

FREDSVILLE

NEWSLETTER

JUNE 2022



SATURDAY NIGHT LIVING JUNE 4TH - 5:30 P.M.

Saturday Night Living is just "come as you are" offered every Saturday evening at 5:30 in June. Bring your lawn chairs, beverage and chips or sweets to share. Hot dogs and hamburgers will be served. No charge. No reservations needed. Casual time for conversation, games and FOOD! Bring family, kids, and friends. We hope to be outside if the weather conditions are favorable. The first opportunity is June 4th. Questions – contact Jean Loger (319-269-3236) or Brenda Cooper (319-415-1625).

CARE PRODUCTS FOR MEN'S SHELTER - SALVATION ARMY

For the month of June, Fredsville will celebrate Father's Day and honor men by taking up a collection of care products that will be given to the Waterloo Salvation Army Men's Shelter.

Suggestions are: shampoo, deodorant, shaving cream, disposable razors, body wash, combs, etc.

ON-LINE VOLUNTEERING

We have made it easy to sign up for volunteering as a link (<https://tinyurl.com/FredsvilleVolunteers>) will be emailed weekly with Sunday's Worship Service. However, you can still sign up at church or call the church office at 319-989-2065. Fredsville currently needs the following volunteers:

- **Family Clothes Closet** -Two volunteers are needed for Saturday, June 4th from 9:30 a.m. - 12:00 p.m.
- **Kitchen Help for Funerals**-Two volunteers are needed at 9 a.m. for Steve Thuesen's funeral on Friday, June 3rd. Also, volunteers for Friday, June 10th at 9 a.m. for Phil Heath's funeral. Contact Jean Loger at 319-269-3236.

VACATION BIBLE SCHOOL

Mark your calendars! VBS is planned for August 7th through the 10th from 6:00-8:00 p.m. We need volunteers to assist with activities and planning. If you are interested in helping, please attend a planning meeting on June 12 at 7:00 p.m. at the church or contact Kim Farley at 319-239-5583.

PRAYER REQUESTS

Adeline Larsen - Healing from a recent broken hip & wrist.

Marcia Andersen- Recently diagnosed with cancer.

Sharon Hemmen- Healing from a fall.

Shannon Perales- Scott Dietrich's sister diagnosed with cancerous tumors.

Jeane Knapp- Recovering from a recent fall.

Sheila Dall- Doug Dall's mother who is recovering from a broken hip

Tim Morgan- Meridith Sandlin's brother who is battling cancer.

Dick Juhl- Recovering from a stroke.

Carol Watson- Has on-going health problems.

Jim and Jane Campbell- Recovering from an accident.

BIRTHDAYS

| | |
|-----------------------|----------------------|
| Alex Nank- 2 | Mallory Petersen- 18 |
| Ellie Opoien- 2 | Jeanne Thuesen- 20 |
| Skylar Hankins- 4 | Jolene Depping- 21 |
| Sawyer Loger- 4 | Ryanne Shoemaker-21 |
| Lilith Miller- 4 | Hayden Swinton- 21 |
| Zach Adelmund- 7 | Zach Hankins-22 |
| Jeremy Mounce- 7 | Dan Crotty- 23 |
| Tessa Yearous- 7 | Jim Klipping- 23 |
| Reid Nuss- 8 | Karissa Foust- 24 |
| Jodi Bergmann- 9 | Sharon Hemmen- 25 |
| Lisa Goldhorn- 9 | Jake Lutgen- 26 |
| Mary Miller- 9 | Emma Opoien- 26 |
| Sierra Loger- 10 | Don Pruisner- 26 |
| Karl Nielsen- 10 | Colton Foust- 28 |
| Amanda Bakker- 13 | Charlotte Opoien- 29 |
| Chuck Christensen- 15 | |
| Sara Ohrt- 15 | |

ANNIVERSARIES

Karl & Brandi Nielsen- 4
Chris & Elizabeth Harn- 9
Jerry & Sue Green- 15
Trey & Allie Nuss- 16
Nate & Amanda Bakker- 23
Dave & Carlene Stage-23
Justin & Abby Brekke-25

If we missed your special day inadvertently, please let us know so we can make sure to recognize you in the future.

