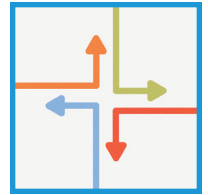


# Directions ...

For LFL's Frontline  
May-June  
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 ...*

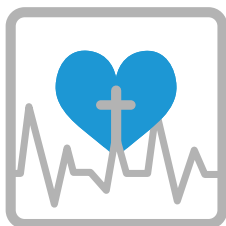
Step Up 4 Life:  
Called to Serve, Equipped to Share

A Bible Study:  
Jesus, Our Good Shepherd

LFL of Iowa: We Are For Life

Life Project: Supporting Adoption

Staff Profile: Katie Friedrich



**LUTHERANS**  
**FOR LIFE**

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

Spring 2026

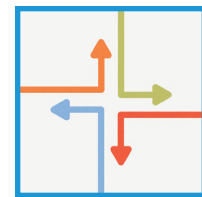


**Stand Firm For Life**

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

# 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 groups to capture information for an entire year at a time.

**Thank you to everyone who has already completed their AAR. What a blessing to see the For Life ministry being done across the country!**

At the end of February, Life Advocates, Life Teams, and Life Chapters received 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 found 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 of Michele Hartshorn or Deaconess Amanda Nicks. Our contact information is found at <https://lutheransforlife.org/volunteer-relations/>.

### **AARS ARE SO IMPORTANT!**

First, we want to know how you are doing. We never want to find out after the fact find 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 members of your life ministry groups so 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. 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!

### **LFL Membership**

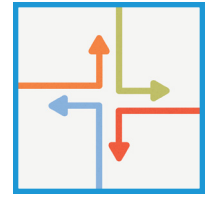
Please encourage your members to complete their LFL annual membership. Membership helps us offset the costs to maintain our resources and services for you and your church. Here's a link to update your membership: <https://form-renderer-app.donorperfect.io/give/lutherans-for-life/donate>.

# ANNUAL ACTIVITY REPORTS

## PLEASE SEND IN YOUR REPORT TODAY!



# Step Up 4 Life: Called to Serve, Equipped to Share



As a Frontline volunteer and faithful partner in our sanctity of life ministry, your work is instrumental in advancing our mission to equip Lutherans and their neighbors to be Gospel-motivated voices For Life. Through the incredible efforts of our Life Advocates, Life Teams, Life Chapters, and State Federations, God is empowering congregations, families, and communities to share the truth that all human life is created by God, redeemed by Jesus Christ, and called by the Holy Spirit to be ambassadors For Life.

This spring, we invite you and all our Frontline ministry groups to support our **Step Up 4 Life: Called to Serve, Equipped to Share** campaign. You can make an impact on our joint life-affirming efforts by giving a financial donation to Lutherans For Life, forming a walking team, or encouraging your congregation to lead a life-affirming Bible study and collect a freewill offering for LFL.

New this year, **Step Up 4 Life** walking teams will be coordinated locally instead of online, giving you greater flexibility to lead in ways that best serve your community. Every gift you give, every step you take, and every Gospel-motivated message of truth and hope you share extends our sanctity of life message to those who need it most.



Your faithful service continues to extend the reach of this ministry and mission in powerful ways. As you continue to equip congregations and communities, please know you are making an impact, and through your efforts, hearts are being changed and lives are being saved! This spring, we invite you to **Step Up 4 Life** and continue our collective efforts of leading, serving, and inspiring others to be Gospel-motivated voices For Life. Will you **Step Up 4 Life** in your community today?

For more information, please contact David Probst, LFL Director of Development (dprobst@lutheransforlife.org or 812.603.7970).

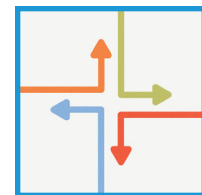
**P.S. You can donate to Step Up 4 Life 2026 in one of the following ways:**

1. Step Up 4 Life website: [lutheransforlife.org/step-up-4-life-2026](https://lutheransforlife.org/step-up-4-life-2026)
2. Scan the following QR code and donate online.



