

August Newsletter

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The Rev. Lee R. Gable, Pastor



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Cedar Falls, Iowa 50613



319-989-2065



www.FredsvilleLutheran.org



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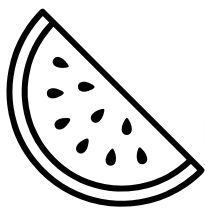
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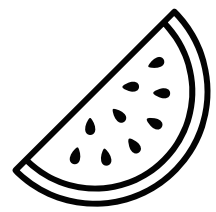
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Upcoming Events

- **August 2** – VBS Sunday
- **August 2-5** – VBS 6:00 - 8:15 pm
Snowball Mountain Challenge
- **August 7-9** - Watermelon Days
in Dike
- **August 9** – Watermelon Days
Community Worship at Sports
Complex Pavilion at 10 am
- **August 23** – Backpack Blessing
- **August 24** – Pollinator Garden
Dedication 1:00 pm
- **August 25** – Council Meeting at
5:30 pm



August 2026



Birthdays

Audrey Stefan- 1
Colton Harberts- 1
Olivia Bakker- 3
Susan Green- 3
Beth Koenen- 3
Eric Andersen- 3
Devon Lotts- 4
Beth Petersen- 6
Joan Thuesen- 6
Abby Camarata- 7
Tonya Nicholson- 7
Larry Dufel- 8
Timothy Stage- 9
David Stage- 9
Katelynn Adams (Bergmann) - 10
Reid Hermann- 11
Hank Johannsen- 11
Lane Brekke- 11
Caeden Bakker- 11
James Bruhn- 12
Nathan Bakker- 12
Kirsten Petersen- 14
Ja Nette Mikkelsen- 15
Shelby Ohrt- 17
Vic Vandehaar- 17
Jordyn Valentine- 17
Carol Dufel- 19
Keene Petersen- 19
Kyle Aronson- 20
Linda Freese- 20
Chris Shoemaker- 20
Letha Petersen- 21
Brynn Harberts- 22
Whitney Howe- 23
Nolan Swinton- 24
Margaret Christensen- 25
Macy Hermann- 29

Birthdays

Jerry Green- 29
Lisa Dumler- 30
Michelle Reinicke- 30
Jeri Karr- 30
Dale Danielsen- 31
Ron Meyer- 31

Anniversary

Jarrold & Shari Bakker- 2
Jerrold & Sandra Christensen- 5
Vernon & Margaret Johnson- 5
Marvin & Kathy Folkerts- 9
Todd & Shannon Mikkelsen- 11
Jason & Megan Yearous- 11
Timothy & Nancy Stage- 14
Jim & Jean Loger- 23
Brent & Kelley Knutson- 26
Michael & Kathryn Petersen Hinds- 2

Prayer List

- Deana Peters
(SIL of Jana and Cory Hermann)
 - Breast Cancer Treatment

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.

Pastoral Pondering Fredsville Pollinator Garden

You may have noticed the patch of wildflowers growing on the west side of the sanctuary, flowers, corn, a new bench and more. This polinator project is the work of many people. But how did we get here? It all began during a storm. The tree that used to occupy this spot was broken and blown over. After we got it cleaned up a hole remained in this piece of lawn. I would walk over and wonder, what could this area become? Ideas came and went. Then Bryson was working towards his Eagle Scout and looking for a project. A pollinator garden was the idea that took root.

The Property Committee reviewed ideas and then helped till up the soil. The family of Luella Larsen wanted to invest her memorial money to help bring this project to life. Brenda found a collection of pavers that could be reclaimed, they became the walkway for this project. Bryson and a team of scouts went to work laying out a plan and digging in. A long and patient process of transformation was taking shape. When the plants finally arrived it was late fall and snow was on the horizon. Late nights and long hours the seeds and soil rested under a blanket of Winter.

When the snow melted and warmer days arrived so did green shoots of new life. Some plants looked like they had not survived and the seeds were not growing with the speed we hoped. The weeds however, were thriving. So began the on-going task of sifting through discovering what belongs and what does not. Learning leaf patterns and carefully removing weeds from the wildflowers. The cemetery gardeners were thinning some of their plants that found a new home here. More seeding, weeding, and watering followed, a labor of hope for this landscape to thrive.

