



FREDSVILLE LUTHERAN CHURCH

SEPTEMBER 2025 NEWSLETTER

THE REV. LEE R. GABLE, PASTOR

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Please Remember Them In Your Prayers

Carol Watson – Has on-going health concerns.

Jerry Christensen – Recovering from a fall.

Catherine Petersen – Wound care.

Family of +Ronald Bakker+ - Ronald passed away on August 15th.

Whitney Howe – In a year long youth ministry certification program.

These names were received by the church from the individual or their family and have consented to have their names released to the Fredsville congregation. Please do not hesitate to contact the church office (319-989-2065) to be included in our weekly prayers or contact Pastor Lee.

September Birthdays

Dustin Wildeboer- 1

Paige Frahm- 2

Beth Hines- 5

Renee Griffith- 7

Vernon Johnson- 8

Isabella Bakker- 9

Callen Johannsen- 10

Megan Yearous- 11

Darla Andersen- 13

Kelly Nicholson- 14

Kimberly Schmidt (Fowlkes)- 16

Ashley Dumler- 17

Joann Juhl- 21

Violet Mounce- 25

Brent Knutson- 27

Lance Loger- 27

Shari Bakker- 28

Dan Petersen- 29

Coyle Dall- 30

September Anniversaries

Paul & Laura Koch- 1

Jim & Helene Wertz- 1

Merlyn & Catherine Petersen- 4

Matthew & Stefanie Swinton- 13

Reid & MacKenzie Nuss- 14

Daniel & Maureen Crotty- 24

Jason & Cara Lott- 29

Pastoral Pondering...



Garden of Peace
Isaiah 32:14-18

PEACE WITH CREATION SEASON OF CREATION 2025

I take great joy in the Cathedral of Creation. I love watching as the light rises and falls over the horizon at the bookends the day. I enjoy morning coffee listening to the bird song choir in the tree limbs above. I like taking my camera to see if I can capture just a glimpse of the beauty of Creation to share with others. I experience peace with creation in all seasons, the silence of snow, the green shoots of spring, the Northern Lights in the clear night sky, and the colors of summer and fall. The outdoors are a place of prayer, where I feel close to the fingerprints of God and the movement of the Holy Spirit. The Season of Creation is a time to connect our indoor worship with our outdoor experience of God's beauty in Creation.

The Season of Creation may be new to you, and it is becoming more recognized and celebrated across the Church. From September 1 - October 4, Christians around the world take time to intentionally focus on our biblical call to be stewards of the earth. This may come more naturally to those who have grown up close to the land. The work of agriculture, planting and harvesting, caring for animals, even the smaller scale gardening of flowers, vegetables, and caring for pets we have at home, keep our hearts and hands close to Creation.

The theme for this year's Season of Creation is "Peace with Creation" inspired by Isaiah 32:14-18. The prophet speaks challenging words that portray Creation suffering and in need of peace, due to injustice and broken relationship between God and humankind. Though God's plan for Creation is rooted in justice and peace, human sin disrupts this. We are in need of deep healing and peace with Creation. In the Hebrew scripture, Shalom represents a far deeper concept of peace, one that extends beyond the absence of conflict to the full restoration of broken relationships, as illustrated in Isaiah's vision. The restoration encompasses our relationship with God, the human family, and the rest of Creation.*

During this season we will adjust our worship liturgy to speak words of Creation and see what God's word may be asking us to pay attention to in the world around us. I hope that we can cultivate deep and restorative Peace with Creation. Shalom.

May the Peace of Christ be with you always...

Pastor Lee



*Paragraph based on the 2025 Season of Creation celebration guide

Q & A

by Sue Green

Meridith & Whitney attend Youth Mental Health Conference

September 2025

On Tuesday, August 12th, Meridith Sandlin and Whitney Howe attended a one-day Youth Mental Health Conference in Spencer. The mental health of teenagers is a growing concern so I thought it would be useful for all of us to learn more about this issue.

Q: What was the name of this conference and who sponsored it?

A: The name of this one-day conference that Meridith and Whitney attended was called “Youth Mental Health First Aid”. It was put on by Iowa State Extension. A grant had been secured so there was no cost to the participants. Both Meridith and Whitney felt that it was a very worthwhile conference to attend.

Q: How did you find out about this conference?

