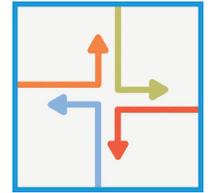


# Directions ...

For LFL's Frontline  
March-April  
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 ...*

40 Days – Set Apart For Life

A Bible Study:  
Lent and Living Water

2025 Annual Activity Reports

Life Project:  
Dementia Friends Presentation

Staff Profiles:  
Jan Nessa and Lorelei Humphrey



**LUTHERANS**  
**FOR LIFE**

**LIFEDATE**  **LUTHERANS**  
**FOR LIFE**

Winter 2025

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



[lutheransforlife.org/resources/journal](https://lutheransforlife.org/resources/journal)



We are incredibly **grateful** for YOU! Because of your faithful partnership with Lutherans For Life, the Gospel of Life is being shared with clarity, compassion, and joy to people across the entire country. Over the last six months, you have blessed LFL with a **3.3% increase in donors** and an incredible **32.6% increase in revenue**—a clear sign of God’s provision through your partnership.

Looking ahead to **2026**, your continued support is more important than ever. With your generosity, Lutherans For Life can expand our programs, strengthen resources, and boldly proclaim the life-giving hope of Christ to even more people. Your partnership makes this mission possible, and every gift, prayer, and act of support helps share God’s love and the value of life.

This Lenten season, as we reflect on Christ’s sacrifice and deepen our faith through prayer, fasting, and almsgiving, we invite you to participate in our Lutherans For Life **40 Days – Set Apart For Life** campaign. By setting aside a small gift each day of Lent, you help support Lutherans For Life and our mission to protect the most vulnerable among us—the unborn, women facing unexpected pregnancies, the disabled and mentally ill, the dying, and all who cannot speak for themselves.

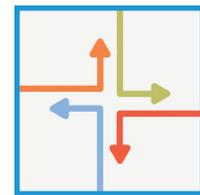
You can make a meaningful impact on Lutherans For Life and our mission to equip Lutherans and their neighbors to be Gospel-motivated voices For Life by participating in our **40 Days – Set Apart For Life** campaign. Set apart some of your financial resources and join us in celebrating life this Lenten season by going online at [lutheransforlife.org/40-days](https://lutheransforlife.org/40-days), scanning the QR code, or mailing a check to our national office (1101 5<sup>th</sup> St., Nevada, IA 50201-1816), and make the 40 days of Lent truly life-affirming.

SCAN ME



# 2025 Annual Activity Reports

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## Please Note: Life Advocates, Life Teams, and Life Chapters

**Annual Activity Reports (AARs)** are completed at the beginning of each new year, highlighting information from the previous year. This process allows each of our Frontline life ministry areas to capture information for an entire year at a time.

For the 2025 AARs, we will be using technology to pre-populate as much of your life ministry group's personal information as possible. **In early March**, if not before, Life Advocates, Life Teams, and Life Chapters will be receiving an email with an attached personal fillable PDF for you to complete and submit. *Please look for this important email.* Simply follow the instructions in the email. Hopefully, you will find the fillable PDF to be much easier than using a hard copy. For those who would rather receive a hard copy of the AAR to complete manually, please let us know. If you have specific questions or need help filling out the AAR, please reach out to our Volunteer Relations Team. Our contact information is found at [lutheransforlife.org/volunteer-relations](http://lutheransforlife.org/volunteer-relations).

Completing your AAR in a timely manner helps our overall life ministry. It is one of the only things we ask you to do if you are in one of the life ministry areas, along with maintaining your LFL annual membership to help us offset the costs to maintain our resources and services for you and your church. Here's a link to update your membership: [form-renderer-app.donorperfect.io/give/lutherans-for-life/donate](https://form-renderer-app.donorperfect.io/give/lutherans-for-life/donate).

### AARS ARE SO IMPORTANT!

First, we want to know how you are doing. We never want to find out after the fact that a life group ceased to function, and we didn't know there were issues. Perhaps we may have been able to help. Secondly, when you share wonderful life projects or events you found worked well, we want to share those ideas with others who may utilize the ideas to serve the Lord at their churches. Finally, it is important that we keep up on who is currently serving, not just as a leader, but other members of your life ministry groups, so that we can keep our records up to date and keep every active member informed and encouraged.

Each AAR we read is inspirational to us at LFL as we walk vicariously with you in the work you are doing. Nothing is too small or too simple in the work you do. Please do share it with us. We are so grateful for the work you do at your churches and in your surrounding communities. God has blessed the churches you serve and LFL. We give thanks to each of you who serve in life ministry and praise the Lord for your service. We give God the glory!

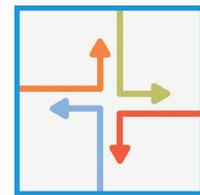
# ANNUAL ACTIVITY REPORTS

## PLEASE SEND IN YOUR REPORT TODAY!



# 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](mailto:info@lutheransforlife.org) or call the LFL national office at 888.364.LIFE (5433) or 515.382.2077.



Monday, April 13, 2026 • 7:00-8:00 p.m. CDT | 8:00-9:00 p.m. EDT  
<https://us02web.zoom.us/j/82740202454> | Meeting ID 827 4020 2454 | Passcode 419468

**Carrie Strauch**, the Life Team Leader, and **Kristin Scott**, Life Team member, at Messiah Lutheran in Lakeville, Minnesota, will share information about a presentation from Dementia Friends Minnesota that their Life Team hosted in October. After listening to the presentation at a senior living community, the Life Team was eager to host this presentation at Messiah Lutheran, as many knew someone with dementia—family member, friend, church member or neighbor. More information on this life project is available on page 9 in this edition of *Directions*.

**Rev. Dr. Aric Fenske**, LFL's Executive Director, and **Dave Probst**, Director of Development, will give an update on LFL and highlight upcoming programs and events planned in 2026. Dr. Fenske will also lead the opening devotion and closing prayer.

**Michele Hartshorn**, Director of Volunteer Relations, will provide a Volunteer Relations update. There will also be time for questions and sharing, and, of course, a door prize drawing.

***Our Frontline Calls are a great way to get new ideas for sharing the For Life message as well as enjoying online fellowship with other members of LFL's Frontline!***

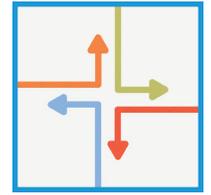
***We had a wonderful turnout for January's Frontline Call. Please encourage everyone on your Life Team or Life Chapter to attend—and Life Advocates, too!***



# A Bible Study: Lent and Living Water

by Rev. Dr. Aric Fenske

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The Christian Church has historically observed the season of Lent as a season of repentance. By reflecting on our sins, we come to a deeper understanding of our need for Jesus' forgiveness and salvation. This, in turn, increases our desire for Jesus and helps us to celebrate Jesus' death on Good Friday and His resurrection on Easter morning with renewed zeal and excitement.

Another result of our repentance is that we recognize all the ways that we've failed to love our neighbors as ourselves, and God willing, we are motivated by Jesus' love for us to try all the more to love our neighbors better.

In this Bible study, we will look at how the suggested Gospel readings for the Lent and Easter seasons drive us to repentance, show us Christ's love for us, and teach us to love our neighbors.

**Read John 3:16-17.** To whom does God show His love? Who is included or excluded from this love? How has God shown this love to the world? For what purpose does Jesus say He has come into the world? How should this shape our For Life message and our goal for sharing this news with the world?