THANK YOU NOTES

Thank you so much for your gift for our food pantry at New Hartford United Methodist Church. It is greatly appreciated. Sincerely,
Beverly Maas, Director

I want to thank the kids of Fredsville for the beautiful cookies. They were delicious and the staff here at the Memory Care Unit also enjoyed them. Thanks again. **Jim Campbell.**

What a wonderful way to start a week with your generous grant to help and support Cedar Valley Hospice! Thank you so much for your continued financial gifts to help us better serve those in need for our services. We are so grateful to have your support. Wishing you all a wonderful summer. Kindly, **Suzanne Benda**

Cedar Valley Hospice is so grateful for your support for our patients, families and clients. Thank you for your grant gift of \$1,000.00.

Michaela Vandersee, Executive Director

Many thanks for the recently received gift from Fredsville Lutheran Church. **Jeanne Olson, Beyond Pink Team**

CHILDREN'S PEW ART

If your child/ren have created a drawing that they would like to share, please have them place their picture in the tray marked "Pew Art" on the center table in the Gathering Space. Thank you.

ASSISTED HEARING DEVICES



Hearing devices are available on the shelf near the sound booth at the entrance of the sanctuary. These devices are easy to use, but please ask for assistance if needed.

ON-LINE GIVING

During this busy time of summer, if you happen to miss attending church and giving your offering - don't fret! Go to Fredsville's website (fredsvillemethodist.org) and use the on-line portal to make your offering.

CHURCH CLEAN-UP DAY

The annual spring clean-up has been set for Sunday, June 12th. Please plan to come in your work clothes to help with various tasks inside and outside. There is a sign-up sheet to volunteer for various tasks in the Gathering Space.

REMINDER TO FILL OUT SURVEY FOR CALL COMMITTEE

If you haven't already done so, please take time to fill out the survey that was emailed earlier. There are also copies in the Gathering Space. The committee will be meeting soon, and your input is valuable.

A WORD FROM OUR COUNCIL PRESIDENT



Hello Fredsville!

Well Summer is finally here. Here come the BBQs, family and friend get-togethers, and vacations! It's also a time when I get reacquainted with my old friend "Round Up". Honestly, around my house, it's the best thing since sliced bread! So, this summer when you are sharing your time with others, I encourage you to also share a little extra kindness. What exactly does this mean? It means to think of others first; to put their needs and attention ahead of our own. So, is kindness optional in order to be a Christian? What would Jesus say?

Kindness is innate. It is much easier to love and to be happy than to be angry and resistant to helping others. Kindness is given freely and not with thoughts of what am "I" going to get in return. These acts provide a lasting influence on those that are receiving these gifts of kindness. They can be big or small, but all are an important display of us sharing God's Christian values with one another. We are called to be kind, but are we? I think kindness offers feelings of worthiness, happiness, and acceptance to others and it gives us a good feeling inside to see others happy. Who doesn't want that? So, what would Jesus do? In a society where kindness has to some degree gone by the wayside, I encourage you to break the mold. Step out of your comfort zone and spread some random acts of kindness.

Here at Fredsville, I believe, it is at the heart of our people. We are innately kind but maybe unsure of how to share our kindness with others. I encourage you to open your hearts and your minds to sharing our Christian values of kindness. Be gentle, be patient, be willing to step outside of our comfort zone, and be willing to share some "kindness" with others. In doing so, you too will be fulfilled and feel God's love in your hearts. We are modern day disciples of Christ. It is our duty to share, to encourage, to be "kind", and to love one another. May this month of June bring to you some surprises and random acts of kindness as well!

God Bless,
Brenda Cooper, Council President



SPRING IS IN THE AIR AT FREDSVILLE!

Our trees have flowered and our lawn is green. Our cemetery garden has sprouted with tulips, hostas and other plants. It is a beautiful and peaceful site at Fredsville. Come out and see.

QUILTS
GIVEN TO
Seniors
BY FREDSVILLE
QUILTERS
On May 8th

"As a tradition, the Fredsville Quilters make a personalized quilt for each graduating senior."

These quilts really are a treasure!!!



Jered Lotts



Ryanne Shoemaker



Sawyer Wibben

THANK YOU NOTE

Dear Fredsville Family, Thank you so much for your special recognition and gift for the quilters. We all enjoy what we do and hope the graduating seniors take many memories of Fredsville with their quilts. **Audrey Stefan, Nancy Stage and Carlyn Baugus**

BIRTH ANNOUNCEMENT

Pastors Andy & Megan Graves welcomed August Rexel Graves to their family on Wednesday, May 25th at 2:59 a.m. August weighed 7 lbs. and was 18.5 inches in length. They said that initially he had some struggles and was admitted to the NICU but was released the next day.

