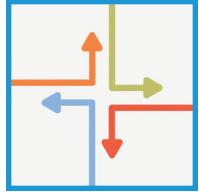


Directions ...

For LFL's Frontline
January-February
2026



Directions is sent bi-monthly to all of Lutherans For Life's Frontline—State Federations, Life Chapters, Life Teams, Life Advocates—with Bible studies and articles on leadership, faith in action, fundraising, news and notes, and facts and stats.



This edition of Directions includes ...

Frontline Ministry in Action

A Bible Study:
Season of Epiphany

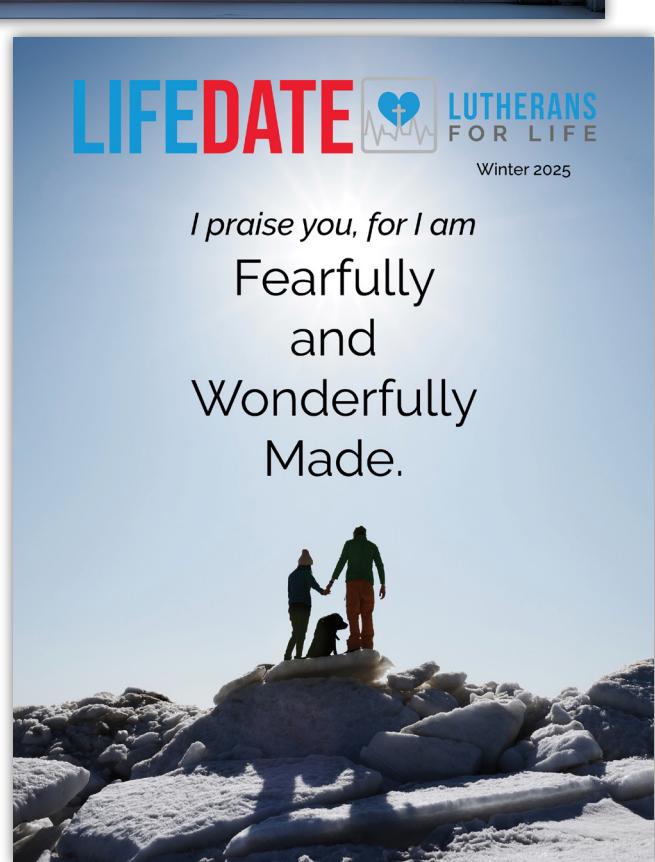
Life Project: Life-Affirming Event for Youth

Life Project:
Meals for Families with New Babies

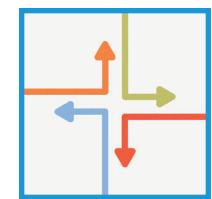
Staff Profiles: Deaconess Janet Nicol
and Deaconess Dr. Chrissie Gillet



**LUTHERANS
FOR LIFE**



lutheransforlife.org/resources/journal



FRONTLINE CALL

For All Lutherans For Life Frontline Volunteers!

If you have projects you would like to share or questions to be answered, email info@lutheransforlife.org or call the LFL national office at 888.364.LIFE (5433) or 515.382.2077.

Monday, January 12, 2026 • 7:00-8:00 p.m. CDT | 8:00-9:00 p.m. EDT

<https://us02web.zoom.us/j/85001324870> | Meeting ID 850 0132 4870 | Passcode 321251

Joyce Flanscha, the Life Team Leader at Mount Olive Lutheran Church, Loveland, Colorado, will share information about two special book projects that they did. One project was to provide children's Bibles to a local pregnancy center. The other was to place copies of Melissa Ohden's book, *Abortion Survivors Speak Out*, in book-sharing boxes in their neighborhoods.

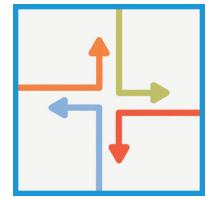
Deaconess Chrissie Gillet, PsyD, Director of LFL's Word of Hope, will give highlights of this ministry. Word of Hope is dedicated to offering Christ-centered support and spiritual care to individuals facing life issues such as abortion recovery, suicide, grief, end-of-life, and more. Through services like the hotline's crisis information and referral, direct spiritual care, and specialized programs like the Redeeming Grace Retreat, the Mindfulness Course, and HOPE for suicide awareness, intervention, and postvention training, this ministry provides healing, guidance, and hope, as reflected in the powerful personal testimonies from those impacted.

Michele Hartshorn, Assistant Director of Volunteer Relations, will present more information on LFL's new ministry, the Congregational House of Refuge program. This is a remarkable program where congregations commit to being a safe place for pregnant mothers. Supporting them and walking with them as they raise their baby—or offering help if they decide adoption is their best choice—is all done with love and compassion. Learn more about how your congregation can be the hands and hearts that help women in their time of need.



A Bible Study: Season of Epiphany

by Rev. Dr. Aric Fenske



Each year, Life Sunday falls right in the middle of the Church's season of Epiphany. The word "epiphany" comes from the Greek, which means to "shine forth" or "appear." In this season of the Church year, we remember and celebrate that the Child born to us on Christmas Day has been revealed to the world as her Lord and Savior. During the weeks of Epiphany, the Gospel readings focus our attention on the different ways that Jesus' glory and identity are made manifest to the world—in the visit of the Magi, at His Baptism, through His first miracles, and in His transfiguration, to name a few. Since Jesus is the Lord of life, it should come as no surprise that these Epiphany readings also have much to teach us about life issues.

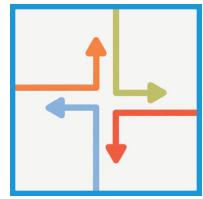
Read Matthew 2:10-11. How old was Jesus when the wise men fell down and worshipped Him? What does this teach us about Jesus' identity, even at that age, and what can it teach us about the personhood of infants and toddlers?

Continue reading **verses 16-18.** How does Herod respond to being tricked? What was his motivation for having those children killed? In what ways might that relate to the desire for abortion and infanticide today? We see here that this desire has existed in the hearts of men and women long before our nation had laws for or against abortion. In the end, what will be the only solution to rid the world of this demonic evil?

Read Matthew 3:13-17. St. John the Baptist was in the wilderness "proclaiming a baptism of repentance for the forgiveness of sins" (Mark 1:4). Since Jesus had no sins to repent or be forgiven of, why would He need to be baptized? How can the Father's words to Jesus now be applied to us? How does this teach us about the sanctity of each human life?

Read John 2:1-11. It's no coincidence that Jesus performed His first public miracle at a wedding. What does this teach us about Jesus' identity, especially in relationship to us? (See also Ephesians 5:22-33 for help.) What does this miracle reveal to us regarding God's attitude toward marriage? How can marriage, defined as the union of one man and one woman into one flesh (Genesis 2:24), be considered a life issue?

Read Matthew 4:12-25. In what ways is Jesus the great light shining on those who dwell in darkness? The word “repent” literally means to “think differently.” How does this apply to our Gospel-motivated voices For Life? What is our goal when sharing the Gospel with our neighbors?



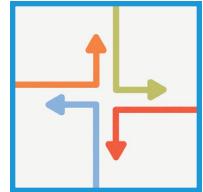
Read Matthew 5:10-11. What can we expect from the world in response to our being Gospel-motived voices For Life? What should we expect from God?

Read Matthew 5:13-16. What does Jesus mean when He says that we are the “light of the world”? In what ways can we shine this light to the world regarding life issues?

Continue reading Matthew 5:17-20. How and why does Jesus fulfill the Law and the Prophets? What can we say to those who argue that God’s attitude on things like marriage and sexuality have changed since the time the Bible was written?

Read Matthew 17:1-9. The transfiguration of Jesus shows us that the glory and majesty of Jesus’ divine nature were hidden behind the ordinariness of His human flesh. Still today, God will often shine with His glory through ordinary and evil sinful things. How does God’s glory shine through things like marriage and parenthood? How about through surprise pregnancies, the suffering of the elderly, or even death?

Frontline Ministry in Action



“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them”
(Ephesians 2:10).

Every year when we receive the Annual Activity Reports (AAR) from our Frontline, we enjoy seeing all the projects the Life Advocates, Life Teams, and Life Chapters have done throughout the year and across the country.

