

# COMPASSCARE

## 2026 WALK HOST PLANNING GUIDE

This Walk Host Planning Guide contains ideas, suggestions, and scripts for you to promote, plan, and implement a fun and safe Walk for Life.

WHO  
IS SACRED?



*...for the kingdom of God belongs to such as these.*

Mark 10:14

# Letter From CompassCare's CEO



Dear Walk Host,

Congratulations and thank you for deciding to host a CompassCare Walk for Life!

**By inspiring your pro-life community to educate the nation on the sacredness of all human life and raising the funds to continue expanding pro-life services where they are needed most, you are affirming that both mother and preborn baby are sacred. The goal of the 2026 Walk for Life is to sponsor 1,320 women and their preborn babies with lifesaving medical care, accounting for one-third of CompassCare's projected patient load in 2026.**

In 2025, the Walk for Life helped educate over 120 communities on the infinite value of every life and enabled CompassCare to continue expansion in NYC with a new office opening in Staten Island and service capacity increasing in Brooklyn and the Bronx! This was only possible because of the pro-life passion of Hosts like you.

This Walk Host Planning Guide contains everything you need to plan your Walk for Life.

**The first thing you need to do** is choose a location for your Walk for Life and confirm the date (May 2).<sup>1</sup> If you are Walking with your church, confirm the details with your leadership team so they can help you spread the word in the church. After you confirm where and when your Walk will be, follow the easy steps outlined in your Host Planning Guide.

**The second thing to do** is upload a video of yourself to [CompassCare's Facebook page](#), telling the world why you are passionate about erasing the need for abortion. Encourage your Walkers to do the same.

If you have questions, please contact the [Walk Host Coach](#) from your region listed below. They are ready to assist you with anything you may need.

- **Albany Region:** Rich Ronald: (210) 875-1225, [Rich.Ronald@CompassCare.info](mailto:Rich.Ronald@CompassCare.info)
- **Rochester Region:** Steve Otto: (585) 247-8120, [Steve.Otto@CompassCare.info](mailto:Steve.Otto@CompassCare.info)
- **Buffalo Region:** Michael Bonning: (716) 523-3068, [Michael.Bonning@CompassCare.info](mailto:Michael.Bonning@CompassCare.info)
- **NYC Region:** Arlene Rutuelo: (718) 614-4724, [Arlene.Rutuelo@CompassCare.info](mailto:Arlene.Rutuelo@CompassCare.info)
- **Continental U.S.:** Contact CompassCare Walk Support: (585) 232-3894, [WalkForLife@CompassCare.info](mailto:WalkForLife@CompassCare.info)

Together, we will walk for mothers and babies, because every life created in the image of God is sacred.

In Christ,

**Rev. Jim Harden, M.Div.**

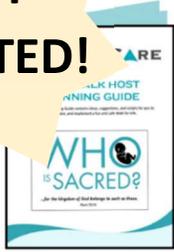
CompassCare CEO

<sup>1</sup> If you cannot host on May 2, please consider the following weekend. If that weekend doesn't work, Host a Walk whenever you can!

# Unboxing Your Walk Host Kit

(Shipping starts March 26)

**GET STARTED!**



Your Walk Host Planning Guide



Invite cards to give to friends & neighbors



Walk Donation Envelopes (encourage your sponsors to give online!)

## FURNISH YOUR WALK EVENT



\$100 Visa gift card for food, supplies, etc.



Balloons and streamers



Registration QR code tent cards for your display table



Yard sign for your Walk event location

## EQUIP YOUR WALKERS



Walk message boards to carry during the Walk



Silicon wristbands for everyone to wear



Prayer cards to refer to while Walking

## TEAM MERCH!



Pens



2 Frisbees



2 Water bottles



2 Backpacks

# Initial Considerations

Make your Walk for Life as simple or extravagant as you like!

Invite everyone. All Ages! No one is too young or too old.

Look for prospective Walkers at your work, school, church, small group, or other circles of friends.

Take selfie videos with people answering the question, “Why are you passionately pro-life?” OR “Why are you Walking for Life?” Then upload them to

<https://www.facebook.com/CompassCareCommunity>.

Inspire your Walkers! Make your Walk for Life promotion inspiring! Share CompassCare’s life-saving patient stories with your friends and family, asking them to help make more stories like Jabra, Mary, and Zhanna’s possible through CompassCare!

Scan the QR code to watch some of these amazing patient stories.



## Have Fun!

Encourage a friendly competition. Give prizes to the winners of Walker categories like:

- **Oldest Walker**—What is the age of your oldest Walker?
- **Youngest Walker**—What is the age of your youngest Walker?
- **Person who brought the most walkers**
- **Walker who sponsored the most women and babies**
- And more!

Send pictures/videos/and results to [WalkForLife@CompassCare.info](mailto:WalkForLife@CompassCare.info)

## Walk Host Support

If you have questions, please contact the **Walk Host Coach** from your region listed below. They stand ready to assist you with anything you may need.