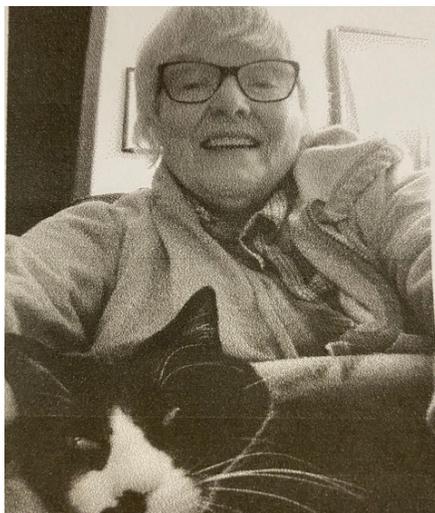
After the birth, they FaceTimed their son, Walter to let him know he was a big brother and Walter declared they should call August "Wolf".

If you wish to send "congratulations" - their address is 503 3rd St. SE, Hallock, MN 56728 and Andy's email is andy.graves270@gmail.com



**GUEST PASTOR
CAROLINE ENGELBRECHT**

Caroline was born in Dubuque, Iowa in 1949. She attended Wartburg College and Wartburg Seminary. She was ordained on July 5, 1992, at St. Paul Lutheran Church in Waverly. Becoming a minister, was a second career for Caroline.



She served two calls: the first in Corwith, Iowa (Western Iowa Synod) and the second in Goose Lake, Iowa (Southeastern Iowa Synod). She was at each church approximately nine years. She retired in 2013.

Caroline lives in Waverly with her tuxedo cat named Spencer. The Northeastern Iowa Synod has graciously allowed her to be a supply pastor. She has supplied services to approximately 25 churches within the Northeastern Iowa Synod.

Her greatest joy and honor have been her call from God and from the church to serve as a pastor in the ELCA. She cherishes the privilege to lead worship, to preside at Holy Communion and baptisms, and to be with God's people in good times and bad.

Caroline has been to Fredsville Lutheran Church before and remembers attending an annual meeting followed by "a wonderful potluck dinner".

She is looking forward to being with us on June 12, June 19, and June 26.

**GRANDPARENT CAMP AT EWALU & RETREAT
CENTER**

July 13-15 or July 20-22

Cost \$170/Adult, \$140/Child

Join us for this special program for grandparents and grandchildren! Make memories as you grow in faith and enjoy fun camp activities together. All ages are welcome, but the program is designed for grandchildren 4-12. Limit of four people per room.

For details & to register, visit ewalu.org/summer-camp or call the office at 563-933- 4700



**WATERMELON DAYS
FLOAT FOR PARADE**

Fredsville plans to have a float in the parade on Saturday, August 12th. The float will be decorated with creations that the Vacation Bible School children make throughout their program (August 7-10).

COUNCIL

MINUTES

Sunday - May 22, 2022
Following Church & Call Committee
Small Group Discussion

Attendance: Linda Nielsen, Brenda Cooper (by phone), Art Lupkes, Sue Green, Jana Hermann, Kelley Knutson, Meridith Sandlin. Absent: Kathi Heide, Sharon Hemmen & Erin Frahm

Call to Order: Vice-President Art Lupkes

Devotions: Art Lupkes led us in a prayer.

Treasurer's Report: Linda Nielsen

As of Date:

- General Fund: \$43,374.97
- Building Fund: \$61,074.40
- Memorial Fund: \$21,641.22

Secretary's Report: Sue Green

The April 25, 2022, amended minutes were approved electronically so they could be published in the May newsletter.

Old Business Discussed:

#1 - LuAnn Jones gave a report on how she ran WinGS (Walking in God's Service for the 3rd, 4th & 5th graders) for eight years, (Jesus and Me for the 1st & 2nd graders) for four years and SwAG (Saved with amazing Grace for the 6th, 7th & 8th graders) for a year.

Brenda will be getting in contact with Kim Farley to set up a meeting with Kelley Knutson, Jana Hermann & Shannon Mikkelsen to discuss the next steps to take to make a children's afterschool program become a reality.

#2 - Meridith Sandlin made the motion and Jana Hermann seconded that the non-member Jorgensen wedding be allowed to happen at Fredsville, using the updated Wedding Fees. The motion passed. Brenda Cooper will be contacting Mrs. Jorgensen (Cedar Falls) to see if her daughter was still interested in having her wedding at Fredsville.

New Business Discussed:

#1 - Sue Green moved, Kelley Knutson seconded and the motion passed to adopt the updated fees for hosting a wedding at Fredsville.