# 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, July 13, 2026 • 7:00-8:00 p.m. CDT | 8:00-9:00 p.m. EDT  
<https://us02web.zoom.us/j/83112281793> | Meeting ID 831 1228 1793 | Passcode 866951

**Life Project:** Delores Desemone, a Life Chapter member of St. Charles County LFL #337 in St. Charles, Missouri, will be speaking about the stigmas around adoption. Language is important, and we should pay attention to what language we use. She will share why talking about adoption more often is important and why wisely choosing the words we use about adoption is beneficial.



*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!*

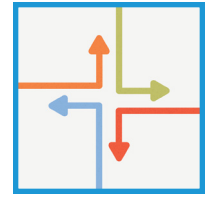
*We had a wonderful turnout for April's Frontline Call. Please encourage everyone on your Life Team or Life Chapter to attend—and Life Advocates, too!*



# A Bible Study: Jesus, Our Good Shepherd

by Deaconess Amanda Nicks

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A shepherd cares for the sheep in many different ways. He protects them from all kinds of danger. The shepherd makes sure the sheep have food and water. He protects the sheep from predators seeking to devour them. When sheep wander, the shepherd brings them back into the fold.

Jesus is our Good Shepherd, and we are the ever-wandering sheep.

**Read John 10:1-18.** What ways do we see that Jesus is our Good Shepherd in this passage?

Why is it important that we have a Shepherd who cares for His sheep?

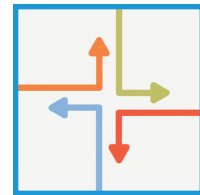
“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” (John 10:10). Who is the thief? How does Jesus give us life and give it abundantly?

We have abundant life through faith in Christ. We rejoice in the eternal blessings He has given us. “But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord” (Romans 6:22-23). How do we see all the ways God supports life here and now? What ways does the thief, Satan, try to steal life away?

Luther’s Small Catechism says the following in the explanation to the First Article of the Creed, “All this He does only out of fatherly, divine goodness and mercy, without any merit or worthiness in me. For all this it is my duty to thank and praise, serve and obey him.” What are some ways we thank, praise, serve, and obey Him in our daily lives?



Jesus wants an intimate relationship with us. He loves us so much that He was willing to lay down His own life for His sheep. He is not like the hired hand who is more interested in saving himself than saving the sheep. This abundant life He gives is not through material goods or worldly success, but eternal life with Jesus. The devil tries to steal this life from us and eternally separate us from God.



“And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So, there will be one flock, one shepherd” (John 10:16). Jesus is referring to the Gentiles when He says, “the sheep that are not of this fold.” Here He means those who are not descendants of Abraham. How does Jesus bring these other sheep into the fold?

**Read Psalm 23.** How does this relate to our reading from John 10?

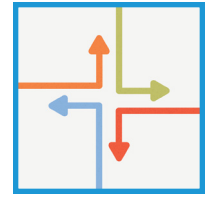
Our Good Shepherd cares for us and provides all that we need. What do you see in your life that He has provided? Are we always content with what we have? Are there times we focus on what we want and don't have?

**Closing prayer.** Dear Heavenly Father, we thank and praise You for all that You have given us to live an abundant life. It is our duty to serve and obey You, which we can only do with the help of the Holy Spirit. Continue to guide and protect us until we are united with our Good Shepherd, who laid down His life to save us from the thief. In Jesus' name. Amen.



# LFL of Iowa | We Are For Life

by Daniel Lindemeier



Lutherans For Life of Iowa was officially incorporated on November 16, 1985. Linda Bartlett of Iowa Falls was the first residing president and first representative to the LFL national board of directors. At this time, the Agape Pregnancy Center began with Jan Ebert. Our present LFL of Iowa board members are Daniel Lindemeier, President (Trinity Lutheran Church in State Center); Michael Fiscus, Treasurer; Pam Swales, Board Member; Rachel Krueger, Board Member; Pastor Chris Navurskis, Advisor (King of Kings Lutheran Church in Cedar Rapids).