A: Meridith had been searching for a conference on teenage mental health as she has had and will continue to have students that are struggling with their mental health. Meridith asked Whitney if she wanted to attend with her as she thought the information from the conference would help Whitney as a Youth Director.

Q: Are some youths more prone to having mental health issues?

A: Children with traumatic life experiences are more likely to have mental health issues. However, anyone can experience mental health challenges, even if they have had the best possible life circumstances. Experiencing a mental health problem does not mean that the young person or their family did anything “wrong.” Sometimes it just happens, not only in youth, but throughout the human lifespan.

Q: What is a clue that a teenager is having mental health issues?

A: You should have concerns if a teenager is withdrawing and losing interest in their friends’ and family activities.

Q: What should you do if you think someone is suicidal?

A: Approach the person in private and ask them directly, “Are you thinking of killing yourself?” Depending on their response, encourage self-care strategies, refer them to a professional that can help, or call 988 or 911.

Q: What is the slang term for committing suicide?

A: Teenagers use the term “**unalive themselves**” instead of the term “suicide” when on their smartphones/internet. By using “unalive” instead of “suicide”, they won’t be flagged or censored by algorithms.

Q: Is there a phone number that teenagers can call or text if they are having mental health issues?

A: Call **988** Lifeline. This number is for all (teenagers and adults) who have mental health concerns or who feel that they are in a mental health crisis.

Q: What can you do if a teenager (or adult) is having mental health concerns?

A: #1 – Listen nonjudgmentally.

#2 - Give reassurance.

#3 – Encourage professional help.

#4 – Encourage self-care.

Q: What are two pitfalls to avoid when listening to someone in need of mental health care?

A: #1 - Adults often listen with the goal of “fixing”. Instead, adults just need to listen and let the person come up with their own ideas for changes that need to be made.

#2 – Saying, “You will be all right” to the person facing a personal crisis. Their life isn’t “alright” so saying it is, is not a comfort to the person. Instead, the person needs to know that you care.

Q: Is there a hospital nearby that deals with teenage mental health issues?

A: Unity Point (Allen Hospital) is one of the best hospitals for treating mental health.

Q: Does Iowa have enough hospital beds to deal with those that have mental health issues?

A: No, Iowa does not have enough mental health hospital beds to meet the needs of its population; the state of Iowa has the lowest ratio of state-run psychiatric beds per capita in the nation, with only two beds per 100,000 people, far short of the recommended 50 beds per 100,000 for minimally adequate care. In addition to the scarcity of state-run beds, Iowa also faces significant challenges with staffing shortages across the state, leading to unused beds even where they exist.

(Source: *Des Moines Register* on January 24, 2024).

Q: I never finish a Q & A without having asked the interviewees their favorite Bible verse.

A: Meridith: **Ecclesiastes 12:12** “My child, there is something else to watch out for. There is no end to the writing of books, and too much study will wear you out.”

Whitney: **Psalms 30:5** “For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.”

Thank you, Meridith and Whitney for meeting me at Fredsville so I could interview you. The information you learned will be very useful to you and also to those that read this Q & A. To conclude this Q & A, I have included the Suicide Warning Signs for both adults and youth that you received.

Suicide Warning Signs for Adults

Be a Lifeline



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.

988

SUICIDE
& CRISIS
LIFELINE

PEP23-05-03-001

Suicide Warning Signs for Youth

Be a Lifeline



It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.

988

SUICIDE
& CRISIS
LIFELINE

PEP23-05-03-004



Whitney Howe (Left) and Meridith Sandlin (Right)

A Word From Fredsville's Council President



Hello Fredsville.

The word for the month is Grace. What does that mean? When someone says Peace and Grace be with you, what are they really saying?

God gives us grace freely. It is not something that is earned, but a gift given to you, unconditionally. That's amazing to know that we can make mistakes, maybe not handle a situation in the best way and we can be redeemed for our misbehaving's. However, maybe the bigger question is, do you accept the grace that's given to you and how does that change your behaviors? It's hard sometimes to accept a thank you for good deeds and I think it can be even harder to accept gifts when maybe we don't necessarily feel like we deserve them. Honestly, that's probably the time you need them the most. We are far from perfect. We are human and being human is hard sometimes. There can be a steep learning curve to living a good life. Sometimes we can be very hard on ourselves and need each other to remind us that Grace is a way to show that we are accepted, forgiven and loved.