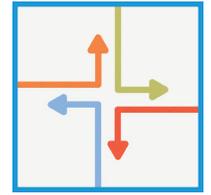
**Read 4:10-11 and 16-26.** What is the "living water" that Jesus offers this woman? What do we know about this woman (where is she from, what kind of lifestyle did she live)? Why is it remarkable that Jesus offers her this living water then, and what does this teach about His love and how we should love our neighbors? What might we learn about God's design and plan for marriage from this passage of Scripture? In what ways is marriage a life issue?

**Read John 9:1-7.** What assumptions did Jesus' disciples make regarding the man born blind? How or when might we be guilty of making these same assumptions, and how could that lead to the devaluation of another human being? What is the true cause of disabilities such as blindness? What is the "work" that Jesus has been sent to do, and how does that shape our understanding of the sanctity of life, especially of those born with disabilities?

**Read John 11:17-27.** You've likely been in Martha's shoes, mourning the death of a loved one. Remembering those emotions, do you think Martha's words in verse 21 are an accusation, a confession of faith, or both? In what ways can we understand Jesus' promise that He is the "resurrection and the life"? How does the knowledge that Jesus will raise all the dead on the Last Day shape our faith? What does this teach us about the unborn, the handicapped, the dying, etc.? What does this teach us about those who disagree with us on life issues and what they need to hear from us?



**Read Matthew 27:15-26.** The story of Barabbas is symbolic of our own salvation. The innocent Lamb of God is condemned to die in place of one who is guilty of murder. In what ways are we guilty of breaking the Fifth Commandment, too? How is the story of Barabbas similar to abortion or other life issues? What do you think about Pilate's attempt to absolve himself from condemning an innocent man? How might we (personally or collectively) be guilty of attempting the same thing regarding the millions of innocent lives lost each year?

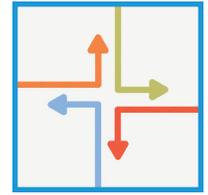


**Read Matthew 28:5-7.** Before the angel announced the resurrection of Jesus, he comforted the women with the words, "Do not be afraid." What is it that we are not to fear now that Jesus has risen? Even though we know we shouldn't be, we are still afraid of certain things. What are some things that we might fear regarding our call to be Gospel-motivated voices For Life? How does Jesus' resurrection help to calm those fears?



# LFL of Illinois | At Work Through the Years

by Pastor David Bottorff and Laura Laesch



Lutherans For Life of Illinois (LFL of IL) was incorporated March 30, 1987. Our bylaws were adopted February 28, 1987. Former LFL President Diane Schroeder was a key player in the early history of LFL of Illinois and one of the first to serve on our board of directors and as its president.

Our present LFL of IL board members are Pastor David Bottorff, President; Pastor Robert Bruer, Vice President; Alice Steljes, Treasurer; Laura Laesch, Secretary and Editor of our quarterly E-newsletter; Kathy Benning, Co-Chair of LFL of IL Life Essay Contest with her husband Russ Benning; David Ward, CID District Life Coordinator; and Esther Becker. This group meets twice yearly by Zoom to carry out life ministry here in Illinois.

How can an Illinois resident become involved as a board member of LFL of IL? *Pray* about it and see if that is how God wants you to serve Him with gladness! Are you passionate about For Life ministry and LFL's mission of "equipping Lutherans and their neighbors to Gospel-motivated voices For Life"? Do you strive to be a positive, life-affirming voice that upholds the truth of the God-given value of human life, both in your local congregation and in society? If yes, the simplest way is to email Pastor Bottorff at [dmbot7222@comcast.net](mailto:dmbot7222@comcast.net) and declare your interest in serving on the LFL of IL board.



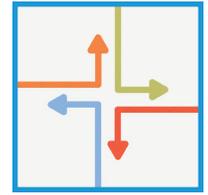
## What the Board of Lutherans For Life of Illinois Does

We have taken on the task of praying for every Lutheran church in the state. Besides praying regularly for each of our LFL-involved congregations, we pray for 362 Lutheran churches who are not involved with LFL. We ask God to raise up those who are called to affirm life in each congregation and that we in LFL of IL might be of assistance in the life ministries they take on. We wait with eager anticipation for God's answers!

The LFL of IL Board has sought to support life ministry financially through many projects in our state, including the work of Redeeming Life Outreach Ministry as they built a maternity home in East Dundee, Illinois; college students whose campus ministry supports life, both at the University of Illinois and Concordia University Chicago; and St. John's Lutheran Church in Champaign, Illinois, as they created space for a pregnancy help center to have an office in their facility adjoining the University of Illinois campus. We have also set up an adoption assistance fund to help defray the costs associated with adoption for Illinois Lutherans.



Part of our ministry to life-affirming Lutherans in our state has been our quarterly newsletter. The goal of the newsletter is to help provide Illinois-specific encouragement and keep our For Life Lutherans in Illinois up to date on issues affecting Life Ministry. If this would be a blessing to you, you can be added to the subscription list just by emailing us at [laeschfamily@gmail.com](mailto:laeschfamily@gmail.com).



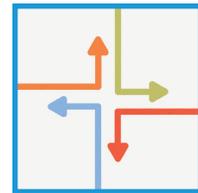
An opportunity for learning and encouragement that the board has worked on is the Summer Life Gathering during August. In 2025, we were blessed to hear from Mr. David Curtin of the Illinois Family Institute who addressed the question of how best to interact with our state lawmakers. With a missionary heart for those in public service, he gave us many practical suggestions, beginning with the need for prayer. We also heard from Dr. Kim Marxhausen, author of *Weary Joy: A Caregiver's Journey*. What a blessing, as she shared practical ways to help, to ask for help, and to share one another's burdens with joy! Among the yearly blessings was a reading of the winning life essay from the Illinois Youth Life Essay Contest. The Life Team from Trinity Lutheran Church in Auburn, Illinois, hosted the event, and the ladies of their congregation blessed us with a wonderful lunch! Did we mention that this event is a blessing?



In 2026, we look forward to another Summer Life Gathering on Saturday, August 29. Although the speakers will be different, certain things will remain the same: presentations by representatives of local life-affirming agencies, a keynote speaker to address a specific life issue, a panel made up of Illinois Life Team and Life Chapter leaders and those with whom they minister, and time for prayer! This year's Summer Life Gathering will be hosted by Cross Lutheran's Life Team in Yorkville, Illinois. For more information, please reach out to Pastor Bottorff at [dmbot7222@comcast.net](mailto:dmbot7222@comcast.net).



# Life Project: Dementia Friends Presentation



*This Life Project was shared by the Life Team at Messiah Lutheran Church in Lakeville, Minnesota. Thank you to Carrie Strauch, Life Team Leader, and Kristin Scott, Life Team Member, for helpful information. This Life Project will be shared at the April 13, 2026, Frontline Call.*

**“Do not cast me off in the time of old age; forsake me not when my strength is spent” (Psalm 71:9).**

For their first event as a newly certified life ministry group, the Life Team at Messiah Lutheran Church in Lakeville, Minnesota, sponsored a Dementia Friends Minnesota presentation on Tuesday, October 28, 2025. The free event was attended by more than 110 church and community members ranging from confirmation-aged youth through adults.



Messiah’s Family Life Center doors opened at 6:15 p.m. for fellowship and refreshments served by members of Messiah’s young adult group. The refreshments included bottled water, coffee, hot apple cider, puppy chow, trail mix, and popcorn for the gluten-free and nut allergy option. A free-will offering was collected to help cover the cost of the refreshments.