Our focus for the past few years has been to financially support life-affirming organizations through annual donations to Alternatives Pregnancy Center of Waterloo, LC Clinic of Creston, Obria Medical Clinic of Ames, John Paul II Medical Research Institute of Iowa City, Bridgehaven Pregnancy Center of Cedar Rapids, Lutheran Family Services of Fort Dodge, Lighthouse Center of Hope of Iowa Falls, and Agape Pregnancy Center of Des Moines. These organizations are vital in the proclamation that life is a treasure given by God.

Proclaiming  
that LIFE is a  
treasure given  
by God.

**“And God saw everything that he had made, and behold, it was very good” (Genesis 1:31).**

God assigns the value of human life. His assigned value to His creation after He created man is “very good.” He is the Creator and we are the created. For us to uphold anything less than the Triune God’s standard is missing the mark. We as God’s dearest children are to reflect God’s love and mercy in our daily lives. The greatest reason is that of which the Apostle John writes in 1 John 4:8, **“God is love.”** Without this value that our Savior Jesus has placed upon us, our endeavor and labor at Lutherans For Life would be in vain.

Christ  
forgives  
and  
restores.

**“Let us run with endurance the race set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the Cross” (Hebrews 12:2).**

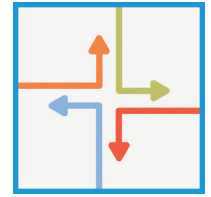
Our endeavor and labor are not in vain because of the value that Jesus Himself has placed upon us. From the zygote to the grave, our endeavor is to bring God’s healing mercy to all whom our adversary seeks to destroy. Our Gospel motivation is firmly rooted upon Christ’s redemptive work upon the cross. Our voices *For Life* are proclaiming: “There is Christ whose forgiveness restores His creation and assigns His value upon us: very good.”

It is the work  
of our Savior  
through His  
bride.

Lutherans For Life of Iowa centers around Jesus’ eternal forgiveness and sanctified life in Christ. Getting involved consists of recognizing the needs of the people in your neighborhood. It is the work of our Savior through His bride, the Church (the body of Christ), that we are Gospel-motivated voices For Life. Our eyes are upon Jesus, and our hands are helping our neighbor. You cannot do this alone, nor can we. Talk with your fellow congregant



members and your pastor about these needs. You can contact Daniel Lindemeier, President of Lutherans For Life of Iowa, for assistance with resources to aid and equip you in building up the body of Christ and preparing for works of love and mercy. Most important of all, to get involved in Lutherans For Life is to go to church regularly and receive God's gifts that He bestows upon us through His Word and Sacraments. Study the Word of God through devotional time. Pray continuously, for God promises to hear the prayers of His dearest children.



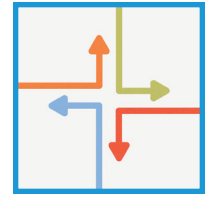
Iowa's Federation board is in need of assistance from people for this task set before us.

Please contact Daniel Lindemeier, President (lflofiowa@gmail.com, 515-203-5557), to aid in this endeavor.

**We are Lutherans. We are For Life.**  
**We are Lutherans For Life of Iowa.**



# Life Project: Supporting Adoption



*This life project has been shared by St. Charles County LFL #337 in Saint Charles, Missouri. Thank you to Delores Desemone, Life Chapter Member, for the helpful information.*

**“See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him” (1 John 3:1).**

Many of us have probably said the words “I am a child of God” more than once. But how have we become children of God? Through adoption! As baptized believers, we have been brought into God’s family. Jesus is our Elder Brother, and we have become heirs. What a wonderful part of being a Christian!

This is a wonderful example for us and how we view adoption. Knowing that we are adopted as God’s children can lead us to support adoption more and possibly even adopt. While it’s not always easy, there are many blessings that come with foster care and adoption. Even if adoption isn’t part of your calling, there are many ways you can support adoption.

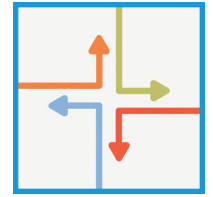
Adoption has its hard moments. It is hard to soften the knowledge of being rejected by one’s biological parent. Many adoptees struggle with this knowledge. It is important to support them through this. The adoptive parents play a big role in this, but the Church can support both the children and parents during this. The Church is where grace is found and healing can happen. The Church can be intentional to talk about adoption and support those who adopt and have been adopted.