#2 - Meridith Sandlin moved, Kelley Knutson seconded and the motion passed to adopt the updated fees for having a funeral at Fredsville.

#3 - The Council members decided not to sign up the Fredsville Church to volunteer at Dike's Watermelon Days. We will be having a float in the parade with the children making the decorations for it during Vacation Bible School (August 7 - 10th) on Saturday, August 13th. And, we will be having a combined church service with the Dike Methodist on Sunday, August 14th.

Committee Reports:

- **Endowment** - Linda Nielsen reported that all of the Endowment Donations have been sent out. She is now waiting for the paperwork so she can send out the 70% reimbursement checks to the parents for sending their child to Church Camp.

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▪ **Call Committee** – Art Lupkes

Bev Lupkes led today's Call Committee Small Group discussion. Topics discussed included:

- 1) Making sure that our Manse (Pastor's Home) is attractive, functional and up to current housing standards for a new pastor and his/her family to move into. It was suggested that the Manse (Pastor's Home) be opened up after church so the Fredsville members could walk through it.
- 2) The need for more Fredsville members to fill out a Call Committee Survey. Stefanie Swinton is looking into a free survey that people can fill out online.

The Call Committee met on Tuesday, May 17th to begin filling out the Fredsville Church Profile. They will be meeting again on Monday, June 6th.

Call Committee Members are Eric Andersen (Chair), Kyle Aronson, Lisa Dumler, Kathi Heide, Bev Lupkes, Todd Mikkelsen, Kevin Pruisner, Stefanie Swinton (Secretary) & Jim Wertz.

▪ **Worship & Music Committee** – Meridith Sandlin reported that

#1 - The fees for having a wedding at Fredsville have been updated.

Fees for use of Facilities for weddings:

The fees and suggested minimum honorariums for weddings at Fredsville are as follows. Fees may be adjusted by church council for small weddings under 30 people.

Fredsville Members

Use of Building – No Charge

Custodial - \$100

Organist (Fredsville staff or pre-approved) – \$100

Extra musician/soloist – \$50

Pastor – a minimum fee of \$200

Wedding Coordinator (required) - \$200

Sound System Tech (Fredsville staff or pre-approved) - \$100

Church Tech recording worship video with church equipment (optional) - \$100

Serving receptions at church by Fredsville volunteers - \$100

Non-Members

Use of Building – \$500

Custodial - \$100

Organist (Fredsville staff or pre-approved) – \$100

Extra musician/soloist – \$50

Pastor – a minimum fee of \$400

Wedding Coordinator (required) - \$300

Sound System Tech (Fredsville staff or pre-approved) - \$100

Church Tech recording worship video with church equipment (optional) - \$100

All Weddings

A \$500 cleaning/damage deposit will be paid one month in advance of the wedding.

The deposit will be held by the wedding coordinator. Deposit will be returned upon final inspection.

Please be respectful of the space and leave it as you found it. You are expected to wash any dish used and wipe down tables/counters.

All fees and honorariums are to be in the church office **2 weeks** before the wedding.

#2 – Job descriptions for various volunteer positions at Fredsville have been written up. There is a link to these job descriptions on the on-line sign-up sheet. Also, each Sunday during the church announcements, a volunteer position will be explained.

Continued on next page

#3 – The fees for having a funeral at Fredsville have been updated.

Funeral Fees -- Members and Nonmembers

Use of indoor church facilities for visitation, funeral, and/or luncheon – no fee for members; \$500 for nonmembers

Church volunteers serving luncheon - \$100.00 - check made out to Fredsville Lutheran Pastor – \$200.00

The following fees are usually handled through the funeral home. Suggested rates:

Organist/Pianist - \$100.00

Vocalist - \$50.00

Custodian – \$100.00

Audio/Visual Operator-\$100.00. Includes video recording and online posting of video if desired.

Transition Team Report: Meridith Sandlin

#1 – Secretary Becky will be putting up signage for our Severe Weather Plan (tornados). The designated “safe” locations are the clothing closet, the family restroom in the basement and the upstairs restrooms as they are locations that do not have any windows.

#2 – Sue Green has been visiting Fredsville residents that are living in Retirement Homes. She is aided by Jean Loger who visits a member that lives in Memory Care. It was suggested that the Social Ministry Committee help with this task.

#3 –Brenda Cooper is going to ask the Synod if Fredsville can have a Pastor that is available for emergencies right now, there are not any pastors available to be hired as Interim Pastors.