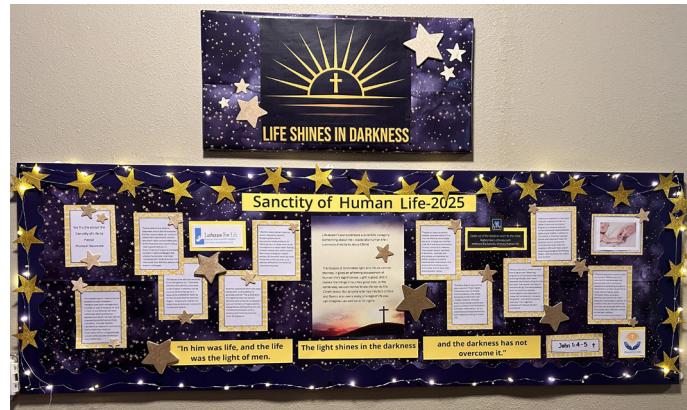
Here are a few highlights of ministry in action:

- **Life Advocate, Good Shepherd (Lincoln, Nebraska)** – This Life Advocate organized a baby bottle fundraiser to help the local care center for women and a pregnancy resource center. She presented the confirmands with a life-affirming card and “Precious Feet” pin at their final questioning.
- **Bismarck-Mandan LFL #286 (Bismarck, North Dakota)** – The Annual Kuchenfest, a dessert banquet, was organized by this Life Chapter to raise funds for the local pregnancy resource center.



- **Life Advocate, St. Paul (Fowler, Michigan)** – A playpen project drive was held to collect donations for a pregnancy center. After the Life Sunday service, they organized breakfast with speakers.
- **Flint Hills LFL #257 (Manhattan, Kansas)** – This Life Chapter purchased 250 copies of *Alive Before You Were Born* books for the churches in their circuit. They took a tour of the local pregnancy resource center and provided s'mores supplies for a local camp for teens in foster care.
- **LFL of Denver #023 (Denver, Colorado)** – Members of this Life Chapter spoke to students at the Colorado University Lutheran Chapel about LFL and participated in several life-affirming events in the Denver area, as well as hosting tables with LFL information at conferences.

- **Trinity Lutheran Life Team (Bellingham, Washinton)** – The Life Team visited a family with children who have immune problems and prayed for them since they are unable to be around large groups of people. They designed poster boards to display with information and photos on topics such as human trafficking, adoption, biographies of older church members, sanctity of life, remembrance of veterans, and marriage.



- **Life Advocate, Messiah Lutheran (Plano, Texas)** – This Life Advocate organized service projects and collection drives to support many multi-generation organizations in the area.
- **Peace Lutheran Life Team (St. Louis, Missouri)** – Along with the many Life Sunday activities, Peace Lutheran Life Team sent cards with poems, prayers, bookmarks, etc. every six months to the homebound members in the church.

It's wonderful to hear that so many groups include *Life Quotes*, *Life Thoughts*, *Life Notes*, and articles in their church newsletter and bulletin. Many groups participated in a local, state, or national Walk for Life. Life Sunday activities happened at many congregations with events such as roses for moms, displays with information and fetal models, fundraisers for local pregnancy resource centers, flowers on the altar, special treats during Bible class, and much more.

Words of Encouragement from the Frontline:

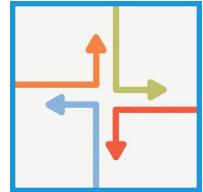
“Don’t give up and stay focused on the mission to be Gospel-motivated voices—show love to others.” – Faith Lutheran Life Team (Great Falls, Montana)

“The Lord provides! Always!” – Mount Olive Life Team (Loveland, Colorado)

“Be visible to your congregation in as many ways as possible.” – Fond du Lac Area LFL #304 (Fond Du Lac, Wisconsin)

“Be open to new ideas.” – Lakeshore LFL #152 (Luxemburg, Wisconsin)

Staff Profile: Deaconess Janet Nicol



Hello, my name is Janet Nicol. I am a 64-year-old wife, mother of four, and grandmother of five. I grew up in Canton, Ohio, in a Christian home with my parents and three older sisters. Though we faced our share of trials and grief, we were surrounded by a strong, loving faith community. Without extended family in our lives, our closest relationships formed within our small family unit and our church, where we were deeply involved. The church truly shaped my early life.

After high school, I enrolled in the nursing program at Capital University in Bexley, Ohio, following my mother's example. But two days into orientation, I realized my heart belonged elsewhere. With twelve years of piano lessons and lifelong involvement in the arts, music was where I felt most at home. I switched my major to music education and later earned my bachelor's degree.

During college, I met my husband, Larry, through a dear friend who later became my sister-in-law. Larry is a fourth-generation farmer, working the same land his family has tended for more than a century in central Ohio. Moving from suburban northeast Ohio to rural farm life was a dramatic shift. Along with marriage and motherhood, I transitioned from the Presbyterian church of my childhood to the Lutheran church of Larry's family.

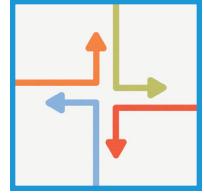
Becoming a confessional Lutheran became one of the most influential decisions of my life. As a young mom in a new environment, I immersed myself in service at our congregation. I directed the choir, taught music part-time at the Lutheran day school, led the youth group, taught Sunday school, gave piano lessons, and managed life with four active children. It was a joyful but exhausting season, sustained only by God's grace and the support of my husband and our church community.

Once my youngest entered school and my oldest left for college, I took a job as office manager at a local gymnastics and cheer facility where two of my children took lessons. I worked there several years until new management let me go. Around that time, a close friend from church lost her husband to a rare cancer, and together we began a GriefShare ministry. Having recently lost my own father at the age of 40, I felt that grief deeply. Serving others in sorrow became an important part of my healing, and we continue the ministry today.

After losing my job and cycling through a few temporary positions, I felt discouraged. My pastor encouraged me to consider the distance deaconess program. I hesitated—having just turned 50, unsure about the financial burden, and intimidated by beginning something so demanding later in life. But after prayer and reflection, I enrolled. In 2016, I completed my master's degree in Deaconess Studies from Concordia Theological Seminary in Fort Wayne, Indiana.



My home congregation soon extended a formal call for me to serve as their deaconess, recognizing the work I had already been doing. It was a tremendous blessing. Because our life is rooted on the farm, moving was never an option. Serving locally allowed me to remain faithful to both my vocation as a wife and my call to diaconal ministry.



Seven years later, a position opened at Word of Hope, a ministry of Lutherans For Life. It felt like a long-awaited opportunity. I had previously volunteered at a pregnancy center but stepped away when life grew too busy. I missed that work—walking with women in crisis and offering Christ's compassion. Word of Hope's mission aligned beautifully with my heart, and its remote structure allowed me to serve without relocating.

Working for Word of Hope has been one of the greatest blessings of my life. The mission of Lutherans For Life resonates deeply with me because of my own experiences and those of people I love. The clear comfort of confessional Lutheran doctrine has shaped my faith and given me great peace. Sharing that same comfort with others is one of my greatest joys.

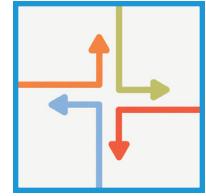
A bit about our children:

Our oldest, Dr. Melanie Nicol, is a tenured professor at the University of Minnesota, researching and teaching pharmaceuticals in infectious diseases. Derek, our second, is a branding and motion-graphics specialist in Columbus, Ohio. He and his wife, Stephanie, have three children: Truman (12), Emmett (10), and Ingrid (7). Our third child, Ethan, is the fifth-generation farmer on our family farm and works for the City of Dublin, Ohio. He and his wife, Erin, have a son, Otto (2). Our youngest, Frances Foos, works with the 4-H extension organization through Ohio State University. She and her husband, Skyler—also a farmer—are parents to Liam (3).



Owen's Mission – An Update

by Michelle Bauman



As you know, Lutherans For Life has been boldly proclaiming a Gospel-motivated message in response to contemporary life issues for more than 45 years. We have been blessed with the opportunity to educate and equip thousands of Lutheran churches and tens of thousands of adults and youth across the nation during this time. And that equipping has led to countless Gospel-motivated, For-Life voices in our churches, schools, communities, and world.