The Desmone Family



The language used around adoption is important. Adoption needs to be talked about more. We can help speak positively about it. There is care needed when talking about the subject. We want to thank those who have placed their children in adoption and thank them for not choosing abortion. We want to call abortion what it is but do so in a caring and loving way. This needs to be followed with God's forgiveness and grace.



There are other ways language can have an effect. The words we use are important. Two phrases that should be avoided are “give baby up for adoption” or “gave away the baby.” The mother made an adoption plan. She didn’t make this decision lightly. The mother made the decision to unselfishly place her child into adoption because she wanted a better life for her child, a life that she wasn’t able to provide at the time.

One of the greatest examples of sacrifice is Christ’s sacrifice of His life. He died to pay the debt we owe and has given us a better life. Reminding adoptive children of this can help them process being placed into adoption. We can remind the children of the tough decisions their mother had to make. The difficult decision was made because she loved her child. As a child grows older, their understanding of their mom’s decision could be better understood. It’s even better understood when they have children of their own.

Foster care is another wonderful way to support those around us. While the foster care system isn’t perfect, there are many opportunities to care for children going through a rough time. Of course, this varies across the country. Providing a stable home to a child in an unstable situation would be such a blessing to that child. Another opportunity could be respite for foster parents when they need helping hands to care for the children. There are times when foster care can lead to adoption.

Not all of us are able to adopt or foster, but there are other ways we can support these endeavors.

For almost ten years, St. Charles County LFL #337 has been supporting families wanting to adopt. The first time they assisted in helping a family raise money to adopt, they were overwhelmed by the generosity of donors. This was when they decided they needed help from an outside organization. They prayed and found Lifesong for Orphans.

Lifesong for Orphans is one way to support those wanting to adopt. Lifesong becomes the liaison between the group raising money and the adoptive parents. Lifesong manages the funds and processes donations, screens families, and handles legalities. This takes the responsibility off those raising the funds. Your group won’t need to worry about screening the family’s financial situation, and the money raised will be handled by Lifesong.

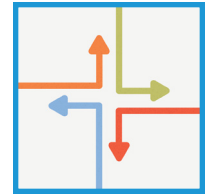
The Life Chapter worked with Lifesong to create an application for perspective families to complete. It’s lengthy but gathers all the information needed for Lifesong to review in order to make recommendations.

These are the free fundraising tools provided by Lifesong for Orphans: matching grants, interest-free loans, crowdfunding website, fundraising ideas and support, tax-deductible donations, and no fees or administration costs. One hundred percent of the donations received by Lifesong are used directly to cover the adoption expenses of the adoptive parents. Lifesong walks alongside the family through the whole process and beyond. There are many resources available on their website, <https://lifesong.org/>.

Life Chapter member Delores Desemone has been working with other Life Ministry Groups in assisting them in getting connected with Lifesong. With her experience of working with Lifesong and having



adopted five children of her own, she is an advocate for adoption and understands the blessings and hardships that come along with it. May this information inspire your group of the many ways it can support, promote, and pray for adoption and foster care.




For more information about Lifesong for Orphans, here is a link to a short video with an overview of their life-affirming work: [www.youtube.com/watch?v=BBq-MKCOosE](http://www.youtube.com/watch?v=BBq-MKCOosE).

Lutherans For Life offers the following brochures on adoption and foster care:

- Foster Care ([www.cph.org/foster-care-fold-out-brochure](http://www.cph.org/foster-care-fold-out-brochure))
- Christ and Adoption ([www.cph.org/christ-and-adoption](http://www.cph.org/christ-and-adoption))
- Adoption: Finding a Family for a Child ([www.cph.org/adoption-finding-a-family-for-a-child](http://www.cph.org/adoption-finding-a-family-for-a-child))

Y4Life | y4life.org



# Foster Care


Perhaps you've heard about foster care in the news. Maybe your family is thinking about participating in foster care, or perhaps you've thought about becoming a foster parent in the future. Check out this infographic for some quick facts about the life-affirming process of participating in foster care:

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## What is foster care anyway?

