



Fall 2025

Life ... as We Age



In this edition of LifeDate ...

page 3 – God's Wonderfully
Comforting Promises by Rev. Dr.
Aric Fenske

page 4 – Life—and Faith—as We Age
by Diane Albers

page 6 – Just Say the Word, Lord! by
Pastor Paul Clark

page 8 – Part of the Story by
Michelle Bauman

page 11 – A Baby Named Lydia by
Kalia Lo

page 12 – Things You Can Do, No
Matter What by Rev. Dr. Aric Fenske

page 14 – 2025 Lutherans For Life
National Conference

page 19 – Who Really Knows by Rev.
Dr. Aric Fenske

page 20 – Don't Regret This Body by
Deaconess Janet Nicol

page 22 – Proclaiming God Through
My Age by Virginia J. Flo

page 24 – Little Red, Lost by Erika
Peterson

page 26 – God Will Use Your Work
for His Glory by Grace MacPherson

page 28 – Life Thoughts in the
Church Year

page 30 – Step Up 4 Life 2025 by
Dave Probst



LUTHERANS FOR LIFE

Equipping Lutherans and
their neighbors to be Gospel-
motivated voices For Life!

LifeDate is a free, quarterly publication of Lutherans For Life (LFL). Please notify us of address changes. Letters to the editor, articles, and photos may be sent directly to the editor, Lowell Highby: lhighby@lutheransforlife.org.

Lutherans For Life • 1101 5th Street • Nevada, IA 50201-1816
888.364.LIFE (5433) • 515.382.2077 • info@lutheransforlife.org

National LFL Office Staff

Rev. Dr. Aric Fenske – Executive Director
Rev. Scott Licht – CFO/COO
Lowell J. Highby – Director of
Communications
Michelle Bauman – Director of Y4Life
Cori Meier – Y4Life Assistant
Diana Ladislav – Y4Life Media Resource
Assistant
Dave Probst – Director of Development
Jeryllyn Richard – Donor Relations Director
Jan Nessa – Administrative Assistant
Virginia Flo – Director of Volunteer Relations

Barb Geistfeld, D.V.M. – Volunteer Relations
Associate
Michele Hartshorn – Assistant Director of
Volunteer Relations
Amanda Nicks – Administrative Specialist of
Volunteer Relations
Erika Peterson – Events Coordinator
Deaconess Chrissie Gillet – Director of Word
of Hope
Deaconess Janet Nicol – Phone Counselor
Lorelei Humphrey – Word of Hope Assistant
Katie Friedrich – Gift Entry Specialist
Julie Kyrola – Data Assistant

God's Wonderfully Comforting Promises

by Rev. Dr. Aric Fenske



God's Word tells us that it is a blessing to grow to an old age (Job 12:12; Proverbs 16:31, 17:6). However, because of sin, growing old also comes with many challenges. For many, aging means having to deal with a weakening and aching body, forgetfulness, and the loss of independence, among many other frustrations.

Unfortunately, the devil has convinced our culture to look to death as the solution to the suffering that comes with growing old. The story of Genesis 3 has been repeated over and over again as people elevate themselves to the place of God, who alone has authority over life and death. Ending one's own life through physician-assisted suicide or purposely hastening death by withholding necessary medications or treatments are violations of God's command to love and protect the lives He so wonderfully created.

It is right for a Christian to feel compassion for those who suffer and to desire an end to their pain. But deliberately ending a life is not the answer. Christ alone provides the answer to our suffering by joining Himself to our suffering in His own life and death.

For the sake of Christ, the heavenly Father leaves the aging with many wonderfully comforting promises. God will never leave us or forsake us, no matter how old we grow or how terribly we suffer (Isaiah 46:4; Psalm 138:9). He will use our suffering to strengthen our faith and bring us into His salvation (Romans 5:3-5, 8:28-30). And finally, by patiently enduring our suffering through the faith that He supplies, God will ultimately free us from all pain and suffering (Isaiah 25:8; Revelation 2:10).

It is my prayer for you that the articles in this issue will serve to that end. May your faith be increased so that in Christ our Lord, you are able both to see the sanctity that God places upon the lives of the aged and to entrust yourself into the loving care of our Father in heaven no matter what lies ahead, knowing that **"even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save"** (Isaiah 46:4).



Life—and Faith—as We Age

by Diane Albers, President of Lutherans For Life



Do you have any special people in your life who only know that a tweet is the sound of a bird? Sometimes our society disparages the value of people because of their age, both the old *and* the young. Despite their grey hair and tech deficits, what have their experiences meant to you?

“So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come” (Psalm 71:18).

My grandma was married to an alcoholic fireman during the Great Depression, and they had four children. After Grandpa died of leukemia, Grandma found a job as a cook for the county jail. She was also a great seamstress and crafter. She helped me with my sewing and let me use her fancy machine. Grandma was a member of the Methodist church and a proud member of the Eastern Star, though as a child, I did not understand what that meant. Then in her seventies, she remarried! Unfortunately, her new husband died several years later. But Grandma lived into her eighties, sewing and crafting.

Grandma taught me to be strong and resolute and never give up. She taught me to use my gifts to enjoy life and to keep God in my life.

My dad was the son of German immigrants and lived on a farm on Church Road in Orchard Farm until they lost it during the depression. His parents sent him and his siblings to the one room school at Trinity, Orchard Farm, Missouri. (The church on Church Road!) Daddy was always disappointed that he was not able to go to high school, but he constantly studied so that he could advance in the Navy during WWII and at the Post Office where he worked most of his life. One of my memories is of watching Daddy study for his postal exams. My parents, in turn, sent my siblings and me to school at Immanuel, St. Charles, Missouri.

Daddy taught me that education is important and that faith is even more important! That is why I ended up in Lutheran colleges and became a Lutheran elementary teacher.

Jean Garton was an early mentor of mine when I first started in LFL. She was a storyteller who enjoyed making people laugh as they remembered her serious points. She had to be brave, in my opinion, to go through the lines of rather violent protesters to get to her speaking engagements in those early days. She also had to be brave and resolute to get pastors and laymen to listen to her. Through all of that, Jean continued to offer the Gospel to our sinful world that needed to hear that Jesus paid for every sin, even the sin of abortion.



Grandma P. and her husband, Art.

I will never be a very good speaker, but I learned from Jean that God can use me as I am for His plans. I have never had to walk past protesters yelling at me, but in the early days when I taught a seminary wives' class, there was a lot of controversy: I was a woman teaching and I was teaching a Bible class on a "political" subject. Jean taught me to put the Gospel in every presentation that I made, even to pastors.

Finally, there is my almost 94-year-old neighbor, Eva, a German immigrant who survived the bombing of Dresden. Mike cuts her grass and is her "tech guy." She just told him that she's ready to trade in her old desktop for a new laptop! We love having her as our neighbor.

Eva has taught me that you are never too young or too old to change and learn new things—and that working hard to care for your home and garden is a blessing. Her strong faith saw her through all that she endured during WWII and is an inspiration to me.

Now, I am the one with gray hair (or I would have it if not for my talented daughter-in-law). It is my duty to use the gifts and skills that God has given me and those that I have learned from my gray-haired mentors. My mentors and I did not start with gray hair. It came as a badge that says we have survived and thrived with God's help in many situations. We want to encourage you to proclaim God's power and might to the next generations—even if your hair is not gray, yet!



From 2002: Diane Albers with Rev. Todd Wilken and Dr. Jean Garton at a Life Awards presentation.