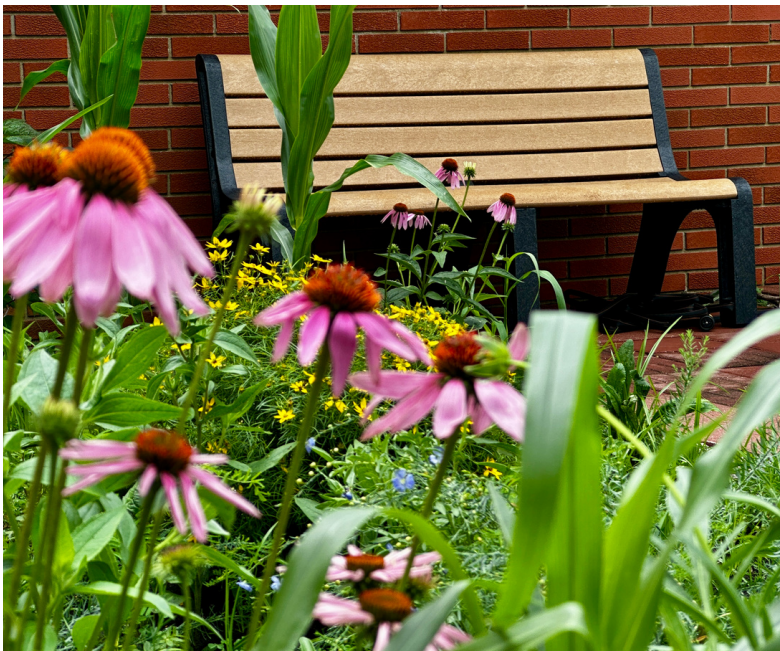


Then the first flowers bloomed... Yellow, then blue, purple, now red, orange, and more yellow. The color pallet filled in with a variety of hues. Plants that looked dead sprouted new green shoots and leaves. The day the first butterfly arrived was a gentle blessing upon the hours of work and waiting. Then a bird made this garden its home. A toad moved in under the shade and the first monarch caterpillar was crawling around. The squirrels contributed by planting corn, a unique feature in this little patch of wild beauty. In the morning I have regularly seen a bevy of doves take flight. Maybe an image of the Spirit touching this space.



The bench, made of recycled plastic, provides a place to rest, talk with a friend, pray, or just be present with God in this chapel within the Cathedral of Creation. On Monday, August 24 we will have a dedication service for the pollinator garden at 1pm, the Larsen Family will be present and you are invited. The Fredsville Pollinator Garden has been registered with the National Wildlife Federation as a Certified Wildlife Habitat, marking our dedication to the care of Creation. This ground has taken on new life this year and will continue to change. I hope that this will continue to be an oasis of life to be enjoyed for years to come.

*May the Peace of Christ
be with you always...
Pastor Lee*



Q & A
by Sue Green
Respite Foster Care
August 2026



There are many unsung heroes in our world. Those providing respite foster care are among them. Meridith Sandlin has become a licensed respite care provider. Both Meridith and I thought it would be good to share what providing Respite Foster Care involves.

Q: What is Respite Foster Care?

A: Respite Foster Care provides trained trauma-informed parenting for kids in foster care. This could be for a few hours, an overnight or for multiple days.

Q: How did you get licensed to provide Foster Respite Care?

A: Last year, I started the process on the Four Oaks website. I filled out a 30-page application and then began training after a background check. For 2 months, I had a weekly 2 hour class (online or virtual). Some topics were: Nurturing & Safe Environments for Children with Disabilities, Trauma Informed Parenting, and Parenting a Child with Sexual Trauma.

Q: When did you begin giving Respite Foster Care?

A: I finished the certification process in the fall and started in May. The first time I provided Respite Care was for a 5-year-old from a Friday evening until a Sunday morning.

Q: What activities do you do with your foster children?

A: Sometimes we keep it simple -- Legos, walks, etc. Other times, we enjoy fun outings like the Phelps Pavilion (Children's Museum in Waterloo) or the library. A favorite activity with my first foster child was when we went to an Open House at the Waterloo Fire Department!

Q: Do you get to choose your child and how often you provide Respite Foster Care?

A: Yes. Four Oaks coordinates respite requests between families and providers. I can choose who I provide respite care for and how frequently.

Q: How did you get your condo ready for having a child stay with you?

A: I made a spare room into a child's bedroom. Also, I had to set up locked storage for medications and cleaning chemicals.

Q: Do you get paid for providing Respite Foster Care?

A: Yes. However, with a stipend of \$18.50 per day, providing Respite Foster Care is not a money-maker. You do it because you love children and want to make their life better.

Q: What are some important things to know / avoid saying if I were to see a foster care child with you?

A: I will NOT be identifying the child as a “foster child.” Instead, I will say that the child is staying with me for a few days. You are NEVER to ask me or the child about the circumstances that caused the need for foster care. That is confidential information and many of the situations that caused a need for foster care are traumatic events (child abuse/neglect) or parents being unable care for the child (death/jail/drug addiction rehab, etc.) It is NEVER good to ask about their family either. Instead, ask questions like, “What have you done while visiting Meridith? What do you enjoy doing?”

Q: Can you bring your foster child to church?

A: Yes. If it is a Sunday where I have music or technology responsibilities, I will ask another congregation member in advance to supervise my foster child. Also, while I can bring my foster children to church, a child must have the option to choose an alternate activity (coloring, etc.) while there instead of paying attention to the service. We cannot require foster children to participate in an activity that goes against their religious beliefs.