- ☀️ **Foster care** is designed to provide a safe, temporary living situation for a child. Children in foster care may live with relatives or unrelated foster parents.
- ☀️ The goal of the foster system is to **reunite children with their biological families** or find permanent placements for children whenever reunification isn't possible.

Here's the good news! Roughly 50% of foster children will be reunited with their biological parents.



## Christ and Adoption

God only has one  
"natural" child.  
He adopted all the rest.



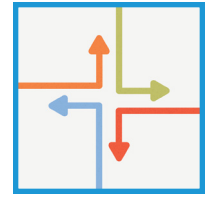
## Adoption:

Finding a Family for a Child  
by Wanda L. Pritzel



# Staff Profile: Katie Friedrich

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Katie began her employment with Lutherans For Life (LFL) on April 18, 2005, as a part-time data processor. Katie's dad, Reiny Friedrich, saw the position opening in a church bulletin. Katie applied for and landed the job. Katie earned an office assistant's certificate from Des Moines Area Community College in 2000 and her Associate of Arts Degree from Waldorf College in 2002.

One of LFL's national offices, after moving to Iowa, was located in a building formerly occupied by Faith Lutheran Church, an LCMS mission congregation, at 1120 South G Avenue in Nevada, Iowa. There are many fond memories for Katie at this location, from being a model for the Dressing For Life fundraiser in 2006 to hosting luncheons to celebrate LFL's volunteers.

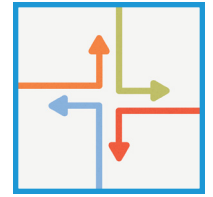
Over ten years ago, the 1120 South G Avenue location was purchased by a local daycare. After months of renovation efforts, LFL relocated to their current national office at 1101 5<sup>th</sup> Street in Nevada. Katie shares her work hours between the national office and her home office in Ames.

As LFL grew as an organization, Katie's job responsibilities increased, and she was fortunate to become full-time on May 16, 2022. In her current role as Gift Entry Specialist on the Donor Development Team, she processes data in DonorPerfect, which includes inputting new donors and address changes, processing donations, and generating mail merges from receipts. Katie's favorite part of her job is entering donations for LFL's generous donors. Her role also includes researching donor records, updating addresses, and sending out birthday and anniversary cards.

Katie lives in Ames, Iowa, and is a member of St. Paul Lutheran Church, an LCMS church, in Ames. Her dad is the only living charter member of St. Paul. Katie serves at church in a variety of ways: singing in the church choir, assisting with the youth and Vacation Bible School, welcoming people to worship services as a greeter, and helping with worship PowerPoint.



Katie has two favorite Bible verses. The first verse is her Confirmation verse from eighth grade:



**“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go” (Joshua 1:9).**

Another favorite Bible verse, which she is able to sign, is Galatians 5:22-23:

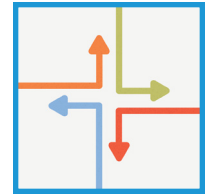
**“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”**

Family is extremely important in Katie’s life. Born to Rieny and Maureen Friedrich, Katie is the youngest of three children, with two older brothers, Kurt and Tom. Her extended family is blessed with two sisters-in-law, four nieces, three great-nephews, and a great-niece arriving in September.

In the summertime, Katie enjoys relaxing and participating in outdoor activities at their family cabin on Cross Lake in Minnesota. It is a beautiful area for hiking, boating on the lake (she has even waterskied), and appreciating God’s wonderful creation. Minnesota winter brings plenty of snow on the trails for cross-country skiing. Katie also loves creating memories of traveling, and she has visited Hawaii, New York, Sanibel Island in Florida, and Salt Lake City, Utah.



# Dr. Fenske – On the Road



Lutherans For Life Executive Director, Rev. Dr. Aric Fenske, and family were at Christ Our Savior Lutheran Church in Loudon, Tennessee, the weekend of April 18 for a Dying Well in Christ seminar. Marie Fenske wrote, “It was beautiful there!”