Just Say the Word, Lord!

by Rev. Paul Clark, Lutherans For Life of Michigan



We don't always mean what we say, do we? Boldly saying something—even with the best intention—doesn't mean that it will happen. Many things are simply out of our reach. Life is not a Disney movie. Our dreams and wishes don't always come true. We make promises to God, to ourselves, and to others, including those most dear to us. All too often, those promises—like New Year's resolutions—are quickly broken. *Just saying something doesn't make it happen.*

George Bailey promised what he couldn't deliver. In his effort to secure the affection of his sweetheart, George—played by Jimmy Stewart in the film, *It's a Wonderful Life*—said, "What is it you want, Mary? What do you want? You want the moon? Just say the word, and I'll throw a lasso around it and pull it down."

That was a bit of overreach. He couldn't do what he had promised. Even if Mary *did* say the word, George had no power to pull the moon down. *Just saying something doesn't make it happen. Except when it's Jesus who speaks.*

"When he had entered Capernaum, a centurion came forward to him, appealing to him, 'Lord, my servant is lying paralyzed at home, suffering terribly.' And he said to him, 'I will come and heal him.' But the centurion replied, 'Lord, I am not worthy to have you come under my roof, BUT ONLY SAY THE WORD, and my servant will be healed'" (Matthew 8:5-8).

God's Word cannot fail. When it's *His Word*, that Word is *enough*. When it's *God speaking*, things happen. Storms cease. Demons flee. The blind see. The lame walk. The dead rise.

JUST SAY THE WORD, LORD! And it is done.

For broken people, living in a broken world, this is good news. For those whose dreams have been shattered, whose lives have been capsized, whose hearts have been nailed shut, like a coffin ready to be buried, this is good news. For those who have been seized and paralyzed by their fears and worries, this is the balm that brings healing to the wound. It is the rainbow after the storm. Your sins are forgiven. Your debt has been paid. Your future is secure. Your hope springs eternal.

A young woman panics at the results of a pregnancy test. *What will she do? How can she have this baby? How can she tell her parents? What will become of her life?* Despite the circumstances that brought her to this point, that baby boy or girl in her womb is a gift from God. A gift should be treasured, not crushed or thrown out like trash.

Nevertheless, she is frightened and confused. But there is someone who can and will help her: It is Jesus, who knows every thought, who perceives every doubt, who sees every need. He is there; He who loved us, who died for us, who rose to bring life to the lifeless. **"JUST SAY THE WORD, LORD!"** And He does.

"Peace I leave with you" (John 14:27a). "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28). "I will never leave you nor forsake you" (Hebrews 13:5b). "I have said these things to you that in me you may have peace. In the world you will have tribulation. But take heart! I have overcome the world" (John 16:33).

A feeble and elderly woman loses her husband after many decades of life together. The landscape now looks bleak and bare. A pervading loneliness sets in. The serpentine road stretches out before her. The way is dark. It frightens her. *How can she possibly find the strength to carry on alone?*

"JUST SAY THE WORD, LORD!" And it is done.

"The LORD is my strength and my shield" (Psalm 28:7). "I can do all things through Him who strengthens me" (Philippians 4:13). "I will strengthen you, I will help you, I will uphold you with My righteous right hand" (Isaiah 41:10).

In Texas, many mothers and fathers grieve over the loss of their children due to the tragic flash flood that took the lives of so many. It is unimaginable, a horrifying nightmare that no parent wants to contemplate. *But the brutal reality here is that Jesus did not deliver those children from the perilous waters.* It was a Christian camp that was especially devastated. *That troubles us.* Even knowing that we live in a broken world, even knowing that Christians are not exempt from suffering, these things still shake us up and challenge our faith in God's goodness.

The fact is that life can be shattered in an instant. This world is rife with danger. But we do not succumb to fatalism. The Holy Spirit gives us the gift of faith in Christ. Only *through faith* can we understand how God *can* and *does* deliver us—*EVEN* through the portal of physical death.

As difficult as it may be to peer through the heavy shroud of darkness that so often envelops us, yet by God's grace we can look beyond the pain-filled horrors of this world, and we see the glory. However, to do so, we must look to the Cross. It is only in **Christ Crucified** that we perceive what we otherwise would not know: **That God so loved the world that He gave us His Son.** Jesus *does* rescue us. Through *HIS* bloody suffering and death, *you are reconciled* to the Father. Through *HIS* resurrection, you are given the assurance of *your* resurrection. Life *will* triumph over death. God keeps His Word.

George Bailey may not have been able to do what he had promised for his sweetheart, but God always does what He has promised. And He will bring us *home*. Christ will return! Our bodies will be raised in glory. We will inherit a new earth. We will see all things restored. We will see Jesus. If God is **FOR US**, who can be against us?

Life is precious. Every life. And for those who believe in Jesus, each day brings us a step closer to Paradise.

JUST SAY THE WORD, LORD! And it is **DONE**.



The Blessings of Aging

by Michelle Bauman, Director of Y4Life.org



Age is a blessing to youth.

As Y4Life Director, I don't usually talk or write about the aging process. It's not that I couldn't speak about the topic; youth are certainly interested in knowing how to care for others as they age, and they definitely want to know how to address life issues that accompany the aging process. In fact, the youth I work with are both empathetic and compassionate when it comes to the elderly. They value the aged. Not once have I had to convince Gen Zers that old lives are valuable lives. They know. Even better, they agree.

So why not talk to youth about the process of aging? After all, they know they're growing older. They're aging just as quickly as you and I are, aren't they?

Here's why: Because aging, at least for youth, isn't a life issue. It's a reason to rejoice!

I'm sure you know that youth don't talk about aging like the middle-aged do; instead of dreading the coming of another year, youth count birthdays with anticipation. Each year makes life brighter; each year brings them closer to driving or voting or serving or independence. Each year brings them one step closer to achieving the dreams they've been dreaming for a while. And even though there might be some anxiety about the future, I have yet to meet a youth who wants to remain 15 or 17 or 20 forever. Why? Because there's way too much ahead in life to hope for. Adulthood is the goal. With it comes freedoms and exciting possibilities!

Yet, adults, especially those of us with a few decades under our belt, know that freedoms and possibilities typically result in responsibilities, responsibilities that shape and form us, responsibilities that beget maturity. And maturity, if all goes well, brings about a seasoned and godly wisdom. Responsibility. Maturity. Wisdom. All three are desirable gifts.

If good gifts come with aging, then it's worth contemplating why most adults don't look forward to getting older—why age becomes something to hide, to worry over, to remove from Facebook. Shouldn't aging be seen as a gift rather than a curse, both privately and publicly? The answer, of course, is it should be. But it isn't. And that's because of sin.

Growing old would be easy if sin wasn't involved. Without sin, there would be no aches and pains, no hip replacements or rotator cuff surgeries. No cataracts or bunions or broken teeth. No Alzheimer's or dementia or frailty. But these ailments do exist. And all of them come with age. Instead of a walk in the park, growing old can feel more like a fall in the dark. The longer we live, the more the effects of sin compile and compound.

And sin doesn't just break down our bodies as we age, it also burdens our relationships. The list of sins we have committed against others and the record of sins others have committed against us becomes increasingly lengthy. They're too big and bulky to simply brush under the rug. They've done damage; they've left behind scars.

Unfortunately, because of sin, growing old is a crucible of sorts. It tests and refines us; it causes us to suffer. And suffering either causes us to turn inward or be turned toward God. That means aging isn't for the weak of heart. Thanks be to God that His heart is compassionate and loving. His heart is strong and true. And His heart is ours.

Christ's work assures us of God's love not just when we are young, but when we're in our latter years, too. He doesn't leave us to age alone. Isaiah reminds us that God cares for us as we age; He carries us when we are frail because He loves us:

“Even to your old age I am He, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save” (46:4).

Because of Christ, we can say with confidence that despite the wear and tear of sin, aging is actually a good gift. It is another day of life. It is one more piece of evidence that God, the best gift giver, still has gifts to give.

And our life is not just a blessing to us, it is also a blessing to others. In fact, age is a blessing to youth. Youth not only need opportunities to grow in responsibility, maturity, and wisdom, but they also need role models who display these gifts. They need mentors of the faith. Youth need YOU.