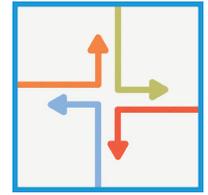
At 6:30 p.m., Kristin Scott served as the emcee by welcoming the attendees and giving an update on the Life Team. (This was a great way to recruit potential new members.) Pastor Kurt Klaus provided the opening prayer, which was followed by a one-hour informational session and a question/answer time presented by Colleen Fritsch of Dementia Friends Minnesota. The event was wrapped up around 8:00 p.m.

Colleen Fritsch has dedicated the past two decades of her career to aging services, focusing on helping communities better understand, engage with, and support older adults. Fritsch is a Dementia Friends Master Trainer, and she serves as one of Minnesota’s Lead Trainers.

Throughout the information session, Fritsch shared information on 10 early signs and symptoms of dementia, the difference between a healthy brain and an advanced Alzheimer’s brain, communication practices, conversation tips, and community resources. A written handout of the information was provided to all attendees. In the presentation, Colleen noted conversation tips to use when approaching the person with dementia and starting a conversation:



- Come from the front, identify yourself, and keep good eye contact. If the person isn't standing, go down to eye level.
- Call the person by their preferred name to get his or her attention.
- Use short, simple phrases, and repeat information as needed. Ask one question at a time.
- Speak slowly and clearly. Use a gentle and relaxed tone.
- Patiently wait for a response.



### Attendees found the event very helpful.

“Thank you for doing this program. It is so necessary and will be of help to so many. Your Life Team taking this initiative is to be praised. May the Lord bless all your efforts.”

“I work in a senior living community, and this information will help me to better communicate with the residents.”

“What a great program! People are facing this daily. Thank you for making this presentation available.”



### What's Next for Messiah's Life Team?

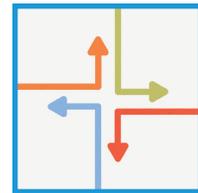
Due to the overwhelming response to this presentation, the Life Team is looking into hosting another presentation in the fall of 2026 focusing on Caring for the Caregiver. For more information on this event, contact Carrie Strauch, Messiah's Life Team Leader, at [cstrauch17@gmail.com](mailto:cstrauch17@gmail.com).

### Key Steps to Host a Presentation

1. **Select Speaker** – Gather a list of potential speakers on the topic choice. Life Team members attended the presentation on April 10, 2025, at a senior living community. After listening to the presentation, the Life Team was eager to host the presentation at Messiah, as many people know of someone with dementia, such as a family member, friend, church member, or neighbor. Make sure the speaker choice is approved by the pastor.
2. **Recruit** – Establish a Life Team member to lead. The coordinator organizes the details and the logistics at church, works with the speaker, oversees the publicity, and emcees the event. Determine volunteer roles for the event (decorations, day of the event, publicity, and refreshments).
3. **Designate a Theme** – Determine an event theme. Since the event was held in the fall, leaves and fall colors were chosen. Event tables were decorated with fall decorations, Life Team signs, and LFL brochures.
4. **Order Materials** – Review LFL print resources to determine what would be beneficial as



resources for the presentation. A Thrivent Action Team Grant provided funding for the Life Team to order LFL print resources from Concordia Publishing House to include *Going Gracefully; Hospice ... What Should I Ask; Ministering to the Victims of Alzheimer's Disease and Their Families; Ventilators, Feeding Tubes, and other End-of-Life Questions*; and *The Basics of Advanced Directives*.



5. **Promote** – Announce the presentation in the church bulletin, newsletter, social media, and from the pulpit leading up to the event. For those churches that use PowerPoint slides announcements, develop one for that purpose. Distribute flyers and posters and set up an information table to register for the event. The Life Team set up a QR code to register through the church's Sign-up Genius. Send an announcement to the local LCMS District Office and other local churches to invite the community to the presentation.
6. **Day of Presentation** – Plan a schedule for event set up to include decorations, refreshment preparation, LFL information display, tables and chairs set up, technology needs (screen, sound system), and clean up. The Life Team members wore gray Life Team scarves and Life Team name tag lanyards to identify themselves. (The Life Team designed and ordered the scarves and lanyards through an online provider.) All other attendees were given name tags as they registered for the event at the Welcome Table.
7. **Celebrate** – Rejoice at the impact For Life! Celebrate that lives were touched by the presentation. The Life Team's original goal was 50, with a stretch goal of 100.
8. **Appreciate** – Thank those involved with the event. The Life Team provided an honorarium to Dementia Friends Minnesota, along with a gift bag for the speaker. Handmade thank you cards were sent to those involved in supporting the event.



*Note: See page 12 of Directions for the article that appeared in the January District News from the, LCMS Minnesota South District. The article is printed with granted permission.*





Pictured is the Life Team of Messiah Lutheran Church, Lakeville.

## Understanding dementia

The heart of man plans his way, but the LORD establishes his steps. **Proverbs 16:9**

The Lutherans For Life Team at Messiah Lutheran Church, Lakeville, sponsored a presentation from Dementia Friends Minnesota ([dementiafriendsmn.org](http://dementiafriendsmn.org)) on Oct. 28. After listening to the presentation earlier in the year at a senior living community, the Life Team was eager to host this presentation at Messiah, as many know someone with dementia — family member, friend, church member or neighbor. The free event was attended by more than 110 church and community members, from confirmation-aged youth to adults.

Following time for refreshments and fellowship in the Family Life Center, and an opening prayer from Rev. Kurt Klaus, Messiah pastor, Colleen Fritsch of Dementia Friends Minnesota gave information and answered questions. Fritsch has dedicated the past two decades to aging services, focusing on helping communities better understand, engage with and support older adults. Ten years ago, she became a Dementia Friends Champion, helping to contribute to Minnesota's progress toward becoming a dementia-friendly state. Fritsch has also become a Dementia Friends Master Trainer.

According to the Alzheimer's Association, "Dementia is a general term for loss of memory, language, problem-solving, and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia" ([alz.org/alzheimer-s-dementia/what-is-dementia](http://alz.org/alzheimer-s-dementia/what-is-dementia)).

During the information session, Fritsch talked about 10 early signs and symptoms of dementia, the difference between a healthy brain and an advanced Alzheimer's brain, communication practices and conversation tips to support someone living with the disease, and community resources. Five key messages Colleen noted in the presentation are:

- Dementia is not a normal part of aging.

- Dementia is caused by diseases of the brain.
- Dementia is not just about having memory problems.
- It is possible to have a good quality of life with dementia.
- There's more to the person than the dementia.

Fritsch was happy with the turnout and reaction.

"The people in the room that evening were so attentive and genuinely engaged in the information I shared," she said. "At its heart, Dementia Friends is neighbor-to-neighbor and friend-to-friend — working together to build a supportive, connected community for people living with dementia. I think the friendship and camaraderie in the room that evening gave everyone a sense that we truly are in this together."

If your congregation or organization is interested in hosting a Dementia Friends Presentation, contact Fritsch at [cfritsch@trellisconnects.org](mailto:cfritsch@trellisconnects.org). For more information on planning this event, contact Carrie Strauch, Messiah's Life Team Leader, at [cstrauch17@gmail.com](mailto:cstrauch17@gmail.com).

Attendees found the event very helpful.

"I've heard Colleen give this Dementia Friends presentation three times and each time something has stood out and impacted me," said Kristin Scott, a Messiah Life Team member who led the event. Colleen's genuine care for people living with dementia and the information provided inspires me to be better when interacting with my mom ... to be more patient, more loving and to help her feel loved and cared for."