- **Albany Region:** Rich Ronald: (210) 875-1225, [Rich.Ronald@CompassCare.info](mailto:Rich.Ronald@CompassCare.info)
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# Steps to Host Your Own Walk

**1: PLAN**  
START  
TODAY

INVITE

RECRUIT

REMIND

REVIEW

HOST

REJOICE

## Step 1: Plan

1



### Set a Date

May 2nd is best, but you can plan it anytime through the month of May.

2



### Register Your Team

Returning Hosts can use their email invite or go to [www.compasscarewalk.com](http://www.compasscarewalk.com).

3



### Set Your Goal

How many women & babies will your team sponsor? (It costs \$570 to sponsor one woman & her baby)

4



### Pick a Location

A park, a church, or a backyard. Ensure bathrooms are available.

5



### Recruit Your Team

Invite your church, family, and pro-life friends to walk. Ask some friends to help as event volunteers.

6



### Choose Your Route

Map out a walk route approximately 2 miles or 45-minutes long. Consider using Google Maps or an exercise app to plan the route.

7



### Promote Your Walk

Plan 2-3 Sundays to announce your Walk at church. Your Walk Host Kit should arrive the first week of April, containing extra promo materials.

## Step 2: Invite



### Personal Invite

Below is a sample invitation for **email**, text or **phone**. Consider following up on emails and texts with a face-to-face or phone conversation.

Hi [first name],

*This year CompassCare's Walk for Life provides the opportunity to love like Jesus loved us, by helping to save the lives of mothers and their preborn babies.*

The goal of the Walk for Life is to:

- Educate 150 communities on the truth that all people are sacred, deserving of protection, both mom and baby.
- Raise \$752,000 to sponsor free medical care and support for 1,320 women (1/3 of CompassCare's expected 2026 patient load).

*I will be hosting the CompassCare Walk for Life with [our church, list of friends, etc.] on [date, time]. The Walk will be held at [location]. Would you be willing to join the Walk this year?*

*To register, simply respond to this email or register at [CompassCareWalk.com](https://CompassCareWalk.com) and click the "Join a Walk" button. Look for our team name, which is [team name].*

*Please let me know if you have any questions!*

*Hope to see you there.*

*God bless,  
[name]*



### Church Announcement

Below is a sample church announcement to be used on a Sunday morning in your church bulletin or as a script during the announcement portion of your service. Consider playing one of the Walk for Life promotion videos to start or end your announcement. There are several videos available on the Resource page at [CompassCareWalk.com](https://CompassCareWalk.com):

*Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these," Mark 10:14. Join the 2026 Walk for Life and educate the community on the sacredness of all people – from the womb to the tomb.*

*CompassCare's Walk for Life is coming [date, time] at [location]. The goal of the Walk for Life is to:*

- Educate 150 communities on the truth that all people are sacred, deserving of protection, both mom and baby.
- Raise \$752,000 to sponsor free medical care and support for 1,320 women (1/3 of CompassCare's expected 2026 patient load).

*Last year, the Walk for Life raised the funds to serve over 1239 women and expand lifesaving medical services in NYC, with offices in Brooklyn, the Bronx, and Staten Island. CompassCare is the only ethical medical alternative to abortion in NYC.*

*Register at [CompassCareWalk.com](https://CompassCareWalk.com) and click the "Join a Walk" button, or see me after service. We would love to see you there!*



## Social Media

Share your pro-life passion with your friends on social media. Encourage your Walk Team to like and share posts from [CompassCareCommunity](#).

Also, you and your team can upload pictures and videos to [CompassCareCommunity](#), answering the question “Why are you passionately pro-life?” OR “Why are you passionate about saving women and babies from abortion through CompassCare?”

Avoid sharing too many specific location details on public social media pages.

If you share your Walk pictures on your own social media channels, be sure to tag @CompassCareCommunity.

## Helpful Invite Tips

**Continue promoting by doing the following:**

- **Playing** and sharing the Walk Promo video, Patient Story videos
- **Delivering** spoken or written announcements
- **Encouraging** pre-registration so that walkers will not have to register on the day of your Walk
- **Liking and sharing** [CompassCareCommunity](#) social media posts
- **Posting** to your own social media accounts and tagging @CompassCareCommunity
- **Continuing** to coach and assist your fundraising Walkers. Ask them to accept the LifeSaver Challenge, raising enough funds to sponsor two women and their babies



## Step 3: Recruit Event Volunteers

Invite Walk Volunteer Team members to join you in the planning, promotion, and execution of your community's Walk for Life. Once your team is recruited, schedule a meeting to review this Host Planning Guide and the key tasks on the day of your Walk.



### Event Set-Up

Registration table, refreshment table, games, music, seating, weather-related support equipment (umbrellas, tents, sunscreen, hot chocolate), etc.



### Event Registration

Help participants register and make donations on the day of the Walk. Set-up includes walk donation envelopes, tablecloths, various weights to hold things down if windy, pens, etc.



### Hospitality & Music

Consider live music or a Bluetooth speaker, games, bubbles, face paint, food, drinks, etc. Decorate with balloons and streamers included in the Host Kit.



### Walk Route Help

Distribute Walk message posters and prayer cards to Walkers.  
Assign 1 or 2 volunteers to lead the Walkers on the Walk Route and help at crosswalks.