Christian adults who pour into youth the life-affirming truths of Christ's love and faithfulness are gifts from God. They remind young people, especially during times of hardship and weariness, that this, too, shall pass. God is indeed faithful. And youth, often immersed in a secular world without hope, need to be told stories of suffering and triumph, stories of God's faithfulness even in difficult times, again and again. Youth need to be reminded of the faithful people who have gone before them, the lineage of faith they come from, and the cloud of witnesses that not only surrounds them but is also, right now, cheering them on (Hebrews 11).

So, for those readers who are beginning to gray or who have already earned a crown of white, remember that aging is a gift. It is another great thing that God has done. And this great thing—LIFE itself—enables us to boldly proclaim the mightiness of God to the next generation alongside the Psalmist:

“O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come. Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you?” (Psalm 71:17-19).

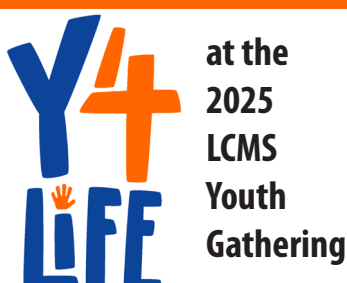
In God's Church, we have a beautiful picture of God's provision for His people through His people: God works through seasoned adults to bring youth the gifts of faithfulness, constancy, and godly wisdom. Just as importantly, He works through youth to bring adults the gifts of joy and enthusiasm for the gift of LIFE. **No matter how many years have passed, may we all rejoice in the gift of another day, another week, another year to live in His mercy, hope, love, and life.**

Happy aging, friends!

You are made 4 Life!



y4life.org



Members of the **Y4Life** team joined approximately 20,000 youth at the LCMS Youth Gathering in New Orleans from July 19-23, 2025. Michelle Bauman was honored to serve alongside Rev. Dave McGinley as a Bible study leader for over 6,000 youth, daily reminding them of their value in Christ and encouraging them to endure in the faith. Other members of the **Y4Life** team, Cori, Diana, and Macy, interacted with youth in the exhibit hall at the **Y4Life** booth, where they had life-affirming conversations and offered youth an opportunity to take pictures at **Y4Life's** photo booth. Rev. Michael Salemink was also able to join the team in the exhibit hall and speak at breakout sessions on behalf of **Lutherans For Life**.

All human life is important, valuable, and meaningful.



A Baby Named Lydia

by Kalia Lo



In November of 2023, we traveled in Southeast Asia and visited a Hmong village, going from house to house. When we came upon a rice paddy village, a young mother, who was 18 years old, came to us and told us that she was leaking fluid throughout the day, even though she was only seven months pregnant.

We immediately took her to the local clinic. The nurse told us that there was no more amniotic fluid left and that we needed to take the young mother to the hospital right away. We took the young mother to the children and pregnant women's hospital. After the doctor looked her over, the doctor told us that the baby needed to be delivered right away, either by inducing her labor through medication or by C-section. The young mother was very scared, and we prayed for her and her baby.

The doctor induced her labor with medication, and within four hours, a baby girl was born. The baby was so small, at 28 weeks, that her grandfather held her in the palms of his hands. We prayed for the baby to survive and for the neonatal doctors and nurses to be diligent in their care of her. After three days, the young mother was released from the hospital, but the baby girl had to stay in the neonatal section of the hospital for one month. At the end of the month, the baby girl was able to drink from a bottle on her own and weighed about four pounds. Her parents brought her home and named her Lydia. We prayed for her and baptized her.

In February of 2025, we had a celebration at the rice field village. The women of the village made 40 baby blankets to be given to the neonatal section of the hospital as a gift to all future premature babies. Lydia, now two years old, was able to walk down the halls of the hospital and present the 40 baby blankets to the doctor and nurses who took care of her two years before. We rejoice for this life.

"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" (Psalm 139:13-14).

Every life is wonderfully made by God whose love is everlasting. We give thanks to God for knitting Lydia together and giving her life. We praise God for His grace that sustains all of us. Each life is wonderfully made by God.

Kalia Lo and her family are a part of the Mission of Christ Network (missionofchrist.org/lo). The Lo family has been working out of Thailand for many years. They engage the Hmong with the Gospel in Laos, Myanmar, Thailand, and Vietnam. Members of the LFL team met Kalia at the 2025 Minnesota District LCMS Convention, where Kalia first shared this story.



Lydia at two years old with a church worker

Things You Can Do, No Matter What

by Rev. Dr. Aric Fenske



It is very common in our society to attempt to place a value on other people based on their output or ability to perform certain tasks. It is often assumed that the more a person can do, the more valuable they are. Not only has this line of thinking led to the destruction of thousands of precious lives to abortion and physician-assisted suicide, it has also driven many people to the point of despair. Pastors will often hear their aging parishioners tell them that they feel worthless and unfit to live because they can't be useful or productive anymore.

We must always keep in mind that we are all saved by grace through faith, which is the **"gift of God, not a result of works"** (Ephesians 2:8-9). This means (among many other things) that no person's value is determined by their ability to perform a task or be productive. Every person's value is bestowed upon them by Christ Himself, who made us and redeemed us all with His precious blood. This makes every human life priceless in the eyes of God and worthy of His care and protection, regardless of their abilities or disabilities.

But St. Paul goes on to remind us that **"we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them"** (Ephesians 2:10). Those who have been redeemed by Christ rightly desire to love and serve. So, while our worth is never determined by our ability to serve, we must also recognize that someone's desire to serve their neighbor is a good, godly desire. Likewise, the frustration that many of our aging and elderly brothers and sisters experience as they grow weaker is legitimate and should be handled with love and compassion.

I have often turned to St. Paul's words to the Philippians when talking with someone who is bearing this cross.

"For to me to live is Christ, and to die is gain. If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better" (Philippians 1:21-23).

Through Paul, God leads us to remember several wonderful truths. First, that while death remains our enemy and is never to be sought as the answer to our suffering, the death of a Christian means eternal gain. And second, that as long as our earthly life remains, it is Christ's will. And if it is Christ's will that we remain, He has fruitful labor laid up for us! No matter a person's age or physical condition, if God has given them life, He has also given them great purpose.

The following is certainly not an exhaustive list, but it does provide a few ideas of what this might look like for someone who has reached the age where they can no longer provide the loving services they once did.

1. **You can preach and pray.** As the Psalmist proclaims, “O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come” (Psalm 71:17-18). There is no greater service you can provide for another than to tell them about the love of God in Christ and to intercede for them to the Father in heaven.
2. **You can serve as an example of faith and perseverance to others.** God promises us that “... even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save” (Isaiah 46:4). The Lord will sustain us until the day that He calls us to His nearer presence. Bearing the cross of aging with grace and dignity by the faith that God supplies will be seen by others and can strengthen them to do the same.
3. **You might become the instrument by which God teaches others to bear their crosses.** As a person reaches the stage of needing more assistance from others, God uses them to teach others (spouse, children, grandchildren, etc.) how to patiently love and serve as He has loved us.

Again, our worth is never determined by what we do. God has given us value by creating, redeeming, and calling us as His own. Still, we can be comforted knowing that even as we age and reach the point where we can no longer be active, God not only watches over us and cares for us, He accomplishes great and wonderful things through us.

May the Lord of life grant us the faith and the strength to bear the crosses of aging in such a way that others are led to see the love of Christ manifest in us!



Fearfully **REGISTER TODAY!** and Wonderfully Made



Great Wolf Lodge | Colorado Springs, Colorado

"I praise you, LORD, for I am fearfully and wonderfully made" (Psalm 139:14).