"I was the leader of the team, but I was not in charge," said Carrie Strauch, Life Team member and leader. "I was there enjoying the moment, the people and their smiles of appreciation as they listened to the speaker. But who was in charge? After days of reflecting on this question, it was so obvious. God was in charge. We were all there doing His work."

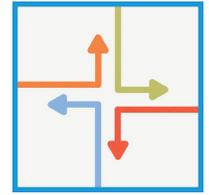
— **Submitted by Michele Hartshorn**

*Assistant Director of Volunteer Relations, Lutherans For Life*



# Life Project: Small Projects with a Big Impact

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“And let us not grow weary of doing good, for in due season we will reap” (Galatians 6:9).

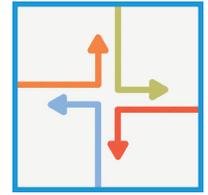
There are many smaller projects that can have a big impact in the life arena. They can be used in a variety of ways or used to support bigger projects/activities. Here are some ideas that you can use as a Life Advocate, use with your Life Team, or share with the churches your Life Chapter supports.

## Sharing LFL materials:

- Place *Life Quotes* and *Life Thoughts* in your congregation’s weekly bulletin and/or monthly newsletter.
- Distribute our monthly *Life News* bulletin insert.
- Link to [lutheransforlife.org](http://lutheransforlife.org) on your congregation’s website.
- Share links to LFL’s materials featured on our “Store” page or at [cph.org](http://cph.org).
- Host a coffee hour after church to share life-affirming information and LFL materials.
- Take a moment to review the materials you may have on display. It may be time to refresh!
- If you have the funds, consider purchasing new materials for the display. If you have a set of fetal models, consider displaying them. Life-affirming display materials (bookmarks, feet pins, fetal models, posters, etc.) are available at <https://pro.life>.
- If you don’t have a designated area for life-affirming materials and your church has a spot available, consider putting materials out or having a rotating display.
- Baptismal reminders:
  - Send cards or letters to families who had a baby baptized the previous year.
  - Recognize the previous year’s baptisms at a worship service.
- Partner with other groups in your congregation to put on events or share life-affirming information with these groups to support their ministry.
- Ideas for Mother’s Day and Father’s Day:
  - Give a flower to mothers and find a small, life-affirming item to give to fathers.
  - Host a cake and punch reception or ice cream social after service.
  - Sponsor breakfast or a luncheon.
  - Encourage Sunday school teachers to have students create something special for their mothers and fathers.
  - Collect diapers and wipes between Mother’s Day and Father’s Day to donate to your local pregnancy resource center.



- Ask the children in the congregation to decorate cards to send to homebound members, those hospitalized, and others who may need a pick me up. *(You can use resources your church already has on hand. There may be extra materials from other projects to utilize so no money has to be spent. Get creative!)*



- Share “In Remembrance” ideas with those grieving the death of a loved one. Here are some ideas:
  - Cook their favorite meal, watch their favorite movie, or listen to their favorite song.
  - Plant a tree or flowers in their memory.
  - Make a quilt, pillow, or teddy bear out of their clothes.
  - Paint memory rocks with images that remind you of them.
  - Write down memories and place in a memory jar.
  - Join or start a grief support group.

- Start a book club and read life-affirming books. Another option would be to discuss current articles on life issues.

- Create For Life bookmarks to share with your congregation or give out to those in the community. These could be colored by children in the congregation.

- Schedule a tour of your local pregnancy resource center to learn more about what they do and the help they offer.

- If you are unable to financially support life-affirming organizations in your community, see if there are other ways you can support them. Volunteer, if they have the need. Find out specific things you can pray for.

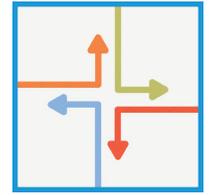


- Many groups go caroling at Christmas time, but Easter is another wonderful time to visit homebound members with a hymn sing.

May these ideas be inspirational and spark creativity for your group to plan activities to bless your congregation and community.



# Staff Profile: Jan Nessa



**“Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality” (Romans 12:9-13).**

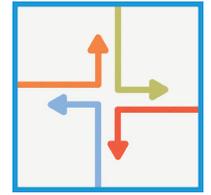


Jan has been showing hospitality as the Administrative Assistant at LFL since May of 2020. For the first few years, she was blessed to be able to help at regional and national conferences. At those events, she was in the position to meet many people from our Frontlines, perhaps even you. Jan is the person you will most likely talk to if you ever call or email the national office. Serving LFL donors and those serving on the Frontlines truly gives her joy, so please let her know if you need anything, including prayer requests.

**“Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow” (James 1:17, NASB).**



Jan grew up in a Christian home in Minnesota with her parents, sister, and two brothers. Their family attended a small AFLC church near Coon Lake, Minnesota. Even at a young age, Jan understood life was precious. Her friend from church, Mary, had Down syndrome. She never understood people talking about aborting babies, like her friend, Mary, or any baby. She has firsthand knowledge of becoming an unwed single mom and the struggles that come with that. Jan was blessed to be a stay-at-home mom after meeting her husband. After the kids started school, she worked as a special education para for a middle school, which was extremely rewarding. After nine and a half years, Jan and her husband made the decision to homeschool their younger two kids. The verse above is one of her favorites that she has held tight to throughout the years.



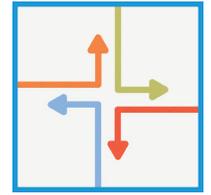
Jan and her husband, Mark, will have been married 25 years in June. They have been blessed with three children Hunter (27), Talia (23), and Lincoln (21). Missions are important to her family. Some of the mission support has involved trips. Mark, who they call “Tud,” was blessed to go to Brazil, Hunter to Hungary, Talia to Mexico (twice), and Lincoln to Mexico (twice). Lincoln is going to Czech Republic in the spring. The whole family has, at some point in their lives, attended Free Lutheran Bible College in Medicine Lake, Minnesota. They are members of Stavanger Free Lutheran in Garden City, Iowa. This final Bible verse from Isaiah is a family favorite.



**“But He was pierced for our offenses; He was crushed for our wrongdoings; The punishment for our well-being was laid upon Him, And by His wounds we are healed” (Isaiah 53:5 NASB).**



# Word of Hope: Walking with You in Christ's Mercy

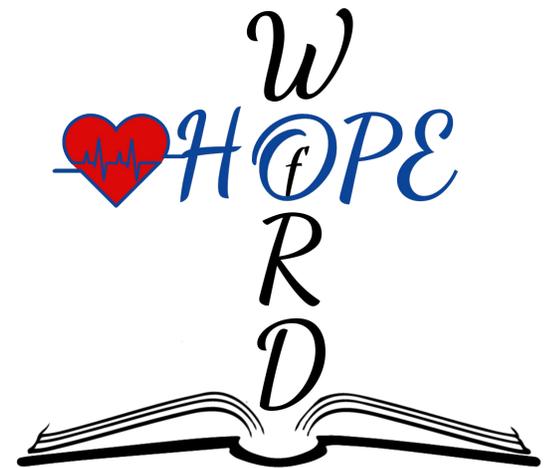


**Word of Hope**, a ministry of Lutherans For Life, continues to offer compassionate Gospel-centered care to individuals and families facing life's most difficult moments. Through its 24/7 national crisis hotline, the ministry connects callers across the U.S. and Canada with immediate support, spiritual guidance, and referrals to local resources.