One of the ways we've been teaching children, in particular, about the sanctity of life is through our **Owen's Mission** program. Born out of personal tragedy, this special initiative honored the death of Dr. Lamb's grandson Owen. Dr. Lamb and his family, alongside LFL, raised money to purchase and provide a fetal model set for each Lutheran school across America.

Our efforts and your contributions have indeed been a blessing! Initial fundraising came in at just under \$200,000 dollars, and in honor of Owen, Lutherans For Life contributed an additional \$100,000 toward this valuable initiative.

Thanks to your generous donations, Lutherans For Life has been able to present a set of babies to more than 435 Lutheran schools in the last twelve years, and through those presentations, we've reached over 58,700 youth! Praise be to God that each child in attendance at an **Owen's Mission** presentation heard the life-affirming message that they were fearfully and wonderfully made by a loving God, redeemed by His Son, Jesus, and called to faith through the work of the Holy Spirit. Each child learned that his or her value was and is established by God, and that value, no matter what happens in life, never changes.

Your generous support of LFL's **Owen's Mission** project, whether through volunteer hours or financial donations, has changed tens of thousands of lives for good.

At this time, **Owen's Mission** funds have been depleted, and it is time to let our babies rest. We are thankful for the schools across the nation that have been open to receiving, caring for, and sharing them with students, and we are certain the **Owen's Mission** babies will continue to impact children for generations to come.



Even though the **Owen's Mission** initiative has ended, our work as Gospel-motivated voices is not done! There are many more initiatives in progress at LFL, and some soon to come, and we hope you're just as excited about sharing them!

Schools have been inquiring for years about materials for younger students, and **Y4Life** is working to meet that need. We've already begun building materials that directly serve children from preschool through second grade through our **Lil' Lutherans** initiative, and new resources for youth in grades three through eight are now published under our brand new **Y4Life Jr.** logo.

For high school and college youth, Y4Life has not only produced numerous infographics, lesson plans, and kits in the last few years, but also offers valuable in-person events like Y4Life in Washington, D.C., the Y4Life Summit, the Y4Life Apologetics Retreat, a one-day From Fertilization to Forever conference, and high school and college leadership retreats. Find out more about these resources and events at y4life.org.

And we have also started serving young adults, those between the ages of 20 and 35, through our new YA For Life programs. If you'd like to learn more about Lil' Lutherans, Y4Life Jr., or YA For Life, please visit yaforlife.org.

In addition to initiatives serving youth, our **Volunteer Relations** department launched our new **Congregational House of Refuge** program—a program your entire congregation can take part in to make it clear that you support LIFE. And **Word of Hope** is hosting Christian mindfulness classes and a new abortion recovery retreat even as the department gears up for the production of a suicide awareness program.

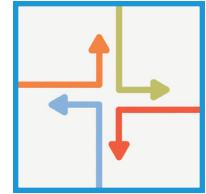
God still has good work to do though you and through LFL's many initiatives!

If you'd like to support our work or find out how you can be a Gospel-motivated voice For Life, we welcome your partnership.

Reach out to us at info@lutheransforlife.org or visit lutheransforlife.org today!



Life Project: Life-Affirming Event for Youth



This project has been shared by the Treasure Valley LFL #352 Life Chapter in Nampa, Idaho. Thank you to Jacquie and Charlie Rowen, Life Chapter Co-Chairmen, for the helpful information.

“How can a young man keep his way pure? By guarding it according to your word” (Psalm 119:9).

During the Boise Walk for Life in January 2025, the Treasure Valley Life Chapter members noticed there were many teenagers in attendance. This sparked the idea of holding a life-affirming event for youth in the Life Chapter’s churches. The Secretary of the Life Chapter volunteers at the local pregnancy care center, Lifeline, and knew about the center’s weeklong curriculum for youth called *No Regrets Today*. This program provides information for young people to better understand the risks of sexual activity as a teenager and how to avoid them. The thought was brought up to have a portion of this curriculum to be presented at an event hosted by the Life Chapter for youth. Jacquie Rowen remembered that Rev. Timothy Pauls from Good Shepherd Lutheran in Boise, Idaho, had written *You Ask about Faith: Questions Teens Are Asking* and decided to ask him to present. He was on board with the idea. It was hoped that having Pastor Pauls involved would mean that more youth would participate. The idea for the event was presented at the circuit Winkle meeting and was well received by the pastors.

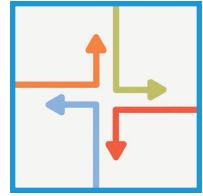
The event “Relationships with No Regrets” was held on a Sunday afternoon in September. Four churches participated in the event with a total of 38 youth and 24 adults. The parents of the youth were encouraged to attend. This allowed them to bring the discussion on relationships into the home and beyond the event. Ages of youth in attendance ranged from sixth grade to a recent high school graduate. When hosting an event like this, it is important to note what ages are appropriate for the material presented.

Pastor Ed Brandt, Treasure Valley Life Chapter Pastoral Advisor, opened with a devotion and hymn. Lifeline Pregnancy Center had three presenters. A small portion of their weeklong presentation “No Regrets Today” was presented. Topics included friendship, dating and love, and the importance of intentionality when picking friends and romantic partners. There were several activities to engage the youth. They played Hot Potato to demonstrate the decisions in life as good, bad, and no choice, and a presentation titled “Infatuation and Love” was about decisions on boundaries on being in love with love.

Pastor Pauls discussed the epidemic of loneliness and referred to Genesis and God’s intention for relationships and man’s fall. He used the 10 Commandments to show how God’s Law is for our good and gives us guidance in relationships. He also spoke on C.S. Lewis’s *The Four Loves* (affection, friendship, erotic love, and charity). He cautioned the youth about the dangers of technology and its addictive nature, as well as the potential exposure to harmful content like pornography. It was emphasized that connection through the internet lacks the depth and intimacy found in real life relationships with those who love and truly care for each other.

The event ended with pizza and time of fellowship. It was about three hours total. The presentations were about 45 minutes to an hour in length. Ending with fellowship allowed people to stay and visit but

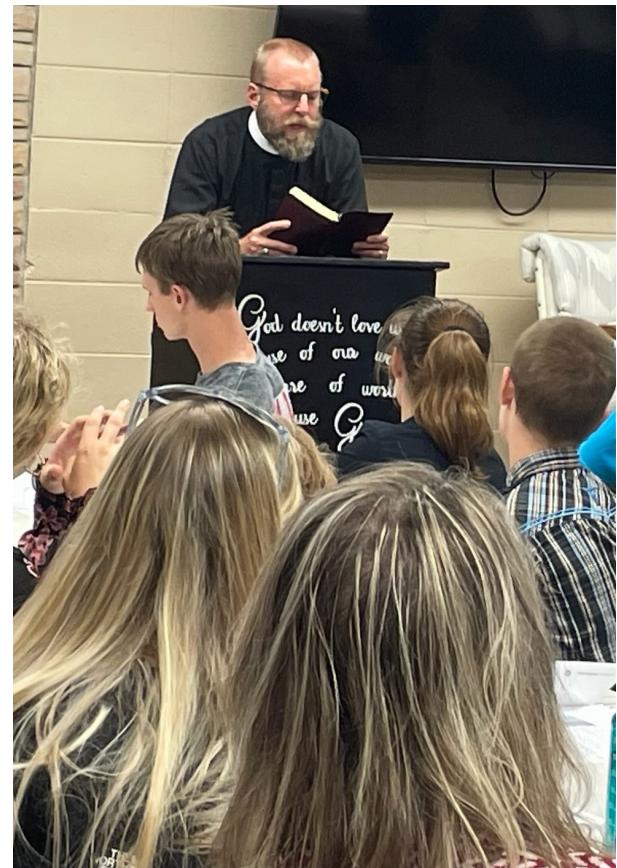
leave when they liked. Even though a few of the teens were tired from the school dance the night before, Sunday afternoon was the easiest time to coordinate between the churches and ensure the event was well attended.



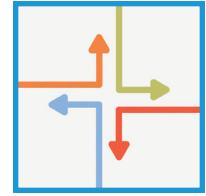
Event information and registration forms were sent to each of the churches. It was a bit difficult to collect them, but the Life Chapter made sure to do a lot of follow-ups to collect registration forms. At the event, there was a registration table for participants to check in and collect the parents' emails. The registration table also had handouts that would be needed for the event, such as information from presenters and a timeline.