Get equipped to deal with life issues with Gospel-motivated speakers at the **Great Wolf Lodge in Colorado Springs** during this three-day national event! The sweeping views of Pike's Peak from the conference center will inspire us as we hear testimonials from courageous For Life speakers. *This family-friendly venue offers the largest indoor water park in Colorado, along with dozens of engaging activities for children of all ages.*

Keynote Speakers

Jim Daly | Focus on the Family
Jack Phillips | Masterpiece
Cakeshop
Judge Ruth Neely | Retired
Wyoming Judge
Joy Pullman | The Federalist
Rev. Dr. Aric Fenske | LFL

Registration includes access to all conference sessions, as well as breakfasts and dinners at the conference hotel. *Note: Lunches and afternoons will be on your own to explore the area!*

Registration Fees | lutheransforlife.org/conferences

Adult: \$150

Students and Youth, 13 years old through college-age: \$25

Children, 12 years old and under: FREE



JOIN US ONLINE!

Consider hosting a virtual **Chats 4 Life** session! During these sessions, youth learn about a contemporary life issue they're interested in and are encouraged to ask questions and engage in discussion with Y4Life Director Michelle Bauman. Want to host a **Chats 4 Life** session at your school or church? Email Michelle at michelle@y4life.org to request a Zoom session! Please give 2-3 months' notice when requesting a **Chats 4 Life** session to avoid calendar conflicts.

For Life Conversations – Recorded 5-15 minute interviews on life topics shared on our Facebook page and website.

Find us on YouTube!



Spotlight on

LIFE

Spotlight on Life brings awareness of life issues through brief locally hosted events. From abortion to euthanasia, human trafficking or disabilities, sexuality and gender, or marriage and family, we work with you to find the right expert speaker and set up for your life event needs.

Willing to host a brief event in your church to promote life?

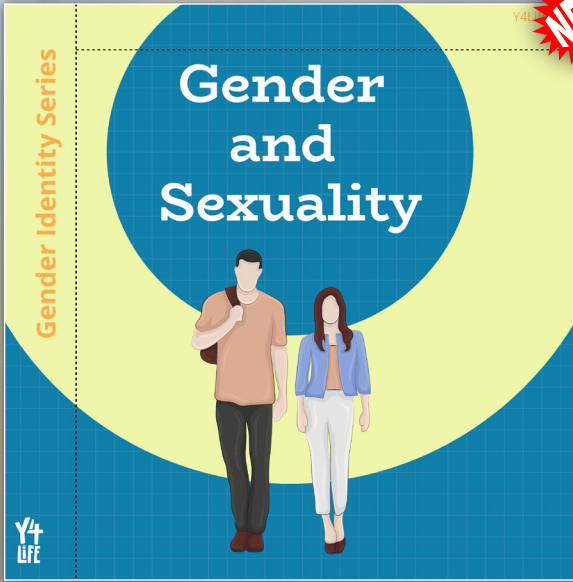
Contact us for more information info+spotlight@lutheransforlife.org.



Help your life event shine!

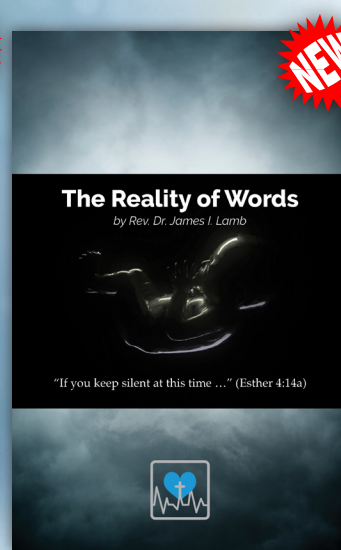
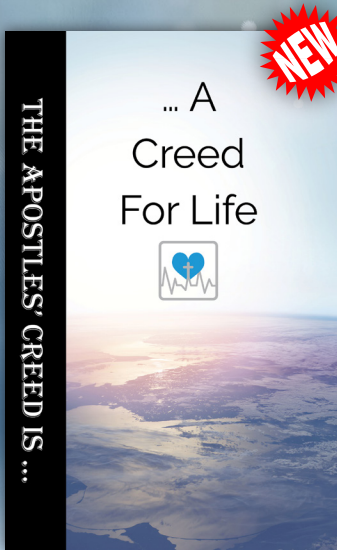
Find Lutherans For Life on ...





Gender and Sexuality –
An infographic booklet –
Sex and gender. They're
hot topics in today's
society, aren't they?
Item Y4L123-1. \$4.50 ea.

**Find more Y4Life
resources and swag at
y4life.org!**

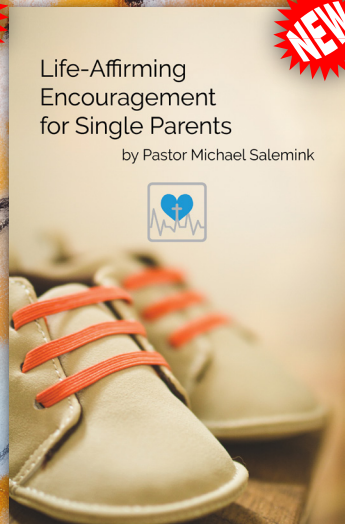
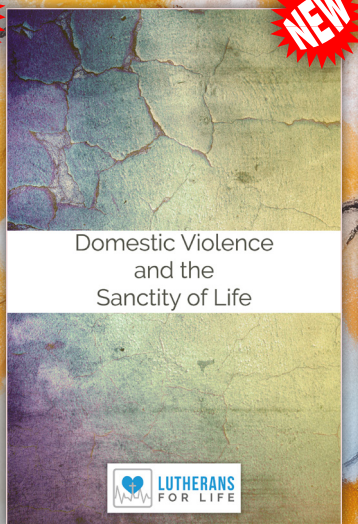
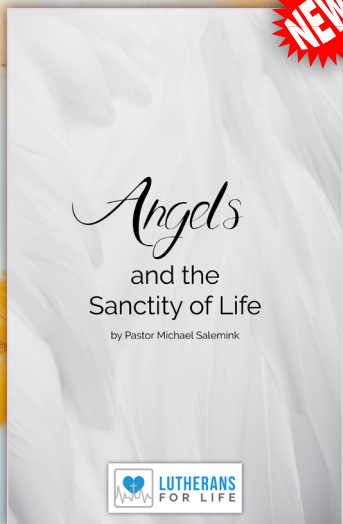


A Creed For Life – Item LFL1655. \$0.50 ea.

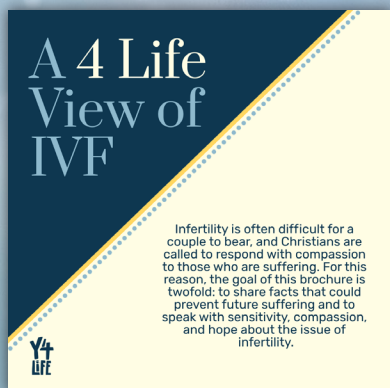
Inside this brochure are some pro-life thoughts
on the creed and some related Bible passages.

The Reality of Words – Item LFL105B. \$0.50 ea.

Here is the reality of what abortion is and does:
Abortion kills little girls and little boys in terrible
ways before birth.



Angels and the Sanctity of Life – Item LFL210B. \$2.00 ea.
Domestic Violence and the Sanctity of Life – Item LFL311B. \$3.00 ea.
Life-Affirming Encouragement for Single Parents – Item LFL312B. \$2.00 ea.



A 4Life View of IVF –
Item Y4L105. \$4.50 ea.

Self-Harm – A Word of
Hope Brochure –
Item WOH002. \$2.00 ea.



Order LFL Resources at cph.org or
800.325.3040. Shipping/handling
applies to all orders. Quantity pricing
on select resources.



**LUTHERANS
FOR LIFE**

Available in App Stores



Share the For Life message all year long with **Life Quotes**!