In a given month, **Word of Hope** receives over 420 hotline and spiritual care contacts, a record number reflecting the deep need for Christ-centered hope. The most common concerns include anxiety, abortion, bereavement, depression, abuse, divorce, anger, wellness, and identity struggles. Support is available through phone, text, email, or video to meet people wherever they are.

## A Place of Healing: Redeeming Grace Retreat

Women seeking healing from past abortions are invited to the **Redeeming Grace Retreat**, held October 1-4, 2026. Thanks to generous donors, the cost remains just \$75 per participant. This retreat offers a confidential, grace-filled space where women can rest in God's forgiveness and begin, or continue, their healing journey. Scan the QR code to register today.



## Equipping the Church with Education and Training

**Word of Hope** is committed not only to caring for individuals but also to equipping congregations, ministries, and communities.

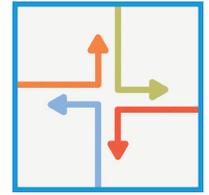
### Mindfulness with Christ

This popular online course returns in the Spring 2026 term, offered:

- Tuesdays: 7:00 p.m. CT / 8:00 p.m. ET
- Wednesdays: 1:00 p.m. CT / 2:00 p.m. ET



This session is reserved for church workers, LFL Board members, Life Chapter or State Federation Presidents, and LFL staff. Classes begin April 6-7 and run through June 2-3, with limited seating (eight participants per class). To request your seat, email [info@word-of-hope.org](mailto:info@word-of-hope.org).



## HOPE for Suicide Awareness, Intervention, and Postvention (HOPE S-AIP)

The full HOPE S-AIP training will launch later this year. In the meantime, introductory presentations on Christ-centered suicide care have already taken place in Kansas, Wisconsin, and Washington, D.C. Upcoming sessions will be held in Chamberlain and Sioux Falls, South Dakota, April 18-20, 2026.

## Serve with Us: Hotline Volunteers Needed

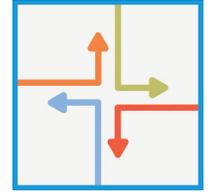
To meet growing demand, **Word of Hope** is seeking volunteers to help cover the hotline, especially on weekends and during staff travel. Volunteers serve one weekly 4-hour shift between 10 a.m. and 10 p.m. and may receive 0-2 calls per shift.

Ideal volunteers have a strong catechetical foundation or theological training; basic counseling experience is helpful but not required. Training, monthly consultation, and ongoing support are provided. If you feel called to support others with Christ's compassion, please review the job description and send your resume along with the completed application to [cgillet@lutheransforlife.org](mailto:cgillet@lutheransforlife.org).



# Word of Hope Hotline Volunteer

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## POSITION SUMMARY

### Hotline Volunteer:

Volunteers answer hotline calls, provide spiritual support, assess urgency, and determine the type of care (crisis intervention, referral, follow-up). Report to the WOH Director.

## ESSENTIAL CORE VALUES

1. Express a zeal and passion for dealing with the life issues that flow from the love of Jesus Christ.
2. Have a servant's heart based in the servanthood of Jesus Christ.
3. Be a member in good standing of a Lutheran congregation.
4. Maintain a commitment to the Biblical view of marriage and family (as instituted in Genesis 2:24).
5. Commit to the Mission, Message, and Manner of Lutherans For Life as well as all position statements as listed on the Lutherans For Life website.

## ESSENTIAL FUNCTIONS

1. Triage the needs of men and women who are contacting the telephone hotline regarding life issues.
2. Share the truth of God's forgiveness and grace with those contacting the hotline and in online or written materials.
3. Maintain appropriate records in the highest professional standards and confidentiality.
4. Engage in ongoing training/education to address life issues using biblically founded best practices.
5. Attend professional monthly meetings electronically as requested.

## MARGINAL FUNCTIONS

Receive ongoing training on life issues and spiritual care as needed.

## KNOWLEDGE, SKILLS, AND ABILITIES

- Lutheran doctrine and biblical principles, as well as knowing how to apply them to life issues and daily living.
- Various religions/worldviews and their practices and how to address them from a Lutheran viewpoint.
- Life issues, including scientific, social, and political dimensions.
- Lutherans For Life and its mission and vision.
- Professional standards of ethics and confidentiality.
- Knowledge of and skill in basic counseling, crisis intervention, and suicide prevention.
- Genuine compassion and desire to serve others and uphold life.
- Basic awareness of mental illnesses and mental health care.

## EDUCATION

- Strong Lutheran catechetical foundation
- Lutheran theological training preferred

## EXPERIENCE

- Some experience with imminent life issues (crisis pregnancy, post-abortive, end-of-life, suicide, doubting salvation, etc.).
- Applying Law and Gospel to life situations and practice in the spiritual care of others.

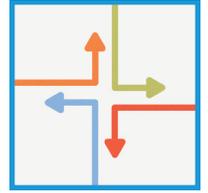
## TIME COMMITMENT

- This is a volunteer position in 4-hour increments.
- On-call demands may include time on holidays, weekends, and after hours.



# Word of Hope Hotline Volunteer Application Questions

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## Personal Information

Full Name:

Address:

City:

State:

Zip Code:

Phone Number:

Email Address:

Preferred Contact Method:

Preferred Availability:

## Church & Faith Background

Are you a member in good standing of a Lutheran congregation? (Yes/No)

Name of Congregation:

Pastor's Name:

Describe your involvement in your church:

Do you affirm the Biblical view of marriage and family (Genesis 2:24)? (Yes/No)

Do you affirm the Mission, Vision, and all position statements as listed on the Lutherans For Life website? (Yes/No)

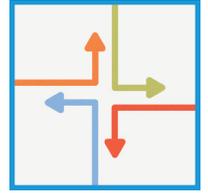
LFL Mission: The mission of Lutherans For Life is to equip Lutherans and their neighbors to be Gospel-motivated voices for Life.

LFL Vision: The vision of Lutherans For Life is that every Lutheran, individually and in community, might uphold the God-given value of human life and influence society to do the same.



## Motivation for Volunteering

Why do you want to serve as a hotline volunteer?



Describe your understanding of Christ-centered compassion, forgiveness, and grace:

Describe any personal or professional experience with life issues:

## Education & Theological Background

Describe your Lutheran catechetical foundation:

List any theological training (if applicable):

List any relevant certifications or coursework:

## Relevant Experience

Describe your experience with imminent life issues (crisis pregnancy, suicide concerns, end-of-life situations, etc.):

Describe your experience applying Law and Gospel in life issue conversations:

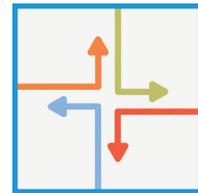
Describe any crisis intervention, counseling, pastoral care, or mental health experience:



## Availability

Are you able to commit to one weekly 4-hour shift between 10am-10pm? (Yes/No)

What days/times are you available?



Are you available for weekend, holiday, or after-hours shifts? (Yes/No)

## Confidentiality & Ethical Commitment

Do you agree to uphold strict confidentiality? (Yes/No)

Do you agree to maintain professional standards in record-keeping? (Yes/No)

Are you willing to participate in ongoing training and monthly meetings? (Yes/No)

## References

Reference 1 – Name, Relationship, Contact Information:

Reference 2 – Name, Relationship, Contact Information:

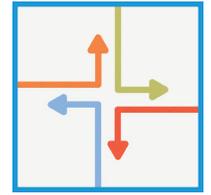
## Signature

Applicant Signature:

Date:



# Staff Profile: Lorelei Humphrey

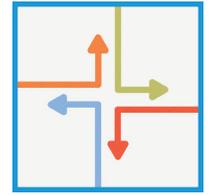


Hello, my name is Lorelei Humphrey. If you asked someone if they know me, the chances are pretty high they would say, “Oh! She’s the girl with all of those siblings, right?” And they aren’t wrong. I’m the oldest of ten children, eight on earth and two in heaven. It took me a while to realize how unique an experience it is to grow up in a large family. It turns out not everyone purchases groceries in bulk, drives in a van, or needs an entire pew at church. My large family has also given me a front row seat to society’s view on children. We are used to stares and whispered comments in restaurants, family passes that cap at two children, and other friendly reminders that in general, society finds large families weird. Really weird.