#4 –Jean Loger & Brenda Cooper are heading up the weekly SNL (Saturday Night Living) gatherings that will start on June 4th at 5:30. There will be a grill out with those attending asked to bring a side dish along with your own beverage.

Upcoming Reminders:

On June 12th, following church, the Property Committee is coordinating the “Church Cleanup Activities”. All Fredsville members are asked to stay and help clean. The wearing of casual clothes to church is encouraged.

Closing Prayer: The Council Members said the Lord’s Prayer in unison.

Next Meeting: Sunday, June 26 after church.

Respectfully Submitted: Sue Green, Secretary

UPPER ROOM DEVOTIONAL - MAY 15, 2022

"Scripture, prayer, and the support of fellow Christians guide us on our spiritual journey. With these tools, we are well prepared not only to tell people we meet about Jesus but to enable them to see Jesus through the way we live."

SURVEYS FOR CALL COMMITTEE

The Call Committee needs your input to help accurately complete a Ministry Site Profile (MSP) that will be submitted to the Synod as part of the process of calling a new pastor. This survey is an opportunity for your opinions and requests to be heard by the Call Committee and the Synod. If you have not received a survey yet, copies are available in the Gathering Space. You will only need to fill out one. Thank you.

SCRIPTURE READINGS FOR JUNE

June 5- Acts 2:1-21, Psalm 104:24-34, 35b, John 14:8-17

June 12- Proverbs 8:1-4, 22-31, Psalm 8, John 16:12-15

June 19- Isaiah 65:1-9, Psalm 22:19-28, Luke 8:26-39

June 26- 1 Kings 19:15-16, 19-21, Psalm 16, Luke 9:51-62

TRANSITION TEAM MEETING MINUTES

MAY 15, 2022

Present: Brenda Cooper, Meridith Sandlin, Jeff Sandlin, Kim Farley, Jean Loger, and Becky Diani.

Absent: Art Lupkes

Opening Prayer: Brenda Cooper

Topics of Discussion:

- Summer Worship – There will be less liturgy and services will be held indoors.
- Severe weather plan – The church does not have a formal plan for weather-related emergencies or signs directing people to shelter areas. Brenda will bring this up to the Council to discuss.
- “Ministries of Support” is needed for visitation and on-call emergencies. Brenda will be checking with Liz at the Synod to see if there are suggestions for pastors who could fill this role.
- Visitation by the Social Ministry Committee - Becky will contact the chair of the committee to have them discuss the possibility of some of our members also taking on the responsibility of visiting shut-ins or those who are sick.
- SNL Ideas – Suggestions were playing cards, board games, etc. Also discussed the possibly using the Villa or Parsonage for some of the events.
- Bucks game and biking at Pfeiffer Park -These suggested activities were tabled until the next meeting.
- Watermelon Days – Kim suggested that the VBS kids' decorations be used to decorate a float for the Watermelon Days' parade on August 12th. Becky will check with Eric Andersen to ask about borrowing his hay wagon and will also check with Dan Crotty and Lance Loger's family about using their riding mower to pull the wagon.
- Combined Service with Dike Methodist Church -A suggestion was made to do a combined service during Watermelon Days with the Dike Methodist Church. Jean will discuss this with Pastor Kris. (Has been scheduled for August 14th since meeting)
- On-line Volunteer Sign-up – A link to the volunteer sign up will be emailed with the worship video link. We will not have it on the Fredsville website due to confidentiality.
- Opening the church on Sunday Mornings – Jean or Meridith or Brenda will be responsible for opening the doors when they arrive.
- Volunteer Duties Outlined- Kim brought up that it would be informative if the various duties were detailed so people would know their responsibilities when signing up. Also, it was suggested to have directions on how to make coffee/use the new coffee machine in the kitchen. Combining the Greeter and Usher duties was discussed and agreed upon.
- Worship Leaders- Getting a rotation schedule for the worship leaders (Amy Camarata, Kim Farley, Meridith Sandlin, and Jean Loger) was discussed.
- Psalm Versions- The lectors will get a printout directly from the projection program as the Bible browser used by the secretary does not have the correct version.
- Hand sanitizer – New hand sanitizer is needed. Becky will take care of disposing of the old and getting new.
- Clothes Closet - We haven't had recent use of the Clothes Closet. Jana Hermann has volunteered to promote the closet on the Clothes Closet Facebook page.
- Little Food Pantry – The pantry is being used – notes with suggestions have been left in the box. Shelby Ohrt is the youth who has volunteered to re-stock it.
- June's Service Project – It was suggested and agreed upon that Fredsville will ask for men's care products (deodorant, shampoo, etc.) to give to the Men's Shelter at the Salvation Army.