Life Quotes are quotations on life issues—many from LFL resources and publications—for use in weekly congregational bulletins. You are also free to use the quotations in your monthly newsletter.

lutheransforlife.org/resources/life-quotes

“ Life
Quotes ”

Do you know a family in your congregation who is having its fourth or more child? Fill out the form at the link below, and the Miami Valley Life Chapter will send a blanket made with love directly to this expectant mother in the United States (as well as Puerto Rico, and APO and FPO addresses). No strings attached! **lutheransforlife.org/lambs-lutherans-assembling-mercy-blankets**



Buying or selling a home or commercial property? Support Lutherans For Life at the same time! Call 877.543.3871 or email proliferealestate@yahoo.com for more information. **realestateforlife.org**
lutheransforlife.org/real-estate-for-life



Frontline Call – For all LFL Frontline volunteers! Monday, October 13, 2025 – 7:00 p.m. CDT/8:00 p.m. EDT. There will be a devotion, activity update, life project ideas, guest speakers, and Q & A. **For topics, speakers, and Zoom links, go to the LFL homepage calendar.**



For those who have had an abortion, a Word of Hope ... 888.217.8679
word-of-hope.org
info@word-of-hope.org



And remember ... Every time you shop at any of the 1,800+ online stores in the **iGive** network, a portion of the money you spend benefits LFL. It's a free service, and in fact, smart shoppers will enjoy **iGive's** coupons, free shipping deals, and sales. Start iGiving at: **www.iGive.com/LFL**.



iGive.com®
Change online shopping for good.

Who Really Knows?

by Rev. Dr. Aric Fenske



These statistics are both startling and sad, but they are not just numbers.

A quick online search would tell you that just over one million abortions were performed in the United States last year (2024), and that roughly **63.4 million abortions have occurred in the US since 1973**, when abortion became effectively legalized nationwide.

Since the Death With Dignity Act was first passed in 1997, around **4,300 people have died in the US by physician-assisted suicide (PAS)**. The numbers are far larger in our neighbor to the north. Since 2016, more than **60,000 people have died by physician-assisted suicide in Canada**, and, as of 2023, PAS accounts for **nearly five percent of all deaths in Canada**.

These statistics are both startling and sad. But those are not just numbers. Each one represents a precious human life, wonderfully and fearfully made and redeemed by God, with families who mourn their death. And sadly, the reality is far worse than these numbers reveal.

These numbers may show us how many abortions or deaths by PAS have been legally performed and reported in our country, but it would be impossible to estimate how many lives are actually taken each year.

Most forms of chemical contraception, along with the “morning after pill,” are designed to work in several ways, one of which is preventing a fertilized egg from implanting in the womb, thus destroying the new life that has been created. Only God Himself knows how many times the use of chemical contraception has prevented pregnancy and how many times it has ended a pregnancy. And, as chemical abortion becomes more widely known and available (even through the mail), one is left to wonder how accurate the reporting on its use is.

Much the same could be said about the lives of the sick or aged which are ended prematurely. We may know the numbers for reported instances of physician-assisted suicide. But how many more lives were ended knowingly or unknowingly by lethal doses of pain medications? How many lives were taken in the pursuit of harvesting their organs for donation?

How many lives have been taken?

Only God knows for sure. But, by His grace, He will continue to make us aware of these tragedies and strengthen us to be His Gospel-motivated voices For Life!



Don't Regret This Body

by Deaconess Janet Nicol, Word of Hope



Ah, the curious journey of our bodies through time—a topic that seems to unite us all, doesn't it? I've had countless conversations with friends, young and old, where we all chuckle and groan about how our bodies seem to have a mind of their own. You know the feeling, waking up with a mysterious ache in your knee or a back that protests every time you bend down to tie your shoelaces. And let's not forget the perpetual cold that seems to settle in as we age, much like King David's struggle to stay warm despite layers of clothing. Why is that detail in Scripture in 1 Kings 1:1? Perhaps to remind us that we're not alone in this.

But what is it about our bodies that stirs such deep reflection? When faced with illness, disability, or simply the ticking clock of age, we often spiral into a mix of self-blame, genetic curiosity, and, sometimes, a touch of resignation. Did I do something wrong? Did my parents? We dig into the mysteries of genetics like detectives in search of the culprit for our sagging skin or stubborn joints.

In our pursuit of bodily perfection—or at least improvement—we might fall into a trap. Do we idolize the idea of a flawless body, sculpted by diet and exercise (or even surgery)? There's a temptation to think of our bodies as temporary vessels, ready to be traded in for a better model. "Why bother?" some might say, embracing a kind of existential shrug. But is that really what we're meant to feel?

And then there's the trauma, the hidden scars that lead us to mistreat our bodies as a coping mechanism. We may push ourselves too hard, or not at all, lost in a cycle of self-abuse that only deepens the wounds.

Yet, in all of these thoughts, there's a deeper truth to be found—a reminder that our bodies, despite their flaws and failures, are gifts from God. They are not mistakes to be corrected or disposable shells. They are part of us, to be nurtured and respected even as we acknowledge their inevitable decline. Yes, sin has left its mark, but our worth is not diminished by the wear and tear. Scripture doesn't shy away from aging. Psalm 71:9 says:

"Do not cast me off in the time of old age; forsake me not when my strength is spent."

Rather, as we age, Scripture encourages us not to mourn our bodies but to find purpose in them. Psalm 92:14-15 speaks of bearing fruit in old age, a reminder that our value isn't tied to youthful vigor:

"They still bear fruit in old age; they are ever full of sap and green, to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him."

We are sustained by God alone, and in that sustenance, we find the strength to serve others, whether from a wheelchair, a hospital bed, or any place we might find ourselves.

In Christ, we see the ultimate embodiment of this truth. His body, like ours, was

subject to the trials of life and the finality of death. Yet, in His resurrection, we see our future: a reunion with our bodies, transformed but undeniably ours. This is our hope and our call to honor the bodies we've been given—not just in life and death, but in the promise of what's to come. As Isaiah 46:4 promises:

“Even to your old age I am he ... I have made, and I will bear; I will carry and will save.”

So, let's embrace the aging journey with gratitude. After we repent of our disordered bodily thoughts and receive the forgiveness freely given by our Lord, through His death and resurrection and by His good gifts of Baptism and the Lord's Supper, let's care for these bodies and use them to serve and love those around us. In doing so, we honor the gift we've been given and the One who carries us through every stage of life.

Redeeming Grace

Retreat

Forgiveness & Peace After Abortion



Nov 13-16, 2025
Wildwood Hills Ranch, St. Charles, IA

LEARN MORE [**word-of-hope.org/rgr**](https://word-of-hope.org/rgr)

RETREAT PARTNERS



**LUTHERANS
FOR LIFE**



**Lutheran
Family Service**



Have you or someone you love experienced abortion and now seek healing, peace, or forgiveness? *Redeeming Grace* is a confidential retreat for women who have experienced abortion at any point in their lives. This small-group, Christ-centered experience offers emotional and spiritual renewal through reflection, fellowship, and activities that draw participants gently toward the hope found only in Jesus. The retreat takes place November 13–16, 2025, at Wildwood Hills Ranch in St. Charles, Iowa. The cost is only \$75, with generous financial assistance available.

Learn more at word-of-hope.org/rgr.

Proclaiming God Through My Age

by Virginia J. Flo, Director of Volunteer Relations



"O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me until I proclaim your might to another generation" (Psalm 71:17-18a).

How many times have you heard someone say, "I'm too old for that, let the younger ones do it." I am guessing you have heard it, too, and may have even said it. Yes, there are things we can no longer do or things that become more difficult to do as we age.

Let me quote an old philosopher: "If there is a will, there is a way." We sometimes are too quick to step aside and use our age as an excuse. I include myself in that as I, too, am no longer a youth.