But some people have a very different response to our family. Instead of whispering, church members come up after service and engage us in conversation. I would go home after youth group with a stack of pizza boxes. Or, after a service my mom would receive a box of hand-me-down clothes from a member with older children. And, when church members talked to our parents, the comments focused on how beautiful and wonderful our large family was, not incredulity that my parents would choose to have so many children. These were my first experiences with a life-affirming culture.



**Eight kids, one kid, or no kids at all, every life and every family size is a gift from God.** In the church, our family is cared for and loved.



My family and my church were my biggest influences as I was homeschooled for most of my childhood. My parents discovered Lutheranism while searching for a denomination that stayed true to God's Word, and we converted when I was a kid. I divided my time between helping my family and volunteering for Sunday school, VBS, Christmas programs, and anywhere I could put my big sister skills to work. These experiences gave me plenty of opportunities to help others and learn new skills, as well as introducing me to many life issues. It also taught me how God uses individual people working together to create something impactful, and how each individual is important.



In a large family, everyday life is a group effort. Whenever I babysat for my parents, I wouldn't have succeeded without siblings pitching in to play with the baby, cook food, help clean the house, or even just make me laugh when I was stressed out. In church, it is the same; we need someone who is good at organizing events, someone who is creative, someone to teach the children at Sunday school, someone who loves music, and so on. I've always been awed at how God pulls together just the right people for a project or an event, and the incredible things we can accomplish with everyone doing their part.

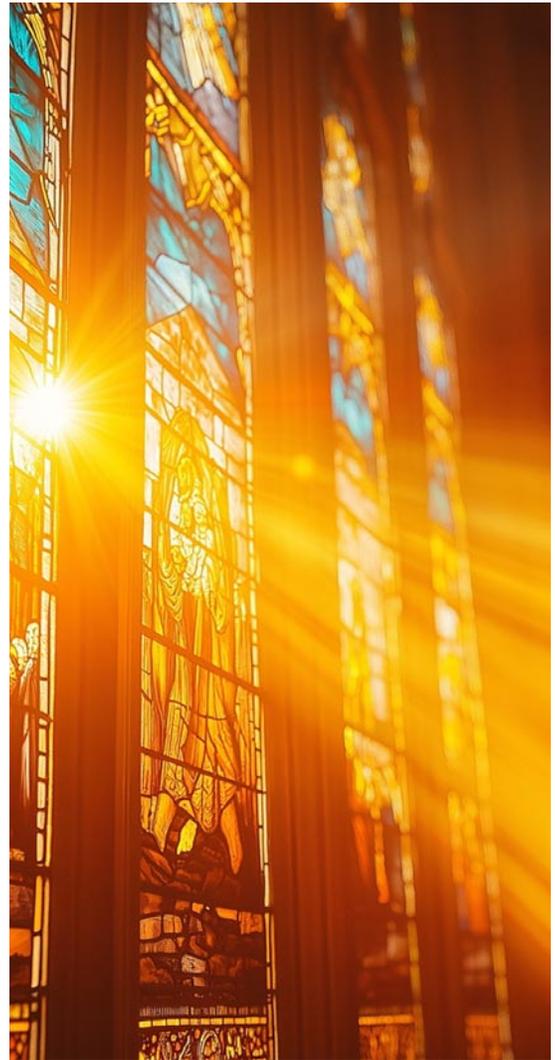
I also grew up with a love for stories. My mom would read to me when I was little. As soon as I was able to read on my own, it became my one of my favorite things to do. If I wasn't playing with my siblings, doing school work, at church, or caring for and playing with our pets, I could be found on a couch somewhere with a purring cat nearby, working steadily through a pile of books from the library. I also followed my mom's example and began reading to my siblings as well and acted as the family librarian by suggesting and loaning out books once they became old enough to read on their own. As I grew older, I realized that not only did God give everyone unique skills, but He gave them unique experiences and perspectives to shape them into who they are today, just like He did with me. I love how writing, reading, photos, paintings, and even telling each other stories about our day or our lives give us the ability to express that. This fascination with stories led me to deciding to work on earning a Bachelor's in English over the past few years.

God brought me to Lutherans For Life through Y4Life, particularly through Chats 4 Life and their presence at Higher Things. In 2023, I began serving as an assistant at Word of Hope. This has been an incredible experience. Through Word of Hope, I'm able to combine my love for writing and research and what I learned from being a big sister to help others. And, with Lutherans For Life, I have the opportunity to both teach others and learn how to create the life-affirming culture that was so precious to my family.



# BECOME A CONGREGATIONAL HOUSE OF REFUGE

Shine your light internally and externally, sharing how your congregation is a safe place for pregnant mothers. Your support will give them hope to raise their baby. Walk with them should they decide adoption is their choice. During this special time you and your church are there as their child develops and they prepare for this next stage in life.



## How do you do this?

- ✓ 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 submits the Congregational House of Refuge agreement.
- ✓ 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.

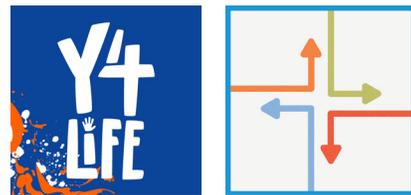
If you are interested in knowing more, visit  
[lutheransforlife.org/congregational-house-of-refuge/](https://lutheransforlife.org/congregational-house-of-refuge/)



# Y4Life in Washington, D.C. 2026

## – A Word of Thanks

by Michelle Bauman, Director of Y4Life



I'm sure it's happened to you, too.

You're busy doing the work, fulfilling the vocations God has called you into: changing diapers, driving kids to school, filling out paperwork, finishing a project, or working the line. You're multitasking and problem-solving and planning your next step like a pro. And then it happens—despite the people and the tasks that are vying for your attention—a Bible passage you learned in your youth comes to mind. And you're struck by its truth.

That's exactly what happened to me as I stood in the back of a ballroom filled with over 550 participants at Y4Life in Washington, D.C., in January. Philippians 1:1-3—the NIV version I memorized as a child—came to mind and rang true:

**“I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus”** (emphasis mine).

At that moment, as I was preparing to walk to the front of the room to welcome our attendees, I was overwhelmed with gratitude. Gratitude to God for His life-giving and life-affirming work. Gratitude to the Y4Life and LFL team members who had been working for months to prepare for the event. And gratitude to the youth and young adults and chaperones and exhibitors who were present, thankful that they not only desired to be Gospel-motivated voices For Life but also for dedicating their time, talent, and finances to learning about life issues and marching publicly to uphold life.

**But they weren't the only ones. I was also thankful for YOU, supporters of LFL and partners in Gospel.** Your prayers and financial support, your student sponsorships and efforts to “Keep DC Free” for our participants helped us raise over \$9,000 in scholarships and almost \$32,000 for the event. Your gifts helped make that moment, and the conference to come, possible.