There was no cost for the participants to attend this event. The Life Chapter donated to the Lifeline Pregnancy Care Center and sent a thank you card to Pastor Pauls. With the right resources, this event can happen with minimal costs. Contact the churches in your Life Chapter or area for possible topics and presenters. Your local pregnancy resource center might not have a program like *No Regrets Today*, but they may have resources available that could help with an event. Y4Life.org is another place where you can find a lot of wonderful resources. This information can be passed on to the churches, youth leaders, youth, and parents.

Since the event was a success, Treasure Valley Life Chapter has a topic picked for next year's event. They hope to continue providing opportunities for young people to be involved in the life arena. May God provide the means and way for many more groups to host such events that support the youth in the Church and strengthen them as Gospel-motivated voices For Life.



Life Project: Meals for Families with New Babies



This project has been shared by the Good Shepherd Lutheran Life Team in Collinsville, Illinois, and Zion Lutheran Life Team in Columbus, Ohio. Thank you to Pat Hoffmeier, Life Team Member from Good Shepherd Lutheran Life Team, and Debra Rieddle, Life Team Leader from Zion Lutheran Life Team, for the helpful information.

“Contribute to the needs of the saints and seek to show hospitality” (Romans 12:13).

The birth of a baby is such an exciting time. It also brings many changes to a family's daily life. One way to support families with new little ones is to help take the responsibility of cooking meals off their plate. Zion Lutheran Life Team has provided meals for five or six families since starting this project a few years ago. Good Shepherd Lutheran Life Team has been providing meals off and on for a while but decided in July 2023 to be more intentional about providing meals to support families with newborns and now has a written protocol.

If you decide to do this Life Project at your congregation, it's best to start by setting some guidelines. Decide how many meals per week and how many weeks you would like to provide meals. It is helpful to create a sheet to give families in order to gather the information needed to best serve the family (number of family members, allergies, etc.). It is important to communicate with the family about food allergies or dietary restrictions, delivery times, preferred days, where to deliver, and how many servings to make. Zion Lutheran Life Team Leader Debra Rieddle makes sure to ask the family's least favorite meals and restaurants. Unless there are allergies in the family, most welcome any meal offered.

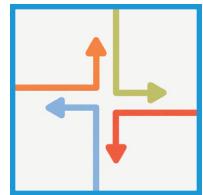
MealTrain.com is an excellent site to use for organizing volunteers to cook and deliver meals. It allows someone to set up time slots for others to sign up to make food for a family. It is free and easy to set up. You will need to complete five easy steps. First, you will enter the recipient's name and email address. The email address is not published but is used to inform the family that someone has signed up for a meal and other important information. Next, you will add the city, state, and preferred delivery times. The street address does not have to be included, but you will need to coordinate where foods will be delivered.



The next step is to select the dates for meal delivery. This can be adjusted later, which is helpful if a family's plans change. Step four is to indicate the number of adults, number of children, favorite meals or restaurants, least favorite meals or restaurants, allergies or dietary restrictions, and additional special instructions. During the final step before submitting, you can add a donation fund goal, but this is not required. Select “Other” and then you will be able to check the box indicating that donations are not needed. Then hit submit! A link will be provided to be shared. SignUpGenius.com is another option to provide a way for people to sign up to provide food. Your church may already be using this site.

Both Life Teams emphasized the importance of putting announcements in your church's bulletin and/or newsletter. Remind members that this service is available. Zion Lutheran Life Team typically talks to the mother a month or so before the baby arrives to finalize details. The typical duration of their meal train is two meals a week for four weeks, but this can be adjusted to best fit the family's needs. Good Shepherd Lutheran Life Team offers three to six meals for one or two weeks. If cooking isn't in your skill set or

you are short on time, you can provide gift cards to the family's favorite restaurant or coordinate for a meal delivery from that restaurant.

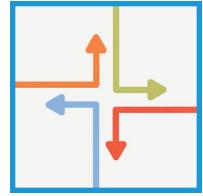


Good Shepherd Life Team doesn't seek out new moms, but through announcements at church and members, there are families to support. They ask that the mom call the church office to let the Life Team know the baby has arrived, if a family member hasn't done so already. Good Shepherd Life Team has 21 meal makers on their list. Meal makers are volunteers from the congregation who were found through announcements in the church bulletin. The Meals for Moms leader contacts the new mothers to set up the details of the meal deliveries. Then the meal makers are coordinated to get the meals made and delivered. Sometimes it's easiest to deliver the meals directly to the family at their home, but this may not always work. Church may be a more convenient location to give the meal to the family or leave the food in the fridge for them to grab. They also purchased "Child of God" onesies to give to the family when the first meal is delivered. Your group may already have something you give to new babies.

This project can be used in a way that best suits your congregation members. We hope this sparks an idea for you to serve those members in your church or community who recently had a baby. This is a wonderful way to support life!



Deaconess Dr. Chrissie Gillet: Leading with Hope as the Word of Hope Director



In a world often shrouded in uncertainty, the need for hope has never been greater. Leading this effort is Deaconess Dr. Chrissie Gillet, a visionary leader and servant of God, who serves as the Word of Hope Director. Her role is more than just a title—it's a calling to inspire, uplift, and transform lives through faith and compassion.

Chrissie's journey reflects steadfast dedication to ministry and community empowerment. As a deaconess, she embodies humility and grace, ensuring that every initiative she leads reflects Christ's love. Her academic and spiritual achievements speak volumes, but it is her genuine concern for people that truly sets her apart.

Chrissie is the wife of Pastor Steph Gillet serving at St. Paul Lutheran Church in Tomahawk, Wisconsin, and together they have been blessed with seven children and two grandchildren. Their home is a welcoming place of love and hospitality, where they also host exchange students from around the world, including China, Japan, Germany, Thailand, and Indonesia—adding seven more “children” to their extended family over the years.

She delights in serving her family by growing food on their farm, raising chickens, and cooking healthy meals. A strong advocate for self-care, Chrissie crafts natural health products, practices martial arts, and expresses herself through painting.

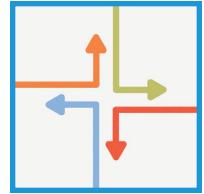
When asked where she's from, Chrissie humorously calls herself an “Eastern Mutt.” Born in upstate New York and raised in Texas, she claims both states but says neither is truly home. For her, home is the place she awaits to return with Christ—her Heavenly Home. Baptized in her late twenties, Chrissie deeply treasures the words of Luke 7:47, **“Her sins, which are many, are forgiven—for she loved much.”**

Down-to-earth and modest, Chrissie prefers genuine conversation on a first-name basis over formal titles tied to education or work. A country girl at heart, she loves rural life in boots and blue jeans, embracing simplicity and authenticity.

Academically, Chrissie earned a doctorate in clinical psychology from Spalding University and completed her psychology residency as an officer in the United States Air Force, during which she served four years on active duty. Her professional experience spans domestic violence shelters, suicide crisis hotlines, military mental health clinics, and Christian counseling agencies—a testament to her dedication to helping others.



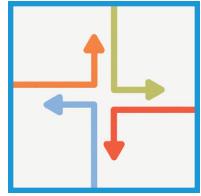
In April 2017, Chrissie humbly accepted the role of Director at Word of Hope, a ministry of Lutherans For Life. Under her leadership, Word of Hope has grown into more than just a ministry—it has become a beacon for those seeking encouragement and spiritual renewal. Through programs that meet both spiritual and practical needs, Chrissie ensures hope is not only spoken about but also actively lived out in tangible ways. From spiritual care and mentorship to outreach and advocacy, her leadership connects faith with action.



To know Chrissie is to know a sister in Christ who prays for you. Her life reflects a deep love for God and His people, and her role as Word of Hope Director continues to touch lives nationwide.



2025 Volunteer Relations in Review



This has been an interesting year for Volunteer Relations. 2025 was a convention year for the LCMS in the districts and we had the good fortune of displaying at several, including the Minnesota North in February, Texas in June, Minnesota South in June, and Wisconsin North in June. There were many other conventions throughout the year that many other LFL staff members attended as well. We also had the good fortune of attending the LWML National Convention in June in Omaha, Nebraska, where we ran into many of our Frontline volunteers who were also in attendance. It's always a joy to come into contact face to face with so many of you that we have gotten to know over the years as we work together to support the sanctity of human life. Thank you to the LWML folks who stopped by our booth to say hello and chat. You are special.