### Clean-Up

Bring some extra garbage bags, reassemble your day-of Walk Volunteer Team for clean-up, and leave your Walk route and event area in better shape than you found it.

### Helpful Recruitment Tips

- **Develop Preliminary Agenda:** Kick off your Walk planning with a helpful outline. See pg. 10 for agenda template.
- **Plan supplies purchase:** Use the \$100 gift card in your Walk Host Kit to purchase any items you may need, such as water, food, decorations, and miscellaneous supplies. Be fun and creative!
- **Coordinate Music:** A playlist on a speaker or a live worship band, music creates a celebratory atmosphere!



## Step 4: Remind



### Remind

Personally remind your Walkers to join you for your Walk. Send email and/or text reminders to your walk participants.



### Check the Weather

Be prepared and let your Walkers know the event is rain or shine. Begin making considerations to provide for weather adjustments—umbrellas, tents, rain jackets, extra water, sunscreen, or hot chocolate.



### Invite/Promote

Continue promoting your Walk and asking others to support you in saving women and babies!

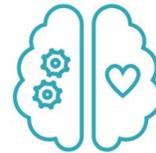


## Step 5: Review



### A Final Reminder to Walkers

Call or text Walkers to express your excitement and remind them of your Walk time and location. Ask if they have any last-minute questions about parking, agenda registration, etc.



### Confirm with Volunteers

Review your Walk event agenda and iron out any last-minute details. Reach out to your day-of Walk Volunteer Team and remind them to arrive early to pray and then set up. 90 minutes is recommended to set up for a medium- to large-sized event. Address any last-minute needs or questions.

## Step 6: Host Your Walk!



### Implement

Pray together for a safe and fun Walk, review the day-of Walk Agenda, and put your agenda into action: set up, greet, register, etc.



### Assemble

Gather all your Walkers for a time of exhortation and prayer to kick off the Walk.



### Walk for Life!

Go and educate your community on the sacredness of every human life created in the image of God.

**Implement Agenda:** Below is a sample day-of Walk agenda:

1. **Set-up:** Registration table, refreshment table, games, music, seating, weather-related support, etc.
2. **Greet:** Assign a Greeter(s) to warmly welcome everybody!
3. **Registration:** Assign at least one person to facilitate the registration table. There are some changes to the registration this year, so please carefully review the following information before the day of your Walk.
  - i. For any walker that hasn't pre-registered to walk with your team, have them scan the **"Register to walk here"** QR code on the provided **Registration QR code tent card**. When the registration page comes up on their device, have them click "Register to Walk with a Team," look for your team name, and click **Join**. Then they can follow the prompts to register. Please have them answer the registration question "How many people will be walking with you?" so we can properly collect totals from each hosted Walk.
 

*Note: The person running the registration table should have a smartphone available to help people register, in case someone doesn't have a smartphone.*
  - ii. If a Walker wants to donate in person on the day of your Walk, the easiest way is to have them scan the QR code on the provided **Registration QR code tent card** that says, **"Scan to Donate."** They can then choose to sponsor an individual Walker, a Team, or give a general gift.
  - iii. If a Walker doesn't want to donate online, please provide them with one of the Walk Donation Envelopes provided in the Walk Host Kit. Direct them to fill out the tear-off form and place it inside the envelope, along with their donation, and seal it. They can drop the prepaid envelope in the mail after the Walk, or you can offer to do it for them. The Walk processing team will process these donations once received and add the totals to the appropriate Walk Team or fundraising individual, and the results will appear online. Pens will be needed for filling out Walk Donation Envelopes.
  - iv. **Note on Rewards:** Walkers will be able to order their rewards online via the CompassCare merch store at [CompassCareMerch.com](http://CompassCareMerch.com). Life-Saver Challenge coin reward will be mailed.
4. **Hospitality and Music:** Assign at least one person to coordinate music and games, creating a celebratory, family-friendly atmosphere.

5. **Assemble:** Gather your walkers to kick off your Walk:
  - i. Introductions and a thank you
  - ii. Housekeeping/what to expect/describe Walk route
  - iii. A word of encouragement (Why Walk? 1. Educate our community of the truth about the sacredness of humanity. We are all made in the image of God, deserving of protection. 2. Help save women and babies from abortion with free lifesaving medical care.)
  - iv. Prayer (have someone, such as an attending pastor, pray and commission the Walkers)
  - v. Sharing (take videos/pics and upload to social media Facebook/CompassCareCommunity); take a group photo and post it on social media, tagging your church and @CompassCareCommunity
6. **Walk for LIFE!:** Send out the assigned volunteers to lead the Walkers on the Walk Route.
7. **Fellowship:** Upon returning from the Walk, resume fellowship, games, food, and music.
8. **Clean-Up:** Reassemble your day-of Walk Volunteer Team for clean-up.

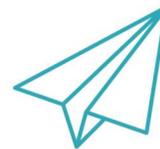


## Step 7: Rejoice!



### Celebrate

Recap your amazing event and share the results at church.



### Send a Thank-You

Send a thank-you email or text to all Walkers, and be sure to send an extra special thanks to your day-of Walk Volunteer Team.