One of the greatest gifts God has given to people in their twilight years is the gift of wisdom and mentorship that comes from life experiences. Many grandparents are good at this because they can hand down some of that wisdom to generations after them. Even though you may think that young people scoff at what older people say, they really do soak up the wisdom shared. (Through mentoring, you don't even need to be an actual grandparent to share your life lessons. It's a gift you can give to the youth in your life.)

I marvel at some of our Lutherans For Life Frontline workers who are still working in the field in our Life Chapters, Life Teams, or as a Life Advocate sharing God's love For Life. We have people serving who are in their eighties and nineties who helped start a Life Chapter thirty to forty years ago. That is amazing! Do they have the same energy or physical abilities? Probably not, yet they have the passion it takes to proclaim God's power and grace!

Change is an inherent part of life. We may not want it, but it's going to happen. A number of years ago, I listened to a business futurist relate change to riding a horse. If you fight, it's like riding the horse backward, and it will simply go where it pleases. If you ride the horse in the direction it is going, you can hang onto the reins and guide it. That's the place I want to be: involved, guiding, advising, and mentoring others. We Lutherans do not have the best reputation when it comes to this: CHANGE. It's a word we try to ignore or walk away from. I'd rather call it INNOVATION, as we keep the good things and simply find new ways to present them.

There is one thing, though, that never changes. That is our God, who continues to be there for us, still providing the benefits He gave us through our creation and our redemption, and who still offers us the gift of eternal life promised through our Baptism. That we can count on forever. Why would we ever stop sharing that message? As we read in Psalm 71:18: **"So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come."** These words are so especially important as we mentor both verbally and through our actions, loud and clear, that we stand firm in our belief in Jesus our Savior.

If you are getting older and no longer middle-aged, and you still serve in one of our Frontline groups, you may wonder about how to engage younger people in this important work. I'm not going to say it's simple or easy. Yet, with concerted effort and a willingness to be innovative, it can be possible. Although you may not realize it, sometimes we older people tend to *tell* vs. *ask* because we are so certain of what is needed. So, when inviting someone to your meeting, try to stay away from phrases like, "You should come," and go with something more appealing like, "We'd love to have you, please consider coming to a meeting and then decide if you want to join." When they do come, don't assign tasks right away, even if they are really needed and have the skills. It needs to be their decision and their timeline.

Also, maybe that middle of the day meeting could move to later in the day, so those who work might attend. Think about starting sub-committees that younger people can be part of. Let them meet when they can and do the work at home when younger children are napping. You may be surprised at the outcome.

God has been our teacher from our youth to old age. May we all be able to proclaim His wondrous deeds as long as we are here on earth. He is a gift For Life.

A woman with short brown hair and glasses is looking down at an open book she is holding. The book has yellow pages and a dark cover. The background is dark and out of focus.

Want to be a voice For Life?

Lutherans For Life can help YOU!

Be a For Life servant ... you can make a difference!

THREE WAYS TO MAKE IT HAPPEN!

- **It only takes one!** A Life Advocate works with their pastor to share God's love For Life!
- **Grab your friends!** A Life Team is a group of life-affirming volunteers at church creating meaningful and fun ways to support life!
- **Strength in numbers!** A Life Chapter is one or more churches working together to impact their communities.

lutheransforlife.org/volunteer-relations



... from fertilization to forever

Little Red, Lost

by Erika Peterson, LFL Events Coordinator



Before we know we are lost, Jesus the Good Shepherd, by His grace, seeks us.

May 5, 2025 – This morning as I led our flock of ewes and lambs to pasture, I delighted in thinking about Jesus as our Good Shepherd and how He leads us in goodness and to goodness. In the case of my sheep, I was leading them to the goodness of the pasture for fresh grazing, sunshine, and exercise. In my own life, He led me out of the darkness of depression and melancholy to the joy of freedom and life in Him, each day holding new treasures of His love and mercy. As I pondered His goodness, faithfulness, and grace, He gave me an object lesson of His tender love.

After walking slowly, to ensure the youngest lambs were moving with the herd, we arrived at the field of alfalfa and orchard grass. I smiled as they crested the rise on the terrace, picked up speed, and bounded onto the pasture below, foraging for the hidden grasses they had not consumed the day before. I did a quick head count. Where was Little Red? She was the youngest, along with her 10-day-old twin brother, who was hopping around with the older lambs. But she was missing. I scanned the pasture again, certain she was among the flock of dozens of sheep. I searched near her momma. Nope, she was not there either. I paused and listened. Young lambs bleat more often than their older counterparts, as they are solely dependent on their mothers for food. Older lambs graze alongside their mothers, but young ones cannot yet digest forage, so they survive only on their mother's milk. No bleating meant she was not nearby.

Leaving the flock on the pasture, I walked back through the winding fenced alleyway to the barn, 100 yards away. Nothing along the path. No solitary lambs in the barnyard. Only chickens free ranging around the barn and under the old camper turned chicken coop. This was very strange. She should have been bleating, calling for her mother, if not with the flock. I scanned the barn again, searching in nooks and crannies, behind the feed troughs, concerned she may have gotten stuck. All clear. Where was she?

Then I heard the dogs barking intensely. They only do that when they have prey in sight. Could Little Red have snuck out through the electrified net fence somehow? Did I leave the barn gate open when doing chores? Could my German Shepherd (who is a good dog, but not a Good Shepherd!) have gotten hold of Little Red? If not the dog, what about danger from the skies? Were the eagles hunting this morning? Little Red is under ten pounds. Might she have gotten snatched up by a hungry aerial predator? That might explain the silence. My pulse quickened. She needed to be found, now!

I walked briskly back to the pasture for a re-check. Maybe I had miscounted. Nope, only 24 lambs. Little Red is #25 this season. Back to the barn I went. This time the flock followed. As I moved at a quick pace, they too trotted along, their hooves thundering behind me. They rushed into the barn, expecting a second breakfast. "Sorry, girls. No food right now," I thought, or maybe even said aloud to them. "Little Red is missing. I need to find her before something else does." A solo lamb

is a dead lamb, vulnerable to predators and injury. If lost for an extended period of time, sheep can die of loneliness in their isolation.

As some of the bigger ewes gathered around the feed trough, I saw her, curled in a small auburn pile under the unlit heat lamp in an area which had been her “crib” for the first four days of life. Smaller than the full-grown hens milling about the barn, I must have missed seeing Little Red among the chickens when I did my first sweep of the barn. There she lay, asleep. She was so deep in slumber, she did not hear when the flock noisily left the barn the first time for grazing. She also missed when I approached her now, as well as the other ewes clamoring around her for food. I nudged her, hoping she was alive and well. Like groggy newborn she was, she awkwardly raised her head, stumbled onto her little hooves, and stretched. She didn’t dart from me, as I expected. So, I scooped her sleepy little self into the crook of my arm and began walking out of the barn, down the winding 100-yard alley, toward the pasture. Lamb in hand, flock in tow, off we went again. My shepherd’s heart was happy. The lost sheep had been found. None were lost to predators, and the flock was together again, grazing in green pastures.

Little Red was lost, but she didn’t know it. Away from the shepherd’s gaze and the security of the flock, she was vulnerable. We can be that way, too. Caught up in our own world, thinking we are fine, we let down our guard.

Before we even know we are lost, Jesus the Good Shepherd, by His grace, seeks us. While we are asleep to the dangers of our condition, He eagerly comes to find us. Through Baptism, the Lord rescues us, scooping us into the shelter of His arms, drawing us into His flock, safe from the jaws and claws of those who seek to steal, kill, and destroy our souls. When the journey is long and winding (100 yards is a trek when you have tiny legs!), we can draw strength and confidence walking daily with Jesus in His Word, trusting He will guide our steps. If we find ourselves separated from the Lord, lost in sin, or alone, through Holy Communion, we find His loving presence and mercy for every need. Jesus, our Good Shepherd, comes to our side, scoops us in His arms, and leads us home.