In May, Virginia and Michele drove up to northern Minnesota, where they visited the Life Team at Trinity Lutheran Church in Twin Valley, Minnesota. Virginia had the opportunity to make a presentation on "Life Shines at Church," a takeoff on our Life Sunday theme "Life Shines in Darkness." She shared the work of LFL in life ministry, which is the work of a Life Team. Michele displayed our LFL materials and answered questions from those that attended the tea and brunch event, which visitors from neighboring churches and others from Trinity attended.

The travel continued with various LFL retreats in Galena, Illinois, in February; St. Louis, Missouri, in May; and Branson, Missouri, in August as our staff, Board of Directors, and state federation presidents gathered at various events to share and plan for the future. This all culminated with our LFL National Convention in September in Colorado Springs, Colorado. Not all of our VR team attended all of these retreat events, but we did have representation at each of them. Since we all work remotely, it is important to join together periodically with others for business planning and wonderful Christian fellowship.



Blessed with an Additional Team Member
In May, we were blessed with a staff addition. Amanda Nicks joined us as our Volunteer Relations Administrative Specialist. This position is focused on working with the Frontlines, assisting our Life Advocates, Life Teams, and Life Chapters by fielding their questions and assisting in developing tools and materials to aid in the work our LFL life groups need to fulfil their For Life ministry. Amanda came to us with experience as a deaconess. She most recently served Our Redeemer Lutheran Church in Sioux Falls, South Dakota. We praise the Lord for Amanda's service.



Directions Newsletter Built for You

Throughout the year, we have had a strong focus on building content for this *Directions* newsletter. We filled it with information that will be helpful to our life ministries in the Frontlines. You will find beneficial articles on life topics, life projects, personal stories, Bible studies, information on what is happening at LFL, and much more. Hopefully you have found it to be a great resource. Keep reading and watching for more updates in the bi-monthly editions of *Directions*. Be sure to share it with your team.

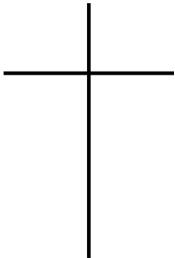
Annual Student Essay Contest

Our VR Team has assisted the Council of Federation Presidents run the national essay contest. We currently have nine states represented with federations, another dedicated group of volunteers that provide leadership across the states they serve and support for the Frontlines. We have managed the essay contests where we don't have federations, specifically in Minnesota and Texas and all the non-federation states. It's been a joy to keep that program moving forward, as each year it seems to be growing, and the essays we see from students across the country continue to show their hearts and love For Life. If you have students in your area that are interested in participating, reach out to us, and we will put you into contact with someone who manages the essay contest where you live. Or check our website to find more information: lutheransforlife.org/2026-lutherans-for-life-essay-contest.

Launch of the Congregational House of Refuge

Our most recent project was launched at our National Conference in September by Michele Hartshorn, Assistant Director of Volunteer Relations. It is called the Congregational House of Refuge program. We are very excited about being able to help implement this program in congregations across the country. It's just getting started but has great potential. Pastors sign up their congregation to be recognized as a safe place for women dealing with a surprise pregnancy who are struggling with being able to walk through the baby's development alone. The pastor, after receiving the blessing of church leadership and the congregation, reads a statement

THAT THEY MAY HAVE
LIFE



**CONGREGATIONAL
HOUSE
OF
REFUGE**



twice a year at a worship service that states the church's supportive position on life and their desire to be a support for pregnant women. There is a lot to this program, and our Volunteer Relations Team would love to walk you through it. It's a great way to let your own members know you will be there for them when in need. It also sends a message to your surrounding community that you are there for them as well. Please check out our website to see a short video and read more about it, as well as a way to contact us for more details. Here is the link to our webpage: lutheransforlife.org/congregational-house-of-refuge.

Quarterly Frontline Zoom Calls

We continue to sponsor our quarterly Frontline Calls. They take place the second Monday of the first month of each quarter at 8:00 PM Eastern/7:00 PM Central. The calls for 2026 will take place as follows:

January 12
April 13
July 13
October 12

Join the Zoom calls and hear from a Frontline group about projects they have conducted that might be right for you and your group. Generally, an LFL staff member will also share details on a project they are developing that will be available to you soon. You'll also get updates from LFL staff on work they are doing and other types of general information. Stay on top of what is happening and get new ideas to use by participating in these quarterly meetings.

The Important Work of the Frontlines

The work we are able to do would not be possible without our army of Frontline For Life volunteers throughout the country. We currently have over 201 life ministries in the country assisting pastors in doing life-affirming work in our churches and local communities. Today, there are 82 Life Chapters in 26 states, 76 Life Teams in 23 states, and 43 Life Advocates in 22 states doing the work of sharing the For Life message with the churches they serve. We thank the Lord for the volunteerism and the many gifts they bring to their service, and we are extremely thankful to the Lord for each person involved in these life ministry groups. If you are one of them, please accept our sincere thanks. If you would like to consider becoming one, please reach out to our Volunteer Relations team at lutheransforlife.org/volunteer-relations.



Changes Going Forward

As fate would have it, two of our Volunteer Relations team decided retirement is their next step in their life's journey. Barbara Geistfeld, DVM decided to take that new path in life on October 31, 2025. Barb is a well-known name in our team, as she has worked diligently to serve the Frontlines for ten years. We were blessed to have her serve with us, and now she is serving a broader audience. Thank you and best of wishes to Barb.

Virginia Flo has also decided retirement is in her immediate future. She will be departing LFL on February 6. She has spent 12 years with LFL serving in many different capacities, some simultaneously, having been the Regional Director of Minnesota, National Conference Director, and most recently the Volunteer Relations Director, leading our VR team in serving the Frontline life ministry groups. We look forward to seeing how Virginia's life unfolds post-LFL.

Going forward, Michele Hartshorn and Amanda Nicks will keep the Volunteer Relations Team active and productive. Michele will take the lead as the Director of Volunteer Relations, and together they will combine their talents in providing the service and leadership our LFL volunteers need to expand the For Life efforts in the field. May the Lord bless their work together and give them the wisdom and passion to be a gift and blessing to LFL and the Frontlines.



Lutherans For Life has produced a set of training manuals called the **Life Team Tool Kit** that has been utilized over the years to help encourage the formation of Life Teams within our Lutheran churches. We discovered that the information in these tools is equally valuable for helping our Life Advocates and Life Chapters in their life ministries as well. This fact was the impetus for our series in our *Directions* newsletter about the “Nine Facets of a Healthy Life Ministry.” In Tool 3, Life Team Member Training, Module 3, we learned about each of these desirable traits. The word *facet* was chosen because, as the facet of a cut gem reflects light, so we are to reflect the light of Christ in our life ministries. The following summaries are taken from the training manual.

GOSPEL-MOTIVATED

A Gospel-motivated group is focused on gratitude to God for being rescued by Christ in the Gospel. At your meetings, discuss how to connect your equipping initiatives to the Gospel, pray for one another and your churches, and remind one another of your identity as God’s beloved.

UNIFIED

When you are unified, you are working in harmony with God and each other. Unified life ministries have a clear mission statement, have specific processes in place to guide their work, and ensure each member uses their unique gifts to serve others.

CONSISTENT

A healthy life group seeks regular opportunities to engage their churches in the life arena throughout the year. An intentional presence of carefully paced actions will avoid overwhelming the life group and the churches.

MULTI-FACETED

The life arena is not about a single issue but about many different life issues. A multi-faceted life group is constantly learning, both personally and as a group, what life issues are currently important to share with their churches.

TRUSTED

Trust is critical in the relationship between the life group and the churches served. Trust is developed over time, since ministry flows from relationships.

Nine Facets of a Healthy Life Ministry

Consistent

Multifaceted

Unified

Gospel-Motivated

Resourced

Interfaced

Trusted

Multiplied

Careful



**LUTHERANS
FOR LIFE**

RESOURCED

A resourced life group has access to both spiritual and financial support so they can carry out their mission.

INTERFACED

When a life group is interfaced, it has good working relationships with other Christian, life-affirming agencies.

