month, in-depth mentorship program; it is a pipeline of re-entry that helps people grow in Christ and reach their full potentials. We will continue to live into our mission of walking alongside people to promote physical and spiritual health!



MEMORIAL GIFTS

Center of Hope appreciates the gifts In Memory of:
Karen Anderson, Cele Mereness, and Al Harris

Help Us, Help People: Partner to Empower

Stock or Commodity Gifts—Talk to your financial advisor about gifting stocks and commodities to the Center of Hope.

Make it Double—Check with your employer to see if they will match your charitable contributions to the Center of Hope.

Be a Sustainer of Hope—A monthly gift will bring stability to individuals and families.

Give online at: www.centerofhopesf.org OR via Venmo: @CenterofHopeSFSD

In-Kind Gifts—Clothing, Winter gear, Bicycles, Hygiene items, Backpacks for people transitioning out of prison, encouragement cards/letters, office supplies (contact before donating)

Financial Update

Fiscal year runs from April to March, for the year 2026-27

April—To Date Income
\$0

2026-27 Budget Need
\$504,871.52

April 2026

Newsletter

Guiding women to choose life!



Family Comfort Stations: Supporting Motherhood!



We are gearing up for another busy spring and summer season, providing Family Comfort Stations at a variety of events, including the Orange City Community Easter Egg Hunt, Orange City Tulip Festival, Sioux Center Summer Celebration, Sheldon RiseFest, Sioux County Youth Fair, and more!

WHY IS THIS A NEED? We know that when we ask a woman to choose life, we are asking her to parent. And we believe in providing parenting support so that children aren't viewed as a burden! Getting out and about as a family, especially with an infant, can be a difficult and scary journey. We are here to help with a comfortable, private, and safe space for parents to change diapers and feed their little ones.

HOW CAN YOU HELP? We are currently accepting donations of snacks, juice boxes, water bottles, diapers, wipes, hand sanitizer, sunscreen, and bug spray to make our events a success. You can drop donations off at our office (111 Arizona Ave NW in Orange City) on Mondays, Tuesdays, or Thursdays from 8:30-3:30. You can also ship items from Amazon or your store of choice directly to our office location.

THANK YOU for helping us as we support women and families in Siouxland, making sure that motherhood is not a burden and that we can be the village for all families who need us!

January-March

- 1 client supported through Abortion Pill Reversal
- 4 Ultrasounds
- 5,281 diapers
- 582 items of material assistances

Completely FREE, thanks to donors like you!



We are seeking individuals to join our board of directors. Reach out to kaleigh@guidingstarsiouxland.org

Mother's Day Make & Take



Saturday, May 9
9am-11am



\$15 per registrant!

111 Arizona Ave NW, Orange City

Snacks, Coffee, and Child Care Provided!



Scan the code to
register
or call 712-266-3282

Our Women's Healthcare Services: Support for every stage of womanhood!

- Foundation:
 - Body and cycle literacy
 - Fertility and family planning
 - Sexual risk avoidance
- Support:
 - Pregnancy tests, ultrasounds, options counseling, abortion information, abortion pill reversal
 - Birth support and education
- Connection:
 - Post-abortion support
 - Breastfeeding and postpartum support
 - Earn While You Learn (parenting education and mentorship)
 - Mom & Baby Boutique (material resources)

Gala Recap



Thank you to all those who
joined us

for our annual Fundraising Gala
on March 6!

We shared an amazing evening
together, and were reminded why
our work matters: real women, real
families, real lives changed
because someone chose to stand
with them.

To hear from the
clients we served
this year, visit our
Youtube Page, or
scan the code!



Use the
QR code
to vote
daily!

VOTE FOR
Guiding Star
Siouland -
Best Nonprofit!

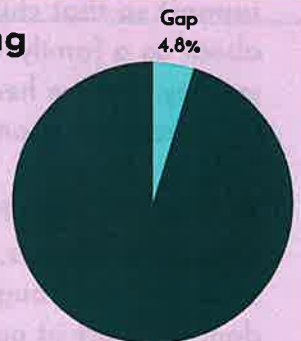


Voting
ends
May 17!