God Will Use Your Work for His Glory

by Grace MacPherson



Suggestions for ways young people can support the For Life movement.

I almost didn't write an article for this edition of *LifeDate* because I'm 19 and not exactly experienced when it comes to this edition's theme. But as important a topic as aging is, the other end of the age spectrum can be just as overlooked. I've been involved in prolife activities from a young age and have seen firsthand the difference that children and teens can make. So here are some suggestions for ways young people can support that movement. (And for the adults reading, I encourage you to pass this on to the children and teens in your life!)

10 and Under

- Play with younger children, whether your little siblings or other children. This gives their moms and dads a break and makes their job as parents easier.
- Make cards or draw pictures for families with a new baby. If you are able, you can also crochet or knit a baby hat, baby booties, or a washcloth.
- Be patient and kind toward your younger siblings, even if they're being annoying. Remember that you used to be that age, too!

11-15

- Offer to babysit for your mom or families at church. Consider babysitting for free, especially for your own family and for families who might struggle to afford a babysitter.
- Run a lemonade stand and give the proceeds to your local pregnancy resource center or a national prolife organization. If you spread the word at local churches, a lot of people will come by just to donate to the pregnancy center!



- Volunteer to help with an event at your local pregnancy resource center, doing simple tasks like helping with registration or handing out name tags.
- Bake cookies or make a meal for a family with a new baby. You can also make a care package with a baby hat, a blanket, a stuffed animal, and so forth.
- If you enjoy knitting, crocheting, or sewing, donate baby hats or blankets to your local pregnancy resource center.

16-18

- Join your high school or college prolife group. If one doesn't exist, consider starting one. Y4Life.org has some fantastic resources!
- Speak positively about children and large families, including your own desire to be a parent someday.
- Volunteer to help your local pregnancy resource center. Ask what their needs are, and what you can do to help.
- Encourage your friends to live in chastity and affirm the beauty of marriage and family.
- Run a fundraiser for your local pregnancy resource center or a national organization. You could do something simple, like a lemonade stand or bake sale, or something more involved. (For example, when I was 16, I recruited friends to help me make 3,000 bracelets, representing the 3,000 babies who lose their lives to abortion each day, which we sold to support my local pregnancy resource center.)
- As your friends begin to get married and have children, support and encourage them in building strong and godly families.
- When your friends suffer from miscarriages and infertility, mourn with them and remind them of God's love that endures in all circumstances.

As a child or teen, it can be easy to feel like you can't do much for the prolife cause. But I encourage you to try your hand at some of these ideas! God will use your work, however small, for His glory.



Life Thoughts in the Church Year

Based on appointed readings from Lutheran Service Book

October 5 – (Proper 22) – As the world continues to devalue human life, we cry out to God like Habakkuk, “Violence!” (Habakkuk 1:2). Knowing the One in whom we have believed (2 Timothy 1: 12), we are not shaken, for He is our rock, our salvation, and our fortress (Psalm 62:2). Our Lord, who abhors even the thought that His little ones should be enticed to sin (Luke 17:2), certainly does not sit idly by as those little ones are abused, neglected, and killed. He hears our prayers and answers them all in the way He knows best. “If it seems slow, wait for it; it will surely come; it will not delay” (Habakkuk 2:3).

October 12 – (Proper 23) – Nearly all of Jesus’ contemporaries would have been taught that lepers justly suffered the consequences of their own sinful decisions and were unworthy of God’s compassion. Jesus, whose works are always “faithful and just” (Psalm 111:7), shows us that there is no one who is unworthy of His care and compassion. Every single person, regardless of their size, condition, or past decisions, is loved by God, precious in His sight, and covered by His redeeming grace.

October 19 – (Proper 24) – The world has always been filled with people who have turned away from the truth of God’s Word and are not willing to endure sound doctrine (2 Timothy 4:3-4), especially regarding the sanctity of human life. Knowing that we can’t force people to believe God’s Word and value God’s precious gift of life, we “lift up our eyes to the hills,” trusting that “... our help comes from the Lord, who made heaven and earth” (Psalm 121:1-2). For we trust that God alone has the power to change hearts, and He does so through the Gospel of Jesus Christ, which is able to make us wise unto salvation (2 Timothy 3:15).

October 26 – (Proper 25) – Defending the lives that God created, redeemed, and called by the Gospel is a good thing! But we must be careful not to become like the Pharisee in Jesus’ parable, who became so proud of his good works that he mistreated those who didn’t think like him (Luke 18:11-12). Affirming the sanctity of every life also means caring about those who disagree with us, treating them with compassion and sharing the forgiveness of Christ with them, that they, too, might receive the “crown of righteousness” on the Last Day (2 Timothy 4:8).

November 2 – (Proper 26) – The crowd around Jesus reminds us that our sinful flesh is always tempted to look upon those of small stature as those who are less worthy of Christ’s love and protection (Luke 19:3-7). But Jesus reminds us that whether they are physically small (like the unborn), or if we belittle them because of their sins (like Zacchaeus), He desires His salvation to come unto every person and each house (Luke 19:9), “for with the Lord there is steadfast love, and with Him is plentiful redemption” (Psalm 130:7).

November 9 – (Proper 27) – God is defined by life! He identifies Himself as the great “I am” (Exodus 3:14), the true and living God. Jesus also teaches us that not only is God the living God, He is also the God of the living (Luke 20:38)! The Lord of life values the lives of all people so highly that He gives life to all people; He died to rescue all people from their slavery to sin, death, and the devil regardless of their size, age, or condition; and He promises resurrection and everlasting life to all who believe in Him.

November 16 – (Proper 28) – As the days draw closer to Christ’s return, we have witnessed people brought before kings and governors for the sake of Jesus’ name and the truth that every life is precious in God’s sight, just like Jesus warned (Luke 21:10-12). But don’t be afraid! “This is your opportunity to bear witness” (Luke 21:13)! We can go out “leaping like calves from the stall” (Malachi 4:2), proclaiming the sanctity of all life because we know that God promises to “give you a mouth and wisdom” (Luke 21:15) and that the “sun of righteousness” shall soon “rise with healing in its wings” (Malachi 4:2).

Life Thoughts in the Church Year

Find One-Year Lectionary files at lutheransforlife.org/resources/life-thoughts

November 23 – (Proper 29) – When people argue that we should not bring more children into a world such as this, they agree with the people of Jerusalem at the time of its destruction: “Blessed are the barren and the wombs that never bore and the breasts that never nursed” (Luke 23:29). But this is not the way that Jesus intends us to view the gift of new life. Instead, we weep with those who cannot bear and nurse, and we celebrate God’s gift of life, trusting that He will always reign over all things and be the “refuge and strength” of His people (Colossians 1:18; Psalm 46:1), and the little children will always be His “treasured possession” (Malachi 3:17).

November 30 – Advent 1 – Being a Gospel-motivated voice for life means loving all our neighbors, regardless of their size, condition, or past. As servants in the Master’s house (Matthew 24:43), we not only need to be prepared for Christ’s coming (Matthew 24:44; Romans 13:11), we should be eager to make all others ready, preaching the Gospel to them, inviting them “Come, let us go up to the mountain of the Lord” (Isaiah 2:3) that they, too, might be brought into the safety of the ark of the holy Church.

December 7 – Advent 2 – We rejoice that God Himself defends the cause of the poor and needy (Psalm 72:4) and that He does this primarily through us, His saints. We must be careful, however, that we don’t fall into self-righteousness and become a pharisaical “brood of vipers” (Matthew 3:7), always pointing out the sins of others while neglecting our own. Instead, as children of Abraham, we are all to “bear fruit in keeping with repentance” (Matthew 3:8), remembering that the things of God’s Word were “written for our instruction” (Romans 15:4), as well as for the instruction of others.