You can view Dr. Fenske’s Sunday sermon at:  
<https://www.coslctn.org/watch-online>



**DYING WELL IN CHRIST**  
*A Christian Response to Issues at Life's End*

Hosted by Christ Our Savior Lutheran Church with Rev. Dr. Aric Fenske Executive Director, Lutherans for Life

**FREE ENTRY**  
\*limited seats

**Reality**

- What is death
- Life in a culture of death

**Decision**

- Advance Medical Directives
- Hospice & Palliative Care
- Family Conversations

**Hope**

- Going Grace-fully

Light breakfast & lunch provided

Saturday, 18th April  
8:30am - 1:30pm  
Christ Our Savior Lutheran Church  
260 Wade Rd W. Loudon

REGISTRATION IS ENCOURAGED  
CALL THE CHURCH OFFICE AT 865-468-9407



# Redeeming Grace Retreat

## Confidential Women's Retreat

**Oct 1-4, 2026**  
Wildwood Hills Ranch  
St. Charles, IA



- **Safe, Small-Group Retreat Led by Professionals**
- **Christ-Centered Emotional & Spiritual Restoration**
- **Find Forgiveness & Peace after Abortion**
- **Rest, Reflect & Connect in Nature**

Thanks to generous donors, the cost to attend is only \$75, which includes housing, meals, activities, and all materials. Travel assistance is available.



**LEARN MORE**

[word-of-hope.org/rgr](http://word-of-hope.org/rgr)



Redeeming Grace Retreat Sponsors



# Redeeming Grace Retreat

Still hurting after all these years? You're not alone.  
Gather with women who truly understand and  
experience the love of Jesus together.

**October 1-4, 2026**

St. Charles, IA

- **Confidential Support:** Find comfort in a small, secure group environment—guided by trained professionals.
- **Christ-Centered Healing:** Experience emotional and spiritual renewal after abortion through the transforming grace of Jesus Christ.
- **Whole-Person Renewal:** Rest, reflect, and heal your heart through meaningful practices such as journaling, small-group fellowship, mindfulness, and an option for peaceful time with horses.
- **Cherished in Christ:** Rediscover your identity as God's beloved and forgiven child—held in His healing grace, support, and enduring hope.

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**LEARN MORE**  
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Redeeming Grace Retreat Sponsors



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



Redeeming Grace Retreat Sponsors



# 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.



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

*...from fertilization to forever*





# CONDUCT YOUR OWN LIFE EVENT

The Frontline Playbook gives you guidance, ideas, and resources!

- Video Presentations
- Topical Devotions
- Life Topic Facts
- Supportive Activities

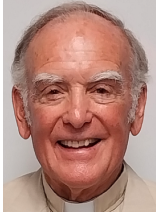
Follow the link and click on  
**FRONTLINE PLAYBOOK RESOURCES – Hopeful**  
[lutheransforlife.org/frontlineplaybook/](http://lutheransforlife.org/frontlineplaybook/)

It's FREE and available NOW!

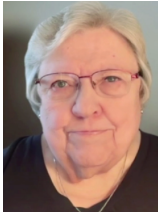
## Life Topics in Hopeful



Deaconess Rachel Geraci  
 “Just As...I Am Surviving and Thriving”



Rev. Mark Chavez  
 “Blessed with Hope”



Virginia Flo  
 “Life Shines at Church”