General:

- Hearing Devices – There have been a few complaints that people are having problems hearing during worship. We have hearing devices for those individuals and will put this information in the bulletin and newsletter, so individuals are aware of their usage. There will also be an added note to the projection at the beginning of worship about the devices being available.

- Decorations and historical room re-organization – The historical room re-organization will be put on hold for now, but Becky and Angie can work on gathering and organizing the Christmas decorations when time permits.
- Pew Pictures – The drawings that the children make during the service will be collected and made into a video by Jeff. Becky will get a basket that the children can leave their drawing in after the service. These drawings can also be displayed in the Gathering Space.
- Phone a Friend – Meridith suggested that within the congregation it would be nice for those with needs to be able to communicate their need so others can help. Examples were transporting to appointments, meals, baby-sitting, snow shoveling, moving, etc. This suggestion will be discussed in more depth at the next meeting.

Upcoming Events:

- Cemetery Mulching – Only three people showed up on May 14th for the scheduled cemetery clean up. The work did not get finished. Another day for this is scheduled for May 27th at 10:00 a.m.
- SNL - This event will occur every Saturday evening in June and then will be re-assessed whether to continue into July and/or August. On June 25th when Zach Nicholson's wedding is held at 4 p.m. – SNL will still meet, but in the Villa or the parsonage.
- Steven Thuesen Funeral - Jean has gotten volunteers to help in the kitchen. Meridith will play for the funeral. Becky is typing up the bulletin. Pastor Victoria Shepherd will preside.
- VBS – Kim has all the materials for the program. The dates are tentatively set for August 7-10th. Volunteers will be recruited in July.
- Church Clean Up – A sign up list is made. This is scheduled for June 12th after worship.
- Zach Nicholson Wedding- It is scheduled for June 25th at 4 p.m. Jean Loger is playing. Victoria Shepherd will be the pastor.
- Summer Camp Scholarships – Kim brought up that there is a lack of information about scholarships which needs to be clarified and given to the congregation, so this opportunity is used.

Team Members' Upcoming Schedules:

- June 12 -Brenda, Jeff & Meridith are gone. Kim is doing Easy Worship.
- July 31 – Brenda is gone.
- Sept 4 – Brenda is gone

Next Meeting: The next meeting is scheduled for Sunday, June 5th at 10:30 a.m.

A Father's Day Prayer

**God,
Bless all the fathers in the
world. Father, we ask that You
guide them to be good role
models and loving to their
children. We also ask that You
help them to be a father like
You are. Give them grace and
patience to handle situations
in a loving way.**

Amen



June 2022, LSI Bulletin/Newsletter Article and Story

Happy Father's Day!

At Lutheran Services in Iowa (LSI), we strive to build up and empower Iowa kids and families. For us, Father's Day is a time to celebrate all the fathers and male role models we see every day.

Through our Early Childhood Services, young men are learning to become dads. They're becoming confident and active in their child's life, and they are creating loving, bright futures for their families.

Many Iowa children entering foster care need a positive male role model in their lives. And through LSI Foster Care and Adoption, our licensed foster dads are there to help guide them.

This is only possible through your support of LSI! If you would like to make a gift, please contact Deb Whitford, LSI director of philanthropy and church relations, at Deborah.Whitford@LSIowa.org or 563-676-2065.

Thank you for responding to the love of Jesus Christ through compassionate service!

Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at LSIowa.org and Facebook.com/LSI.iowa.

Therapy Provides a Solid Foundation

Dana and Jack have lots to look forward to. They are planning their wedding, Jack is hard at work finishing his college degree, and they share a growing baby boy, Levi.

But while they wanted to keep their sights set on the future, Jack struggled to cope with some of his past.

As an Army veteran, Jack found himself struggling with addiction after he returned home, and he found it difficult to process some of the emotions that came with it. He wanted to break free from those struggles and get help. Dana had been meeting with her LSI therapist, Andrea, for several years already and wanted her to connect with Jack too.

Now, after meeting with Andrea, Jack has learned to cope with his past in healthy ways. He has since been able to break his addiction and he now feels clear-headed whenever he needs to cope through the challenging days.

Jack and Dana also attend couples counseling with Andrea and through their sessions, they are able to ensure they have a happy, healthy home for Levi.

The couple says Andrea and LSI have been a "breath of fresh air," and they feel more empowered and in control of their life.