CAREFUL

A careful group knows their churches well, understands their current interest in life issues, knows the level of knowledge they have, and knows the degree of involvement they desire. The life group simplifies issues to meet their people where they are and always speaks the truth with love and grace.

MULTIPLIED

A multiplied life group is one that has engaged other groups in their churches to become involved in the life arena as well. The life group may also partner with another life group to expand their life ministry.

Now that you have a basic understanding of the definition of these nine important facets of a healthy life ministry, we invite you to read the following articles for a more detailed, comprehensive description of what each one of these facets can mean for your life ministry.

We encourage you to review these facets on a regular basis to ensure that your ministry is on target and functioning in a healthy way. If you have any questions or concerns, please contact any member of the Volunteer Relations Team. We are here to help and guide you. May God richly bless all that you do in the name of the Lord of Life.

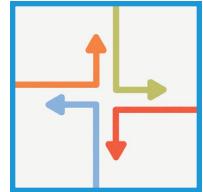
Download "Nine Facets of a Healthy Life Ministry"

lutheransforlife.org/nine-facets-of-a-healthy-life-ministry



Congregational House of Refuge

The Congregational House of Refuge represents a Gospel-motivated witness and service For Life. A congregation commits publicly and lovingly to support its members and neighbors experiencing an unplanned pregnancy.



Become a Congregational House of Refuge

- The pastor reviews the program carefully recommending it to church leaders.
- The congregational leaders review and approve the program.
- The leaders share the program with the congregation for approval.
- The pastor reads a commitment statement in worship twice a year.
- The congregation gets involved through mentoring, praying, and providing a representative to handle the program details.
- The congregation is listed on a locator map of other Lutheran congregations engaged in this program.

BECOME A CONGREGATIONAL HOUSE OF REFUGE

Declare the Congregational House of Refuge Statement

- **Publicly declare safety and support for unplanned pregnancies.** Congregational House of Refuge congregations have a public reading of the statement at least twice a year. This gives voice to the statement embodying the commitment.
- **Incorporate God's Holy Word throughout the program.**
- **Plan an appropriate schedule for reading the statement at least twice a year.** This could be on Christmas Eve or Christmas Day, Sanctity of Human Life Sunday, Mother's Day or Father's Day to name a few. Schedule what works best for the church.
- **Communicate and post the statement for the congregation to read.** Post the statement in service folders, newsletters, at the Welcome Center, on the church website or in social media posts.

Register as a Congregational House of Refuge

The pastor should review the program resources to include the Program Guide, the Congregational House of Refuge Statement, and the Congregational House of Refuge Commissioning and Installation Litany. They are available on the LFL website at lutheransforlife.org/congregational-house-of-refuge. Once the materials have been reviewed, the pastor registers on the website as a Congregational House of Refuge. Volunteer Relations will reach out with the next steps. For more information, please contact lutheransforlife.org/volunteer-relations or tune into the January Frontline call to learn more.





*I praise you, for I am
Fearfully
and
Wonderfully
Made.*

lutheransforlife.org/store-life-sunday-2026



Bulletin Inserts • Bible Study • Children's Message • Worship Service • Sermons

“**F**earfully and Wonderfully Made” is Lutherans For Life’s theme for Sanctity of Human Life Sunday, which is set for January 18, 2026. Your congregation can observe Sanctity of Human Life Sunday on that date or at any time during the year.

Our Life Sunday 2026 theme is based on Psalm 139:13-14: “**F**or you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

This Word of God reveals the care and intention that God takes in the creation of each and every human being. It teaches us that from the very first moments of our conception, God’s hands are upon us, carefully and lovingly crafting each one of us through our fathers and mothers. And while each person is created by God with their own unique characteristics and personalities, the care that God takes in creating each person shows us that every person, from the moment of fertilization on, is precious to God regardless of their age, size, condition, or ability.

Use our Life Sunday resources to help unpack this theme and what it means for the For Life movement, both nationally and in your congregation and community.

Our prayer is that these materials will provide valuable information and encouragement to you, your community, and the life-affirming work you are engaged in.

Life Week 2026

Fearfully and Wonderfully Made



Lutherans For Life



Sunday, January 18, 2026

Fearfully and Wonderfully Made ... As God's Own with Rev. Dr. Aric Fenske

Focus: An overview of the created-redeemed-called Gospel motivation and practical suggestions for sharing the sanctity of life. *Join live on Zoom.*

Monday, January 19, 2026

Fearfully and Wonderfully Made ... With a God-Given Identity with Rev. Darrell Debowey

Focus: Exploring the creation vs. evolution debate from a Lutheran perspective and how it affects our identities as children of God in our vocations. *Prerecorded for flexible use.*

Tuesday, January 20, 2026

Fearfully and Wonderfully Made ... Despite the Prenatal Diagnosis with Rev. Daniel Freeman

Focus: Addressing prenatal testing and diagnoses, this presentation will discuss how to uphold the lives of those who have received an adverse prenatal diagnosis. *Join live on Zoom.*

Wednesday, January 21, 2026

Fearfully and Wonderfully Made ... For a Forever Family with Rev. Derek & Gretchen Roberts

Focus: The importance of both physical family and spiritual family for foster and adoptive children, as well as the issues foster and adoptive children may face as they become members of a new family. *Prerecorded for flexible use.*

Thursday, January 22, 2026

Fearfully and Wonderfully Made ... For Life with Dr. Adam Francisco

Focus: Affirming the value of life from the moment of fertilization and using apologetics to defend and uphold life from the beginning. *Watch on Facebook Live.*

Friday, January 23, 2026

Fearfully and Wonderfully Made ... Even When It Hurts with Deaconess Chrissie Gillet

Focus: Supporting those who have experienced earthly suffering and pointing them to the hope and forgiveness found in Christ Jesus. *Join live on Zoom.*

Saturday, January 24, 2026

Fearfully and Wonderfully Made ... To Serve and Be Served with Rev. Matthew Harrison

Focus: Leveraging one's skills and talents to serve those in the community and reminding them of the love of Christ and His desire to serve the Church through the Sacraments. *Watch on Facebook Live.*

All live presentations will be at 8:00 PM ET, with the exception of Saturday, January 24, which will be at 9:00 AM ET.

Zoom: Meeting ID: 838 6206 3962

Passcode: 823940

<https://us02web.zoom.us/j/83862063962>

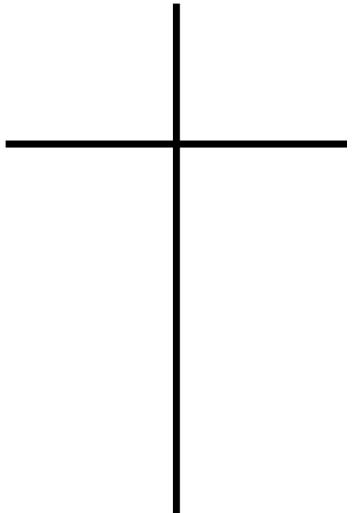
Questions?

lifeweek2026@lutheransforlife.org



THAT THEY MAY HAVE

LIFE



2026 Lutherans For Life Essay Contest

Our 2026 LFL Essay Contest Theme: That They May Have Life

Our theme verse: “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” (John 10:10).

The Lutherans For Life Council of Federation Presidents sponsors an essay contest each year for students in two grade categories: 6-8 and 9-12.

- This contest is available for students in all states who attend a Lutheran school or a Lutheran church.
- State essay contests precede the national essay contest. State essay winners in the two grade categories will be entered into the national contest. Note: Individual state rules may vary slightly, so be sure to access those rules through the state links and listings below.
- Some states have LFL State Federations. If you are a student in a state without a federation, you can participate through the Non-Federation Essay Contest.

We look forward to students across the nation participating in our contest and letting their voices be heard through their life-affirming essays!

Please contact Michele Hartshorn at mhartshorn@lutheransforlife.org with any questions.

lutheransforlife.org/2026-lutherans-for-life-essay-contest

You can find out about and watch our 2025 winners at the link above.



Life Quotes 2025

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.

The quotes are dated but could generally be used any time.