NIV Romans 3: 23-24: "for everyone has sinned and fallen short of the glory of God, and yet they are justified freely by his grace through the redemption that came by Christ Jesus".

So as Christians and good people at heart we too are expected to share Grace to others. Fight the urge to judge too soon and follow Jesus.

Miriam Webster describes Grace as a: "disposition to or an act or instance of kindness, courtesy, or clemency."

When we can give the gift of Grace or an unconditional act of kindness I think it works two-fold. It can make someone else feel better and it can bring us closer to leading the life Jesus has called us to do. We are called to love generously and embody the fruits of the spirit freely. I think giving grace demonstrates our compassion and understanding of others. We are called to tend to the land and the people. Grace allows us to make honest mistakes, to be exhausted, and sometimes not the best version of ourselves. Grace can be given to others for efforts and good intentions that maybe don't go as planned. Grace can give encouragement and genuine acts of human compassion that grants us the ability to do better and be better.

So, this month I encourage you to share Peace fully, give Grace generously and accept them both graciously when received. Know that you are a loved child of God and blessed beyond measure. Peace and Grace to you this month and always, my friends!

God Bless,

Brenda-



July 30, 2025

PHOENIX — The Rev. Yehiel Curry was elected July 30 to serve a six-year term as presiding bishop of the Evangelical Lutheran Church in America (ELCA). The election took place during the 2025 ELCA Churchwide Assembly being held July 28–Aug. 2 at the Phoenix (Ariz.) Convention Center.

Curry was elected on the fifth ballot. There were 799 votes cast, with 400 votes needed for an election. Curry received 562 votes, and the Rev. Kevin Strickland, bishop of the ELCA Southeastern Synod, received 237 votes. Curry is the first Black presiding bishop of the ELCA.

Speaking to the assembly after his election, Curry reflected on his membership at Shekinah Chapel in Riverdale, Ill., where he eventually became a lay mission developer while he participated in the Theological Education for Emerging Ministries program, which prepares individuals for ordained ministry in the ELCA, with a focus on emerging ministry contexts like ethnic-specific, multicultural, rural and inner-city settings. He spoke to the assembly about his initial hesitation in accepting that first ministry role.

“Perhaps I’m out there in one of you,” Curry said. “I never saw myself as good enough, so for two years, I said no. I finally said yes. When I said yes, your support, this church’s support, of that ministry meant everything. So if you want to know what your benevolence dollars look like, it looks like me, and I want to say thank you. Thank you for your investment.”

Curry has served as bishop of the ELCA Metropolitan Chicago Synod since 2019. He previously served as mission developer (2009-2012) and pastor (2012-2019) of Shekinah.

He received a Bachelor of Arts from Lewis University in Romeoville, Ill., in 1995 and a Master of Divinity from the Lutheran School of Theology at Chicago (LSTC) in 2013. LSTC is one of seven ELCA seminaries.

The churchwide assembly, the chief legislative authority of the ELCA, ...

Text:<https://www.elca.org/news-and-events/yehiel-curry-elected-presiding-bishop-of-the-elca>

Photo:<https://www.livinglutheran.org/2025/07/yehiel-curry-elected-presiding-bishop-of-the-elca/>

Dear Fredsville Family

Grace and Peace,

Our Confirmation Season is getting ready to begin in September. We will have a **Confirmation Information Meeting on Wednesday, September 3, at 7pm**

This is for Parents and Students of all new, continuing and soon to be confirmed 6th grade - 9th grade. We will go over the schedule and expectations for the year.

Students being Confirmed on Sunday, October 26, are asked to be present to be interviewed and get a picture taken for the Newsletter. Please be thinking about your confirmation verse. We will arrange a walk through of the confirmation service so that we can each practice our part.

Sunday, September 14 will be Confirmation Blessing at worship. This is for all new, continuing, and soon to be confirmed students. We will make sure each student has a Lutheran Study Bible for class.

Confirmation Class will meet, in-person, for two classes each month. We will need adults to volunteer to be present at class, so that, one or more adults in the room. Students and families are encouraged to participate in worship and service opportunities, as often as possible. The Fredsville Community wants to support you and see you succeed as you grow in faith.