And your blessings extended far beyond the moment. Your prayers for travel kept us safe on the way to and from the event, despite a massive snowstorm that was headed our way. Your donations covered honorariums and travel expenses for speakers; provided a hat, scarf, and snack bag for each participant attending the March; and prepared a warm, hearty breakfast for youth before they spent hours in the cold. Your gifts covered the cost of equipment transportation, ballroom rental, and travel for the four staff members we needed to run the event. And you did much more. Yes, God worked through your prayers and contributions to make the entire event possible.

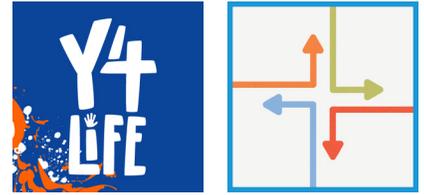
And what an event it was!

The conference began with devotions led by LFL's Executive Director, Rev. Dr. Aric Fenske; then we followed God's Word with an opportunity to meet others in the room—using mixers and questions to make introductions. The speakers came next—Dr. Donna Harrison and Dr. Adam Francisco—both



offering apologetics for the unborn. The evening ended with poster-making and a special event for college students.

Friday morning, youth and young adults heard from an international speaker, author, and leader in the pro-life field—Ryan Bomberger, Creative Director and Co-founder of the Radiance Foundation. His unique story—conceived in rape but raised in love through adoption—was inspirational to many of our participants. I'd encourage you to listen to his message (and others!) on our YouTube page, Y4Life, or on our website, [y4life.org](http://y4life.org).



Ryan's presentation was followed by a pre-March devotion led by Rev. Harrison Goodman, Executive Director of Mission and Theology at Higher Things, and after I provided instructions, we were off to the March!

I'm sure you've seen pictures of the March by now. Though the streets look crowded, pictures can't convey the vast number of people who joined us. The March for Life is the largest pro-life gathering in the world, and it is such an honor to provide youth with the opportunity to be part of it. This mountaintop experience is filled with joy, song, and the truth that life is valuable.

Youth participated in the March; when they were done, many went on to tour the Smithsonian, memorials, or the Museum of the Bible before joining us at the hotel for evening sessions. Youth had two options: participate in a panel discussion on mental health or attend a session on care for families of suicide victims.

On our last day together, we focused on how God has fearfully and wonderfully made us for service. Rev. Michael Frese spoke first on vocation, and Rev. Dr. Todd Peperkorn led our final presentation on how to be served, embracing God's work to uphold life through His Word and Sacraments. The conference closed with a devotion led by Rev. Chad Hoover.

Even now Paul's words echo in my thoughts: **"I thank my God every time I remember you ... because of your partnership in the gospel ...."**

It's true, you may not have been present with us at Y4Life in Washington, D.C., but your gifts and prayers blessed us just the same. And those good works, the very same works God prepared for you in advance to do, have made a difference for life.

There were so many reasons to be thankful during Y4Life in Washington, D.C., and you are one of them. Thank you.

P.S. If you'd like to help make Y4Life in Washington, D.C., possible next year, please follow the QR code below.







# Equipping youth to be...

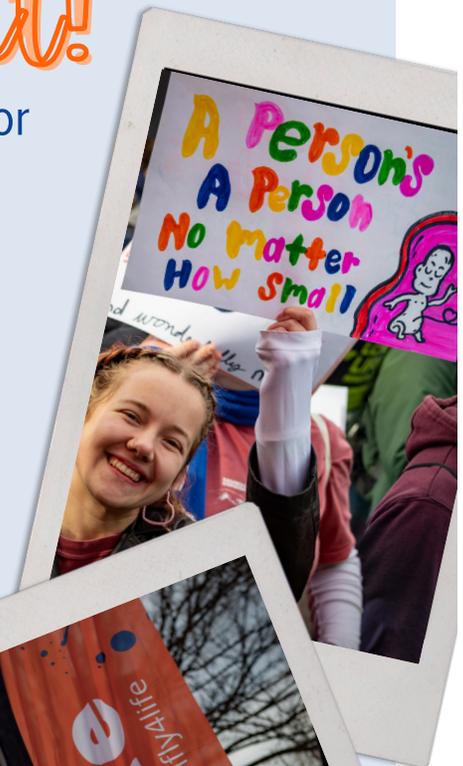
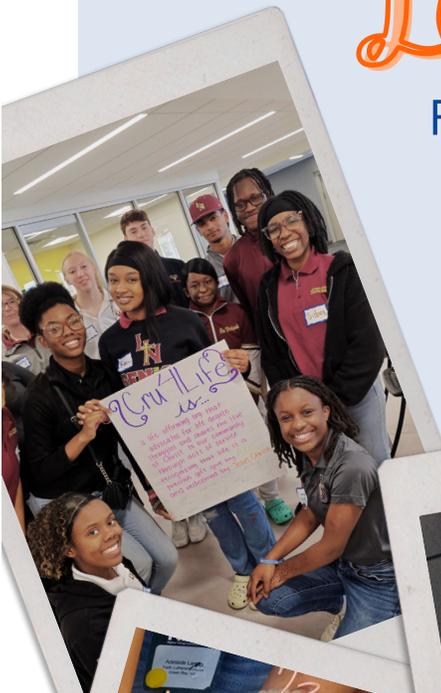
## Gospel-motivated voices 4 Life!

Y4Life equips high school and college-aged youth to share the Gospel-motivated message that

**YOU are made 4 LIFE.**

## Let's connect!

Find out more at [Y4Life.org](http://Y4Life.org) or contact Michelle Bauman, Y4Life Director, at [michelle@y4life.org](mailto:michelle@y4life.org).



# YA FOR LIFE

**YA For Life** seeks to equip young adults in their 20s and 30s to be Gospel-motivated voices for LIFE! Through service, celebration, worship, and education, young adults are encouraged to engage in life-affirming activities and become advocates for LIFE in their families, churches, communities, and world. In this way, their life-affirming work ripples into the future - not only changing lives today but also for eternity.



Visit our website  
[WWW.YAFORLIFE.ORG](http://WWW.YAFORLIFE.ORG)



Find us on Facebook  
**LUTHERANS FOR LIFE**



Find us on Instagram  
**@LFLYAFORLIFE**



**Lutherans For Life** will work with you to help meet your needs for a speaker or preacher at a worship service, Bible study, circuit pastors' forum, rally, conference, convention, public or parochial school, college/university, workshop/seminar, or just about any other event at your congregation. An LFL speaker will help bring life issue awareness and education to your local Lutheran congregation or church sponsored community event, even in smaller venues and rural areas. With an LFL speaker, your event will be equipping many others to be "Gospel-motivated voices For Life" in your community.

Not sure where to start? Don't worry. LFL is pleased to offer consultation with a staff member to assist you with identifying needs and brainstorming solutions for your exciting event. Begin your planning now by contacting Lutherans For Life at [info@lutheransforlife.org](mailto:info@lutheransforlife.org) or 515-382-2077.