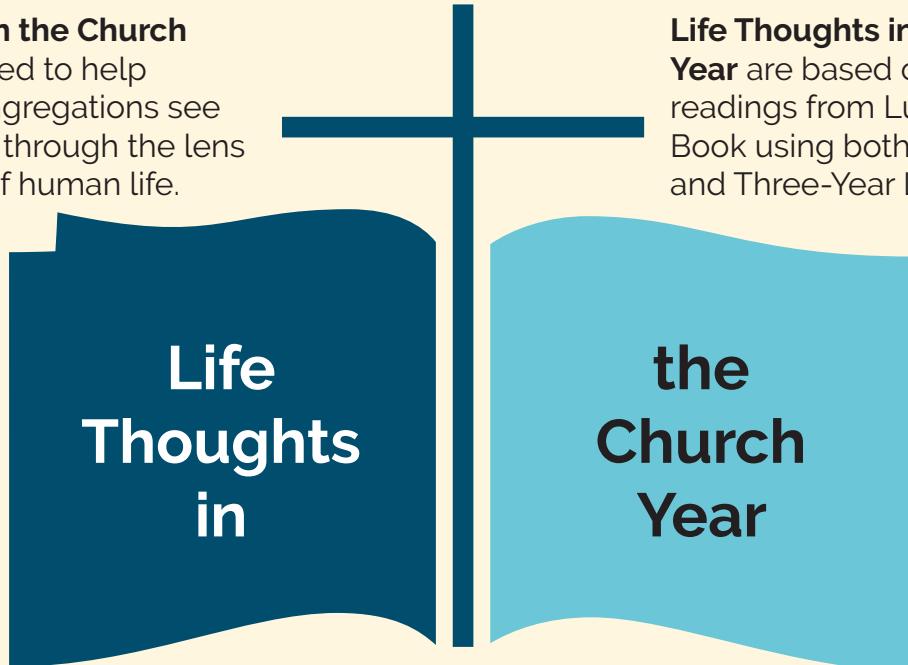
Life Quotes are available at lutheransforlife.org/resources/life-quotes.



Free Downloadable Resources!

Life Thoughts in the Church Year are designed to help pastors and congregations see the church year through the lens of the sanctity of human life.

Life Thoughts in the Church Year are based on the appointed readings from Lutheran Service Book using both the One-Year and Three-Year Lectionaries.



lutheransforlife.org/resources/life-thoughts

Want to be a voice For Life?



Lutherans For Life can help YOU!

Serving all God's people...from the youngest to the oldest!

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



YA FOR LIFE CONNECTION KITS

Each YA For Life Connection Kit contains resources that are designed to be used by young adults and Life Teams as they address life issues in their congregations and communities. Kits include practical information on how to plan for and set up a Connection Event; ideas for addressing life issues through worship, education, service, and celebration; and practical tips for including families and youth. Learn more and get your kit today at YAForLife.org.

On sale now for

\$50

Order your kit at lutheransforlife.myshopify.com

Questions? Email
michelle@y4life.org

www.yaforlife.org



Mindfulness in Christ

Tuesdays starting at 7:00 P.M. Central Time,
January 6 - March 3.

Wednesdays starting at 1:00 P.M. Central Time,
January 7 - March 4.

Why Mindfulness in Christ?

Unlike the worldly view of mindfulness, this course emphasizes being actively present with the Lord to make wise decisions based on Christ-centered values. It aims to improve self-control in managing emotions, thinking patterns, interpersonal interactions, and distress tolerance.



Email us at info@word-of-hope.org

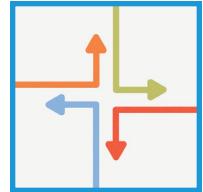


W
HOPE
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D

Join Word of Hope for an online nine-week class this winter! In this Christ-centered course adapted from dialectical behavioral therapy (DBT), you will learn skills that will help you develop a non-judgmental awareness of your thoughts and emotions.

A Tuesday evening class and a Wednesday afternoon class will be available, beginning in early January. There are only eight places available in each, so sign up soon by either emailing info@word-of-hope.org or calling the hotline at 888-217-8679.

LAMBs – Mercy Blankets



Although our world might tell us otherwise, children are truly a blessing. Lutherans For Life would like to celebrate children—especially those families with a lot of them! Through the skillfulness of some LFLers in Ohio and elsewhere, along with the Miami Valley Life Chapter, a project called “**LAMBs**” (**Lutherans Assembling Mercy Blankets**) was established.

We would like to celebrate families that are awaiting the birth of their fourth or more child by gifting them with a homemade blanket. Do you know such a family in your Lutheran church? If so, please contact Michele Hartshorn at mhartshorn@lutheransforlife.org so that she can arrange for this gift to be sent to them. (Alternatively, you can fill out the form below and send it to Belén Fry of the Miami Valley Life Chapter.)

Thank you for helping us care for your neighbor in this way!

“Behold, children are a heritage from the Lord, the fruit of the womb a reward” (Psalm 127:3).

LAMBs – Lutherans Assembling Mercy Blankets

Do you know a family in your congregation who is having its fourth or more child? Wouldn’t it be nice to give them a homemade blanket in celebration of this new life? Simply fill out this form and the Miami Valley Lutherans For Life Chapter, and other Lutherans from the state of Ohio, will ensure that a blanket made with love will be sent directly to the expectant mother anywhere within the continental United States as well as Alaska, Hawaii, and Puerto Rico. There are no strings attached. As the body of Christ, we want to use this as an opportunity to share the mercy that our Savior Jesus Christ first showed us on the cross.

Your Name/Address: _____

City, State, Zip: _____

Your Congregation: _____

City, State, Zip: _____

Mother’s & Father’s Names: _____

Baby’s Gender: Boy Girl

Mother’s Address: _____

City, State, Zip: _____

Please send completed forms to: Belén Fry
Miami Valley Life Chapter
1505 Tipperary Court
Middletown, OH 45042-3038



“He will tend his flock like a shepherd; he will gather the lambs in his arms” (Isaiah 40:11a).

Life Advocates Life Teams Life Chapters State Federations



VOLUNTEER RELATIONS is a Lutherans For Life team dedicated to serving the Frontlines, including Life Advocates, Life Teams, Life Chapters, State Federations, pastors, and congregations. They assist them in starting and maintaining a strong, healthy, and vibrant life ministry within their congregations and communities. Our team is here to share ideas, to mentor, and to walk alongside you as a life ministry consultant and partner.

Virginia J. Flo

Director of Volunteer Relations

651.333.0337

vflo@lutheransforlife.org

Michele Hartshorn

Assistant Director of Volunteer Relations

612.816.6194

mhartshorn@lutheransforlife.org

Amanda Nicks

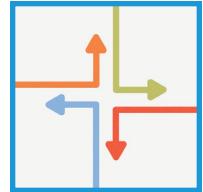
Administrative Specialist of Volunteer Relations

231.622.2506

anicks@lutheransforlife.org



Lutherans For Life Online



- Check out word-of-hope.org and y4life.org.
- Be sure to “Like” and follow LFL on social media! See links below:

www.facebook.com/LutheransForLife

www.facebook.com/groups/lflfrontlines

www.facebook.com/WordOfHopeHealingHearts

x.com/ForLifers • instagram.com/lfly4life • www.tiktok.com/@lfly4life

www.youtube.com/user/LutheransForLife



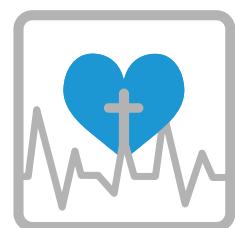
- Join our Frontline Facebook group for Life Chapters, Life Teams, and Life Advocates: facebook.com/groups/lflfrontlines. The group includes an idea exchange and is a place to connect with other Frontline volunteers.



- *LifeDate* is a great way to share the For Life message with your congregation. Find the online digital edition of *LifeDate* at lutheransforlife.org/resources/journal.
- *Life News* is available each month to download and print. *Life News* is a free monthly bulletin insert with life-issue news and more. Go to lutheransforlife.org/media/life-news.

LIFEDATE

LIFE NEWS



LUTHERANS FOR LIFE

Available in App Stores



INTERESTED IN STARTING A LIFE TEAM AT YOUR CHURCH?

It just got easier, making it possible for you to be a trusted, certified Life Team Leader or Life Team Member!

Here are the simple steps:

- Talk with your pastor about starting a Life Team at your church.
- Contact Volunteer Relations about next steps.
- Use the link provided to Volunteers Academy to register for the Life Team Leader Training for only \$25!
- Engage other members at your church to be Life Team Members.
- Life Team Member Training is FREE!