December 14 – Advent 3 – God sends us, like John, to be His messengers and share His Gospel with the world before He comes (Matthew 11:10). Instead of grumbling against one another (James 5:9), we have the privilege of sharing Christ’s forgiveness, comfort, and encouragement with those having feeble knees and anxious hearts (Isaiah 35:3-4), especially with those frightened women facing surprise pregnancies, women enduring the cross of barrenness, and those carrying the guilt of abortion.

December 21 – Advent 4 – The birth of the King of Glory (Psalm 24:7) is surrounded by the messiness of human sin and intrigue (Matthew 1:18-25). As we rejoice that our Lord has taken on our human likeness with all its sin and pain, being “descended from David according to the flesh” (Romans 1:3), we can also rejoice that Jesus has sanctified every human life, even those born in circumstances which are surrounded by sin and pain.

December 25 – The Nativity of our Lord – “The Word became flesh and dwelt among us” (John 1:14), and in Him is life (John 1:4)! By His holy incarnation, being conceived in the Virgin Mary, growing in her womb, and being born as an ordinary man in Bethlehem (Luke 2:4-6), our Lord Christ has sanctified our human nature, along with every stage of human life and development from the womb to forever.

December 28 – Holy Innocents – The devil hates little children because he hates the Christ child, who was promised to crush his head (Genesis 3:15). Sadly, his influence can still be seen today in those who, like Herod, see little children as a threat to their authority and aim for their destruction (Matthew 2:16). As we weep with Rachel and her children (Jeremiah 31:15), we also rejoice that by sparing His only-begotten Son from Herod’s wrath, God has provided eternal salvation for all the holy innocents—past, present and future—that they too might join in the heavenly song around the throne of God (Revelation 14:3).

Step Up 4 Life



#LIFESHINES



Step Up 4 Life 2025!

by Dave Probst, Director of Development



You can still help us reach our goal!

We are overwhelmed with gratitude for your thoughts, prayers, steps, and financial gifts to our 2025 **Step Up 4 Life** campaign. This year, Lutherans For Life has received \$72,000 in campaign donations to assist our efforts in opposing the “life is disposable” culture and provide resources, education, and encouragement to everyone navigating difficult life decisions. Here’s a summary of our campaign:

- **Step Up 4 Life** received sixteen donations and \$34,347 from our seed money appeal letter.
- **Step Up 4 Life** received 361 gifts from 361 donors totaling \$73,135. Our Step Up 4 Life campaign goal for 2025 was \$85,000!
- **Step Up 4 Life** had 41 walkers and 64 sponsorship donations. The total number of steps taken during our campaign was 6,128,209.
- **Step Up 4 Life** received 328 donations and \$27,805 in 2021, 519 donations and \$68,251 in 2022, 417 donations and \$93,543 in 2023, 452 donations and \$101,106 in 2024.
- **Step Up 4 Life** received 18 Gospel Proclamation donations (\$750 and up), 16 Gospel Transformation donations (\$500-\$749), and 19 Gospel Motivation donations (\$250-\$499).

Once again, thank you for your compassionate advocacy for our sanctity of life ministry. Your support directly impacts our ability to continue this vital life-changing work and uphold the God-given value of every human life.

If you would like to assist us in raising the remaining \$12,000 needed to reach our **Step Up 4 Life** campaign goal of \$85,000, please prayerfully consider a donation to Lutherans For Life today! To donate to **Step Up 4 Life** 2025, please visit stepup4life.org/2025 or mail your contribution to our national office at 1101 5th Street, Nevada, IA 50201-1816.

Lutherans For Life ...

- **Applies God's Word**, both His Law and His Gospel, to all the life issues—abortion, assisted suicide and euthanasia, sexual purity and bio-technology.
- **Assists For Life Christians** in offering the hope and help of the Good News of Jesus Christ to all, whatever their circumstances.
- **Believes God gives the gift of life to all people**—from the moment of conception until natural death.
- **Needs your support to continue to encourage, educate, and uplift with a Gospel-centered, Word-based message of hope, forgiveness, and new life!**
- **Witnesses** to the sanctity of human life through education based on the Word of God.
- **Serves** through individuals who volunteer at pregnancy care centers, with hospice, through prayer, and in a wide variety of caring activities.
- **Educates and encourages** through conferences and presentations, printed resources, Life Sunday materials, Bible studies, curricula, audio and video, and through lutheransforlife.org.
- **Equips** local congregations to speak out on life issues in their communities through Life Chapters and Life Teams, or as a Life Advocate. LFL State Federations, Life Chapters, and Life Teams also support a variety of compassionate, caring pregnancy and post-abortion ministries (including our own Word of Hope) that offer pre- and post-natal counseling, parenting skills workshops, and lifestyle counsel.
- Is a **Recognized Service Organization** (RSO) of the Lutheran Church-Missouri Synod.
- Is a **ministry partner** of the North American Lutheran Church.
- Is not subsidized by any church body.
- Is supported entirely by individual donations and grants.



**LUTHERANS
FOR LIFE**

Equipping Lutherans and
their neighbors to be Gospel-
motivated voices For Life!

Our Mission – Equipping Lutherans and their neighbors to be Gospel-motivated voices For Life

Our Vision – Every Lutheran, both individually and in community, upholding the God-given value of human life and influencing society to do the same

Our Philosophy – Lutherans For Life believes that the Church is compelled by God's Word to speak and act on behalf of those who are vulnerable and defenseless. The crisis of our times is the repudiation of biblical truth manifested in the wanton destruction of innocent human life through legalized abortion-on-demand and the growing threat to the lives of others through legalized assisted suicide and euthanasia. Therefore, as Lutherans For Life, we will strive to give a Gospel-motivated witness to the Church and society on these and other related issues, such as chastity, post-abortion healing, and family living. We will call God's people to compassionate action and foster life-affirming alternatives for those facing difficult situations.

National LFL Board of Directors

Diane Albers, President – St. Louis, Missouri
Rev. Byrene K. Haney, Vice President – Fort Dodge, Iowa
Dr. Roni Grad, Secretary – Tucson, Arizona
Alice Steljes, Treasurer – Pawnee, Illinois
Kim Berry – Benton Harbor, Michigan
Rev. David M. Bottorff, State Representative – Bourbonnais, Illinois
Rev. Dr. Dennis Di Mauro – Herndon, Virginia
Col. John Eidsmoe – Pike Road, Alabama
Dr. Adam S. Francisco – Wheaton, Illinois
Kyle McMillian – Oakland, Florida
Deaconess Pamela Nielsen – Ballwin, Missouri

Rev. Dennis Norby, State Representative –
Valley City, North Dakota
John Talley – Newark, Illinois
Diana Vaughn – Ponca City, Oklahoma

LFL Council of State Federation Presidents

Rev. David M. Bottorff, Illinois – Bourbonnais
Daniel Lindemeier, Iowa – Ames
Rev. Michael Brockman, Kansas – Oakley
Rev. Paul Clark, Michigan – Fowler
Mike Albers, Missouri – St. Louis
Berniece Stulc, Montana – Belgrade
Bob Saeger, Nebraska – Waco
Rev. Dennis Norby, North Dakota – Valley City
Jill Johnsen, South Dakota – Wessington



**LUTHERANS
FOR LIFE**

1101 5th Street
Nevada, IA 50201-1816
ISSN 1098-5859



**Fearfully
and
Wonderfully
Made**

Non-Profit Org.
U.S. Postage
PAID
St. Louis, MO
Permit 146

2025 LFL National Conference
September 24-26, 2025
Great Wolf Lodge
Colorado Springs, Colorado
Registration is open!



Donate to LUTHERANS FOR LIFE Now

**65,464,760 babies have been killed in
abortions since *Roe v. Wade* in 1973**

www.lifeneews.com/2024/01/17/65464760-babies-have-been-killed-in-abortions-since-roe-v-wade-in-1973