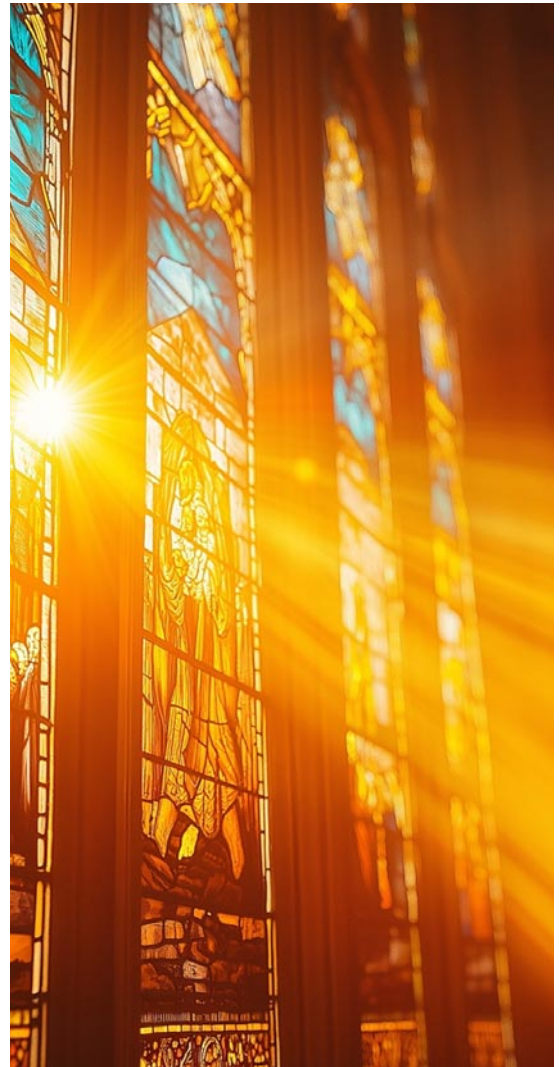


Rev. Michael Salemink  
 “Just As...I Am as Male or Female”



# 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/)



# Equipping youth to be...

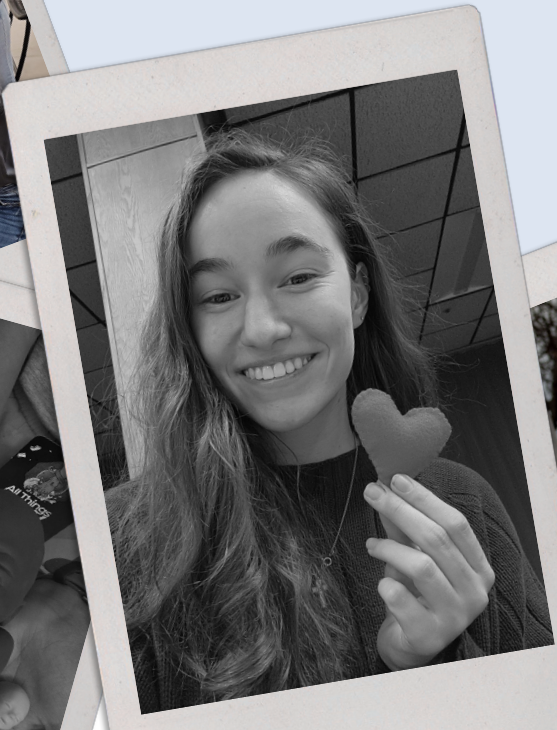
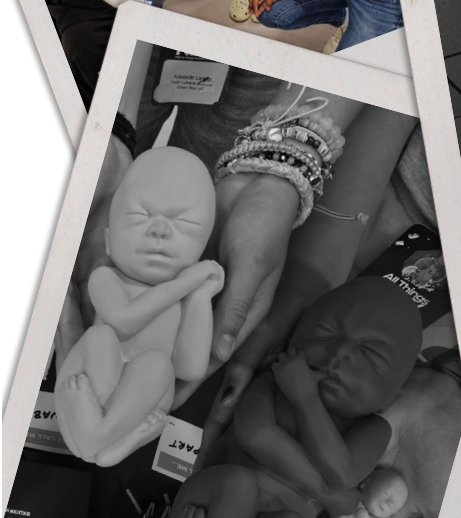
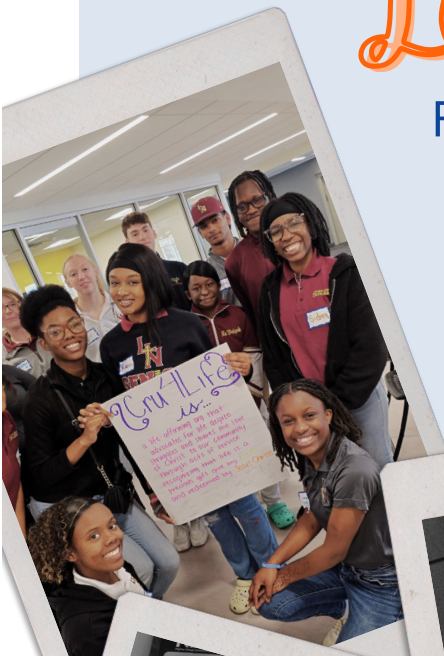
## Gospel-motivated voices 4 Life!