### How much will it cost?

We try to keep your costs as low as possible. For most events, we ask for our expenses to be covered. Also, for most events, we ask that a free-will offering that will be given to LFL be collected from attendees. Specific financial arrangements will vary depending on the speaker and the location of the event, but here are some general guidelines:

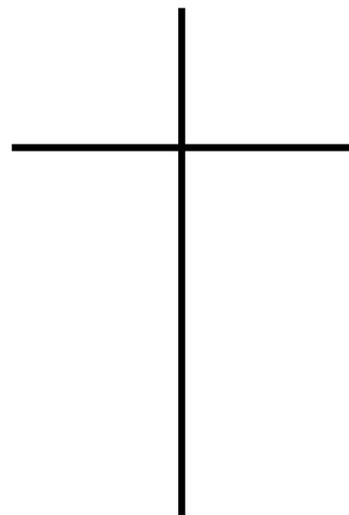
- **Airfare/Mileage:** Actual airfare, car rental fee and fuel, and/or \$0.725 per mile to airport or event. (Mileage charges coincide with the current IRS rate.)
- **Lodging:** Quiet non-smoking hotel.
- **Meals:** \$40 per day unless other arrangements are made.
- **Honorarium:** For LFL employees, an honorarium is not necessary. If the sponsor/host wishes to give an additional monetary gift, it should go directly to Lutherans For Life. For volunteer speakers, we ask that sponsoring groups provide an honorarium to the speaker. The sponsoring group determines the amount of the honorarium. Past honorariums have ranged from \$100 to \$500.
- **Other:** A video projector and screen may be needed. (This will vary depending on the speaker and presentation.)

Please keep in mind that these are general guidelines. Our main goal is to share the For Life message in as many locations as possible, while at the same time being good stewards of the resources God has given us.

Are you ready to go to the next step? We look forward to hearing from you!



# 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](mailto:mhartshorn@lutheransforlife.org) with any questions.

**[lutheransforlife.org/2026-lutherans-for-life-essay-contest](https://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.

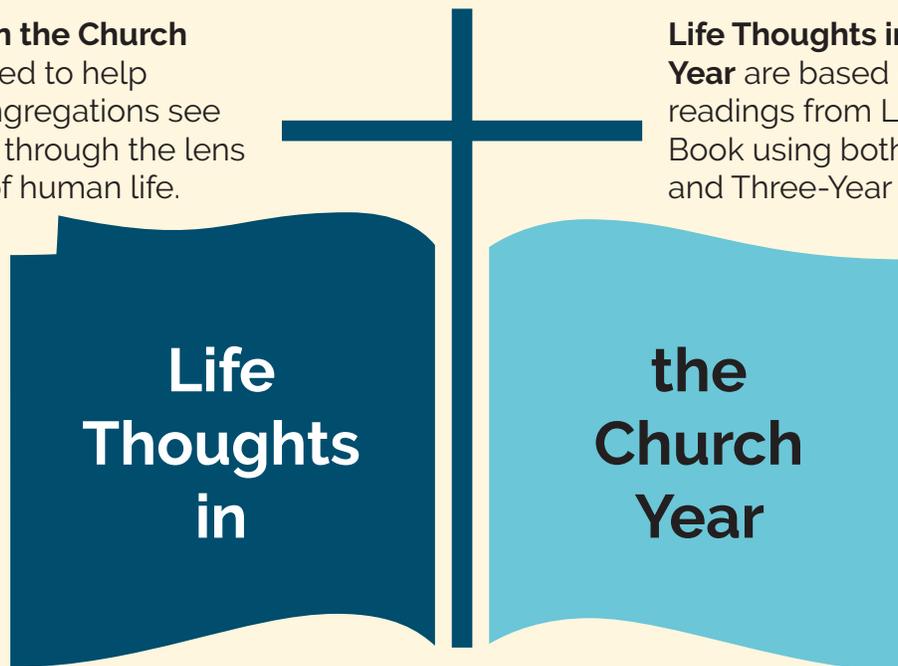
**Life Quotes** are available at [lutheransforlife.org/resources/life-quotes](https://lutheransforlife.org/resources/life-quotes).



## 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](https://lutheransforlife.org/resources/life-thoughts)



# Want to be a voice For Life?



## Lutherans For Life can help YOU!

### 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.



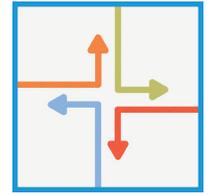
**LUTHERANS  
FOR LIFE**

[lutheransforlife.org/volunteer-relations/](https://lutheransforlife.org/volunteer-relations/)

*...from fertilization to forever*



# 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](mailto: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.

## **Michele Hartshorn**

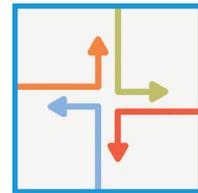
Director of Volunteer Relations  
612.816.6194  
mhartshorn@lutheransforlife.org

## **Deaconess Amanda Nicks**

Administrative Specialist of Volunteer Relations  
231.622.2506  
anicks@lutheransforlife.org



# Lutherans For Life Online



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

[www.facebook.com/LutheransForLife](http://www.facebook.com/LutheransForLife)

[www.facebook.com/groups/lflfrontlines](http://www.facebook.com/groups/lflfrontlines)

[www.facebook.com/WordOfHopeHealingHearts](http://www.facebook.com/WordOfHopeHealingHearts)

[x.com/ForLifers](https://x.com/ForLifers) • [instagram.com/lfly4life](https://www.instagram.com/lfly4life) • [www.tiktok.com/@lfly4life](https://www.tiktok.com/@lfly4life)

[www.youtube.com/user/LutheransForLife](http://www.youtube.com/user/LutheransForLife)



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

facebook

- *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](http://lutheransforlife.org/resources/journal).

# LIFEDATE

- *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](http://lutheransforlife.org/media/life-news).

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

[volunteersacademy.lutheransforlife.org](https://volunteersacademy.lutheransforlife.org)

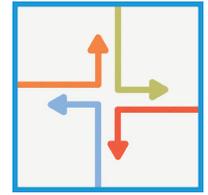
Questions? Contact Volunteer Relations:

[lutheransforlife.org/volunteer-relations/](https://lutheransforlife.org/volunteer-relations/)



# The Basics of Lutherans For Life

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**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



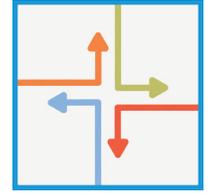
## National Lutherans For Life Staff

Rev. Dr. Aric Fenske – Executive Director  
Lowell J. Highby – Director of  
Communications  
Michelle Bauman – Director of Y4Life  
Cori Meier – Y4Life Assistant  
Michele Hartshorn – Director of  
Volunteer Relations  
Deaconess 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 5<sup>th</sup> Street**  
**Nevada, IA 50201-1816**

[info@lutheransforlife.org](mailto:info@lutheransforlife.org)  
[lutheransforlife.org](http://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-abortion-since-roe-v-wade-in-1973](http://www.lifenews.com/2024/01/17/65464760-babies-have-been-killed-in-abortion-since-roe-v-wade-in-1973)

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# LUTHERANS FOR LIFE

## SPRING GALA!

### THAT THEY MAY HAVE LIFE

PLACE: Concordia University Wisconsin – Mequon

DATE/TIME: Friday, May 15, 2026, from 6:30 p.m. to 9:00 p.m.  
*Fellowship time starts at 5:30 p.m.*

LOCATION: Concordia Center For Environmental  
Stewardship Building (CCES)

SPEAKER: Katie Coblentz

Learn More



*Katie is using her story of escaping transgenerism to warn and help others who are in the midst of the same struggles.*

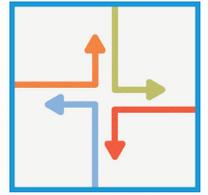


**Come and stand boldly For **Life!****  
**Find out more at:**  
**[lutheransforlife.org/spring-gala-2026](https://lutheransforlife.org/spring-gala-2026)**





**LUTHERANS**  
FOR LIFE



Check out the Store page on the Lutherans For Life website for the latest new resources:

[lutheransforlife.org/resources/store](https://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