If you are interested in Continuing or Starting Confirmation please be in contact with Pastor Lee and/or the Fredsville Lutheran office.

A graphic for Fredsville Lutheran's Confirmation Journey of Learning. It features a circular logo on the left with a red heart containing a black cross, surrounded by white petals and green stems. The text 'Fredsville Lutheran' is at the top right. Below it, 'CONFIRMATION JOURNEY OF LEARNING' is written in large, bold letters. The schedule is listed: 'September 3 Information Meeting Students & Parent(s)', 'September 7 Confirmation Blessing at Worship', and 'September 17 & 24 Confirmation Class 6:30-8pm Food & Class'. At the bottom left, it says 'For more information contact Pastor Lee' and provides the website 'www.FredsvilleLutheran.org'.

Fredsville Lutheran

**CONFIRMATION
JOURNEY OF LEARNING**

September 3
Information Meeting
Students & Parent(s)

September 7
Confirmation Blessing
at Worship

September 17 & 24
Confirmation Class
6:30-8pm Food & Class

For more information
contact Pastor Lee

www.FredsvilleLutheran.org

Let us pray for our confirmation students and families

*O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ.
Amen*

Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, September 7 - Thirteenth Sunday After Pentecost

Green

Called to contemplate the cost of discipleship, we might be helped by translating Paul's request to Philemon into our prayer of the day: Refresh my heart in Christ. Strengthened by the company and forgiveness of Christ in holy communion and recalling God's grace in remembrance of baptism, we can be strengthened in this hour to "choose life"—to choose life in God as our own.

Prayer of the Day

Direct us, O Lord God, in all our doings with your continual help, that in all our works, begun, continued, and ended in you, we may glorify your holy name; and finally, by your mercy, bring us to everlasting life, through Jesus Christ, our Savior and Lord. Amen.

- **Deuteronomy 30:15-20** - Walk in the way of life and hold fast to God
- **Psalms 1** - They are like trees planted by streams of water. (Ps. 1:3)
- **Philemon 1-21** - Paul says: Receive Onesimus as a coworker
- **Luke 14:25-33** - Jesus says: Disciples, give up your possessions and carry the cross

Sunday, September 14 - Fourteenth Sunday After Pentecost

Green

The grumbling of the religious leaders in today's gospel is actually our holy hope: This Jesus welcomes sinners and eats with them. That our God seeks and saves the lost is not only a holy hope, it is our only hope. As the writer of 1 Timothy reminds us, "The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners." Thanks be to God.

Prayer of the Day

O God, overflowing with mercy and compassion, you lead back to yourself all those who go astray. Preserve your people in your loving care, that we may reject whatever is contrary to you and may follow all things that sustain our life in your Son, Jesus Christ, our Savior and Lord.
Amen.

- **Jeremiah 4:11-12, 22-28** - Judgment is spoken against Jerusalem
- **Psalms 51:1-10** - Have mercy on me, O God, according to your steadfast love. (Ps. 51:1)
- **1 Timothy 1:12-17** - Christ Jesus came for sinners
- **Luke 15:1-10** - Looking for the lost shee, silver coin: Jesus eating with sinners.

Sunday, September 21 - Fifteenth Sunday After Pentecost

Green

As we are invited today to consider what it means to be managers (rather than owners) of all that we have, it is crucial to recognize that we are bought with a price. "Christ Jesus, himself human, . . . gave himself a ransom for all." Apart from the generosity of God we have nothing—we are nothing. By God's gracious favor we have everything we need.

Prayer of the Day

God among us, we gather in the name of your Son to learn love for one another. Keep our feet from evil paths. Turn our minds to your wisdom and our hearts to the grace revealed in your Son, Jesus Christ, our Savior and Lord.
Amen.

- **Amos 8:4-7** - Warnings to those who trample on the needy and poor
- **Psalms 113** - The Lord lifts up the poor from the ashes. (Ps. 113:7)
- **Hebrews 4:12** - Indeed, the word of God is living and active, sharper than any two-edged sword
- **Mark 10:17-31** - Teaching on wealth and reward

Sunday, September 21 - Fifteenth Sunday After Pentecost

Green

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Prayer of the Day

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- **Psalms 113** - The Lord lifts up the poor from the ashes. (Ps. 113:7)
- **Hebrews 4:12** - Indeed, the word of God is living and active, sharper than any two-edged sword
- **Mark 10:17-31** - Teaching on wealth and reward

Sunday, September 28 - Sixteenth Sunday After Pentecost

Green

Consideration of and care for those in need (especially those "at our gate," visible to us, of whom we are aware) is an essential component of good stewardship. It is in the sharing of wealth that we avoid the snare of wealth. It is the one whom death could not hold—who comes to us risen from the dead—who can free us from the death grip of greed.