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](https://www.facebook.com/LUTHERANSFORLIFE)

 Find us on Instagram  
[@LFLYAFORLIFE](https://www.instagram.com/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!





## 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.

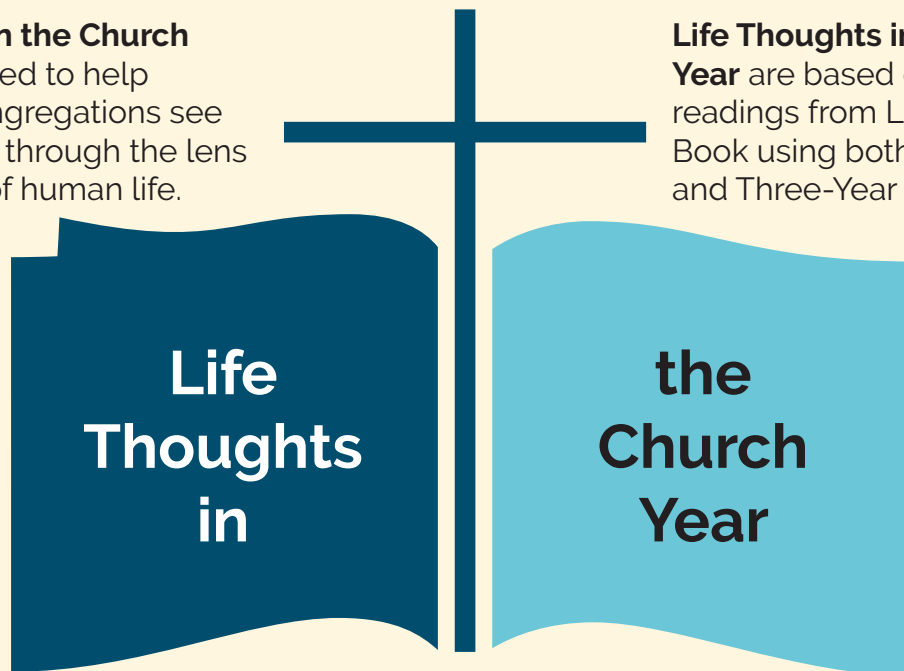
**Life Quotes** are available at [lutheransforlife.org/resources/life-quotes](https://lutheransforlife.org/resources/life-quotes).



## 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.

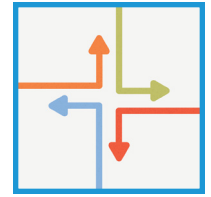
**Life Thoughts in the Church Year** are based on the appointed readings from Lutheran Service Book using both the One-Year and Three-Year Lectionaries.



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



# 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



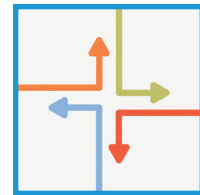
Michele Hartshorn



Deac. Amanda Nicks



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

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

[www.instagram.com/healing\\_at\\_wordofhope](http://www.instagram.com/healing_at_wordofhope)



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

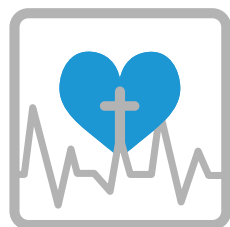
facebook

- *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><br/>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><br/>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><br/>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><br/>Resources</p> |
|---|---|---|--|

Register at:

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

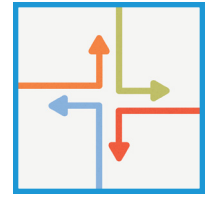
Questions? Contact Volunteer Relations:

[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



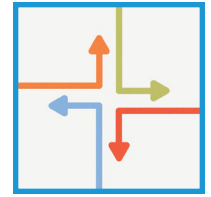
## National Lutherans For Life Staff

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

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



Learn More



**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 great  
resources:  
[lutheransforlife.org/resources/store](https://lutheransforlife.org/resources/store)**