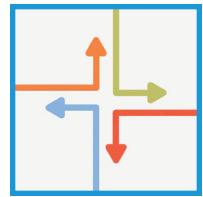
<p>Tool 1 – Why and How to Start a Life Team</p> <p>This course will give you an overview of the Life Team training process.</p> <p>free</p> <p>Enroll</p>  <p>LIFE TEAM Introduction and Roadmap</p>	<p>Tool 2 – Life Team Leader Training</p> <p>This course will equip you to guide your Life Team in being Gospel-motivated voices For Life.</p> <p>\$25</p> <p>Enroll</p>  <p>LIFE TEAM Leader Training</p>	<p>Tool 3 – Life Team Member Training</p> <p>This course will equip you to participate with your Life Team in being Gospel-motivated voices For Life.</p> <p>free</p> <p>Enroll</p>  <p>LIFE TEAM Member Training</p>	<p>Tool 4 – Resources</p> <p>Tool 4 contains resources that supplement Tool 2 & Tool 3.</p> <p>free</p> <p>Enroll</p>  <p>LIFE TEAM Resources</p>
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Register at:
volunteersacademy.lutheransforlife.org

Questions? Contact Volunteer Relations:
lutheransforlife.org/volunteer-relations/



The Basics of Lutherans For Life



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

Our Vision: Every Lutheran congregation upholding the God-given value of human life and influencing society to do the same

Structure and Relationships

A local Life Chapter is a local organization that has been chartered by National Lutherans For Life. The Life Chapter is formally associated with and subject to, but not a part of, the corporation known as Lutherans For Life, Inc.

A Life Team is a group of dedicated church members forming a For Life group within one congregation to serve under the auspices of the local congregation.

A Life Advocate is an individual working to support the church's pastor in keeping the flow of educational information in front of the congregation on a regular basis. *Life Teams and Life Advocates do not qualify for the remittance program.*

A State Federation is an organization that has been chartered by Lutherans For Life, Inc., in a state where there are at least five chartered Life Chapters. In a state where a State Federation exists, the Life Chapters also become affiliated with the State Federation. This occurs automatically at the same time a Life Chapter becomes chartered by Lutherans For Life, Inc. These relationships are basically the same whether or not the Life Chapter is incorporated. Thus, Lutherans For Life consists of a network of individual entities formally associated with each other.

Membership Information

All officers of State Federations and Life Chapters and Life Advocates must be members in good standing of Lutheran congregations and members of National Lutherans For Life. Membership contributions are divided among the national organization, State Federation, and local Life Chapter if it is chartered.

Life Chapters that wish to include a membership form in newsletters or correspondence are asked to maintain the form and information provided by the national office. The local Life Chapter may not establish its own membership program since LFL has a "unified membership" program. When sending a membership form to the national office, make sure the Life Chapter name and number, if chartered, is written on the form in the space provided. This will ensure that the State Federation and local Life Chapter receive the proper remittance payment.

Membership Classifications

Annual Membership

- Annual members join by making a membership donation accompanied by a completed copy of the membership form (or by joining online).

Sponsor Membership

- Sponsor members pledge to contribute a certain amount each month and to pray regularly for Lutherans For Life.
- Sponsor members receive a monthly letter from the executive director.
- Sponsor members are asked to renew their monthly pledge each year as part of the annual membership drive.

The Remittance Program of LFL

All MEMBERSHIP donations are shared with the chartered State Federation and/or local Life Chapter to which the particular members may belong. The membership donations are divided as follows:

Annual Memberships:

- 20% goes to the local Life Chapter (If there is no local Life Chapter, this 20% goes to the State Federation.)
- 20% goes to the State Federation
- 60% remains at national

Sponsor Memberships:

- 1/12 goes to the local Life Chapter (If there is no local Life Chapter, this 1/12 goes to the State Federation.)
- 1/12 goes to the State Federation
- 10/12 remains at national

National Lutherans For Life Staff

Rev. Dr. Aric Fenske – Executive Director
Lowell J. Highby – Director of Communications
Michelle Bauman – Director of Y4Life
Cori Meier – Y4Life Assistant
Virginia Flo – Director of Volunteer Relations
Michele Hartshorn – Assistant Director of Volunteer Relations
Amanda Nicks – Administrative Specialist of Volunteer Relations
Dave Probst – Director of Development
Jerilyn Richard – Donor Relations Director
Erika Peterson – Business Manager
Jan Nessa – Administrative Assistant
Deaconess Chrissie Gillet, PsyD – Director of Word of Hope
Deaconess Janet Nicol – Phone Counselor
Lorelei Humphrey – Word of Hope Assistant
Katie Friedrich – Gift Entry Specialist

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
Mike Albers, State Representative – St. Louis, Missouri
Kimberly Berry – Benton Harbor, Michigan
Rev. Dr. Dennis Di Mauro – Herndon, Virginia
Col. John Eidsmoe – Pike Road, Alabama
Dr. Adam S. Francisco – Wheaton, Illinois
Kyle McMillian – Sacramento, California

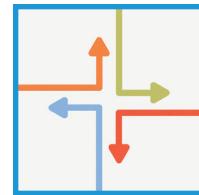
Deaconess Pamela Nielsen –

Ballwin, Missouri

Rev. Dennis Norby, State Representative – Valley City, North Dakota

Rev. Caleb Stoever, State Representative – Hepler, Kansas

John Talley – Newark, Illinois
Diana Vaughn – Ponca City, Oklahoma



State Federation Presidents

Rev. David Bottorff, Illinois – Bourbonnais
Daniel Lindemeier, Iowa – Ames
Rev. Caleb Stoever, Kansas – Hepler
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**

info@lutheransforlife.org

lutheransforlife.org

888.364.LIFE (5433) or 515.382.2077

LFL Business Hours:

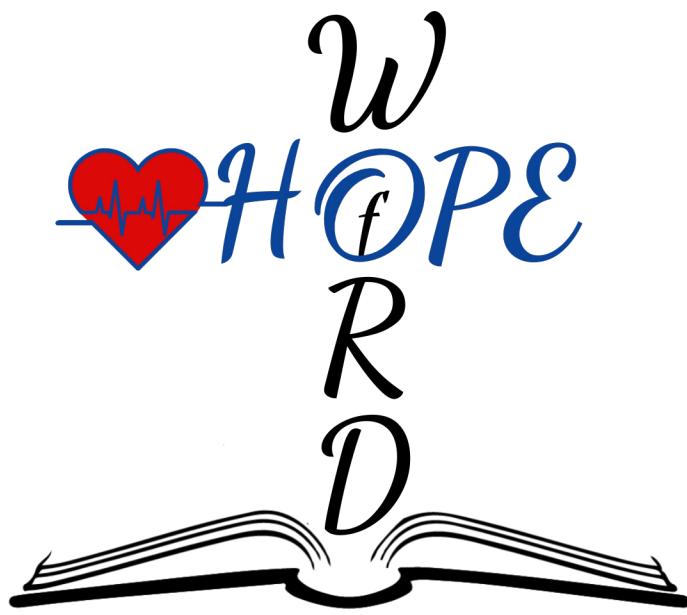
Monday-Friday, 9:00 a.m. to 3:00 p.m. CT.
Hours subject to staff availability.

Since 1973: 65,464,760 abortions in America

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

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For those who have had an abortion—
there is a **Word of Hope** for broken hearts.

Call 888.217.8679 or go to www.word-of-hope.org.

Word of Hope is confidential and caring.

Word of Hope is a ministry of Lutherans For **Life**.

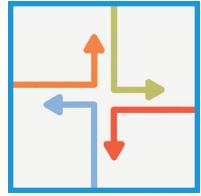
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**LUTHERANS
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Check out the Store page on the Lutherans For Life website for the latest new resources:
lutheransforlife.org/resources/store

- 2026 Life Sunday and Life Week Resources
- YA For Life Connection Kit
- Lil' Lutherans 4 Life – The Lord's Prayer
- The Soul Wound of Abortion
- Real Love Real Life (Y4Life Edition)
- C.A.L.V.A.R.Y - A Life-Affirming Approach
- Church and State: Ten For Life Reflections
- A 4Life View of IVF
- The Reality of Words
- A Creed For Life
- Life-Affirming Encouragement for Single Parents