Prayer of the Day

O God, rich in mercy, you look with compassion on this troubled world. Feed us with your grace, and grant us the treasure that comes only from you, through Jesus Christ, our Savior and Lord. Amen.

- **Amos 6:1a, 4-7** - Warnings to those who are comfortable or wealthy
- **Psalms 146** - The Lord gives justice to those who are oppressed. (Ps. 146:7)
- **1 Timothy 6:6-19** - Eager to be rich or eager to pursue richness of God's justice?
- **Luke 16:19-31** - Story of poor Lazarus and the wealthy man

Sunday, October 5 - Seventeenth Sunday After Pentecost

Green

A little faith goes a long way is Jesus' point in the gospel. A mustard seed's-worth of faith has miraculous potential. The patience, tenacity, and endurance required for the life of faith are the blessings received in holy baptism, holy communion, and the word read and proclaimed in this assembly. Anticipate them. Receive them with thanksgiving.

Prayer of the Day

Benevolent, merciful God: When we are empty, fill us. When we are weak in faith, strengthen us. When we are cold in love, warm us, that with fervor we may love our neighbors and serve them for the sake of your Son, Jesus Christ, our Savior and Lord. Amen.

- **Habakkuk 1:1-4, 2:1-4** - Wicked surround the righteous; wait for the Lord
- **Psalms 37:1-9** - Commit your way to the Lord; put your trust in the Lord. (Ps. 37:5)
- **2 Timothy 1:1-14** - Guard the treasure entrusted to you: faith and love in Christ
- **Luke 17:5-10** - Faith the size of a mustard seed



God's Work Our Hands

Sunday, September 7 - 1pm in New Hartford

We will be going to New Hartford to paint fire hydrants.

The City will be prepping the hydrants & providing supplies.

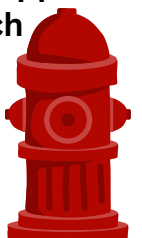
We will meet at the New Hartford Community Church

and all work together to serve our community.

After we are finished we can celebrate

at the New Hartford Creamery.

(Rain Date is Sunday, September 14)





Thank you to our
high school seniors
for their leadership
this week.



VACATION BIBLE SCHOOL 2025









Quade William Aronson Charlotte Elaine Cipressi

Born: 7/8/25

Weight: 8 pounds 4 ounces

Length: 21 inches

Son of Kyle & Becca Aronson



Born: 8/19/2025

Weight: 8 pounds 11 ounces

Length: 21 inches

Daughter of Dominic & Krissy Cipressi



Meals on Main

Citizens ages 55+ are invited to the Dike Community Hall on Monday, September 8th at noon for a ham ball meal. Cost is \$10 per person. Please RSVP to Kathy Juel, phone number 319-404-8532, by September 1st.

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Bible Study 9:00 am	3 Confirmation Meeting 7:00 pm	4 Quilters 9:00-11:30 am	5 Pastor's Day Off	6
7 Worship 9:30 am Sunday School 10:30 am God's Work Our Hands Service Project New Hartford 1pm	8	9 Bible Study 9:00 am Sew Pillowcase Dresses 12:00-4:00 pm	10	11 Quilters 9:00-11:30 am	12 Pastor's Day Off	13
14 Worship 9:30 am Confirmation Blessing Sunday School 10:30 am	15	16 Bible Study 9:00 am	17 Confirmation 6:30-8:00 pm	18 Quilters 9:00-11:30 am	19 Pastor's Day Off	20
21 Worship 9:30 am Sunday School 10:30 am	22	23 Bible Study 9:00 am	24 Confirmation 6:30-8:00 pm	25 Quilters 9:00-11:30 am	26 Pastor's Day Off	27
28 Worship 9:30 am Sunday School 10:30 am	29	30 Bible Study 9:00 am				