Gala Fundraising Update!

Goal: \$84,000

Raised: \$80,000



By the numbers:

\$16,035.81.....Year-to-Date Monthly
Donations
\$26,460.73.....Total Donations from Last
Quarter
63.47 %.....of FY Budget Used

New Roots Review

The Nations Have Come to Us.?! by Fred Wilgenburg

April 2026

“It is what it is” is a phrase that I have disliked. Do you hear it quite often too? It means acknowledging something that is negative but that you cannot change, and accepting unpleasant circumstances rather than fighting them. Similar phrases are “that’s life,” “whatever happens, happens,” and “so be it.”

I’ve especially disliked “it is what it is” because the words haven’t made sense to me. But its meaning hit me recently, with more of a sense of acceptance. Let me explain: I admit I can be obsessed with world news and politics, tapping news apps on my phone, and clicking back and forth between news channels on the TV. It can get me uptight because it is largely about difficult events and hardships for people, which I cannot actively impact. Added to that, New Roots Ministry is about working with immigrants from troubled places, like Sudan, Ukraine, Afghanistan, Somalia, Democratic Republic of Congo, Haiti, and others. Our friends lament to us about the awful conditions that their left-behind loved ones continue to live within. And add to that, longtime Americans can sometimes seem indifferent, cold, or overly simplistic about people’s extreme difficulties—understandable as they are not hanging out with the same people we are. I get frustrated. But, “it is what it is!” Often, beyond prayer, there’s not much to do for many difficult things.

Sometimes associated with “it is what it is,” is theologian Reinhold Niebuhr’s Serenity Prayer: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” It’s a prayer often used by people in recovery programs. Similar to “it is what it is,” is the end of the first phrase: “to accept the things I cannot change.” But then, so we are not stuck in the negative, the prayer can be helpful as it reminds us that there also are some things we can positively change. Most importantly then, the prayer addresses God, the ultimate giver of answers and peace.

In light of the above paragraph, two guys who inspire me are Dawit and Moses. They are ethnically Kunama, therefore originally from the country of Eritrea. Eritrea became an independent country in 1993, separating from Ethiopia after years of conflict. The Kunama people have been persecuted much by the Eritrean government and military, which are led mostly by Tigrinya people. Most Kunama people have had to leave as refugees, with many coming to Sioux Falls. Dawit left on his own as a young man in 1999, moving to neighboring Sudan. He lived there for 6 years, before moving into a refugee camp in Ethiopia for 2 years, and then coming to the US. In 2010, Dawit experienced a reawakening of faith in God, which has carried him through being uprooted and apart from family. Dawit also received God’s call to form a Kunama congregation, and to actively evangelize; he shares the Gospel with almost anybody he meets. After 5 years in Sioux Falls, in 2019, Dawit, who had been alone and away from family for 20 years, was blessed to get married. Much of Dawit’s life included unchangeable, difficult circumstances. But, he still could have much positive impact on certain areas, so he has.

Moses was 5 years old when he and his family left Eritrea as refugees to Ethiopia. After 10 years of survivable, but difficult conditions in the UN refugee camp, Moses, his 4 brothers, and his mom, were able to leave to the US, settling in Sioux Falls. For various reasons, his dad could not leave with them. They stayed in regular contact with him for 7 years before he died in Ethiopia. Moses focused on his education, finishing college, and then working at a hospital as a community outreach worker for immigrants, as well as developing a videography business. In addition, he and his wife, Phusuda, originally from Thailand and



**NEW ROOTS
MINISTRY**



People are newly entering personal relationships with God all the time, in our case, especially from other religious backgrounds. A big need of the Church is having disciples interested in walking with new believers.



Idris family: Moses, Phusuda, & baby Mateo.

—>

(continued...)

Donations are always appreciated!

www.sfnewroots.com/donate/



of a difficult background, have started Light for the Next Generation. It's about uplifting underserved youth by providing holistic development and discipleship through sports, arts, and educational programs. Among other things, presently this involves 6 sponsored soccer teams. As well, Moses has begun Shine Your Light 365 podcast, which is a platform to share about identity and faith in Jesus, becoming more fruitful and Christ-like everyday, and shining our God given light in the world. Like Dawit, so for Moses and Phusuda, some unfortunate things in their lives could not be changed, but that did not stop them from profoundly impacting areas they could.

Facebook.com/SFNewRoots

Fred Wilgen burg
Director & Pastor
1915 E 8th St, Suite 104
Sioux Falls, SD 57103
phone: (605) 376-6330
sfnewroots@gmail.com

Ranee Hagen, Liaison
Jean-Claude Diaminda, Chaplain

Jesus set the best example for us of carrying a sense of hope, while being in difficult, seemingly unchangeable situations: ".... for the joy set before him he (Jesus) endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart" (Hebrews 12:2-3). Jesus had a most difficult mission to accomplish, while knowing what He would achieve—the opportunity for salvation for us lost ones and then being at the right hand of his Father. He then did it. Jesus' original disciples were good examples, as well. As things became increasingly difficult, many deserted Jesus. He then said to the Twelve: "You do not want to leave, too, do you?" Simon Peter replied, "Lord, to whom shall we go? You have the words of eternal life. We believe and know that you are the Holy One of God" (John 6:68-69). Though the path was increasingly dangerous, and would end in martyrdom for most of them, it offered fulfillment and eternal peace, so that's how they went.

Here's one last example of the truth, in part, that "it is what it is," but that there's also often an upside. My predecessor, Carl Bruxvoort, began New Roots Ministry in 2007, frequently proclaiming: "the nations have come to us!" One large group that has come since the early 1990s has been Somali people immigrating especially to Minneapolis, Minnesota. The original Somalis left a dangerous, troubled country, as refugees. A refugee receives a green card a few months after arrival, and then 5 years later, they are eligible to become a citizen. There are now 80,000+ Somali Americans in Minneapolis, and several thousand more in cities in the surrounding region, including Sioux Falls. 95%+ of Somalis identify as Muslim. As many of us know, Somalis were in the news several months ago as some large-scale fraudulent crimes were committed by a few people in their people group. That has given them much stigma, and they painfully feel it. Since then, I have heard many, including some of my siblings in faith, upset about Somalis, because many of them receive some government assistance, because of their strong Muslim identity, because many of them do not seem to integrate well into American culture, and because of the fraud committed. Well, "it is what it is," in that, most of them are legally here, and they are likely to stay. How would God want us to respond? God the Father said in Leviticus 19:33-34, "When an alien lives with you in your land, do not mistreat him. The alien living with you must be treated as one of your native born....for you were aliens in Egypt." God the Son, in Matthew 25:35,43, teaches us to invite the stranger in. I think God would likely favor Carl Bruxvoort's attitude: "The nations have come to us!" That's not speaking against the government having immigration laws and good administration, but an encouragement for us, the Church, to answer God's call to rise up and do what we can—being a "ministry of reconciliation" (2 Corinthians 5:18), including teaching and exemplifying Good News and better ways. **Please reach out if you would like ideas for doing that.**

What is New Roots Ministry?

It "equips immigrants & engages the local church." This is done through workplace chaplaincy (we provide chaplaincy at Smithfield Foods & we train & place bi-lingual chaplains on commercial farms), through Timothy Leadership Training, through hosting special educational events, through empowering immigrant pastors, leaders, and their churches, through offering unique Service Opportunities—serve in, or visit, stores owned by new Americans, then hear their stories, through helping people navigate the American system and achieve their goals, like education, through driver training for immigrants, through Everyday-Ambassadors Practicum, and through English training.



Our liaison, Ranee, practicing English with Saida, who originally became acquainted with us through our driver training program.