Q: Is there an age limit for providing Respite and/or Foster Care?

A: No. Quite often, a child needing foster care will be placed with their grandparents or other kin, thus enabling the child to stay with family.

Q: Is there a need for more people to provide Respite Foster Care?

A: Yes! I have found providing Respite Foster Care to be very rewarding! If you love children and are able to do so, I encourage you to explore providing Respite Foster Care.

Q: Do you have a favorite Bible verse that deals with children?

A: “God is love, and all who live in love live in God, and God lives in them. ... We love each other because He loved us first.” (1 John 4:16b & 19, NLT)

Fostering is ultimately an act of love. When children (or people of any age) experience God’s love through being loved by others, love spreads to create a better world for all.

Thank you, Meridith for taking the time to be interviewed for the Q & A. I learned a lot. You are definitely doing “God’s Work” by providing Respite Foster Care!

*Vacation Bible School
Quarter Challenge*

**HELPING FAMILIES FACE THE CHALLENGE
OF A MOUNTAIN OF LAUNDRY
WITH OUR FRIENDS AT HOUSE OF HOPE**

VBS August 2nd - 5th

Fredsville Summer Fun

A PHOTO IS WORTH A 1000 WORDS.

WHAT HAVE YOU BEEN
DOING THIS SUMMER?
SHARE A PHOTO WITH
FREDSVILLE THAT TELLS
A STORY ABOUT YOUR
SUMMER FUN.

FREDSVILLE@FREDSVILLELUTHERAN.ORG

***Watermelon Days
Community Worship***

**SUNDAY, AUG 9
10:00 AM**

SPORTS COMPLEX PAVILION

*Bring a Chair, Bring a Friend,
Share in the Spirit!*

Hosted by
Dike United Methodist & Fredsville Lutheran

BACKPACK BLESSING

SUNDAY, AUGUST 23

- Blessing Backpacks
- Praying For Students
- Praying For Teachers
- Praying For Schools
- Praying For A Great School Year

Fredsville Lutheran Church
32756 150th Street Cedar Falls, Iowa 50613

FREDSVILLE POLLINATOR GARDEN DEDICATION

Monday, August 24 1:00 PM

WWW.FREDSVILLELUTHERAN.ORG

Thank You Notes

Dear Fredsville Lutheran Church,

Thank you for your generous gift of \$39.00 in quarters on 6/3/2026! You are supporting programs that give single mothers and women who age out of foster care the tools they need to thrive in our community. Last financial year, 91% of our participants left the program with housing, transportation, childcare, employment, and a sustainable financial plan! Even more women are graduating from House of Hope as homeowners, creating generational wealth that can break the cycles of poverty.

House of Hope is completely funded by the community with local grants, individual financial contributions, in-kind donations, volunteers, and fundraising events (no state or federal government funding!) Your gift will have a generational impact, as cycles of poverty and homelessness are broken for good! Thank you for investing in our community and House of Hope women and families. Please let me know if you want to learn more about House of Hope or schedule a tour of our building. Find us on Facebook @HoHCedarValley, Instagram @houseofhopecv, Venmi @HouseofHope-CedarValley, and www.houseofhopeccd.org.

We appreciate your partnership! Thank you!

Sincerely,
Dusty Steele
Development Director

House of Hope - \$39.00



Members of the Fredsville Lutheran Church,

The Panther Pantry Team would like to express our gratitude for your donation. Donors like you all allow us to continue to provide needed resources to UNI students as they overcome food insecurity. We plan on using this donation to provide better options to students with dietary restrictions.

Thank you again for your support it impacts so many!

- Panther Pantry Team

UNI Panther Pantry - \$1,000

Thank You Notes

Dear Friends,

Thank you for your amazing hospitality and support from the Aebleskiver event! It is an honor to be included in the event and remembered in your benevolence. We hope you'll feel welcome to attend our annual Block Party taking place at 2422 College St (we close the street for the event) on Sunday, August 30, from 5 to 7 pm, we'd love to see you!

As we plan for the coming year it's fun to look back at what happened here last semester. ThreeHouse had a multi-part workshop on centering prayer, and added some special nights to the worship schedule featuring Holden Evening Prayer done by a Waterloo Choir and a Taizé service lead by local musicians. ThreeHouse also spent Sunday mornings with students visiting several different Cedar Valley congregations. Students cooked together, hosted a CoffeeHouse Concert series, tabled at UNI's annual Out of the Darkness Walk for suicide prevention, and so much more.

Again, thank you for your support in helping us share God's love with the ThreeHouse and UNI campus community where we find opportunities for student conversations, mentorship, and pastoral care.

With heartfelt thanks,
Pastor Jordan Derhammer Capek
Director/Campus Minister

ThreeHouse - \$1,478.63



Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, August 2 - Tenth Sunday after Pentecost

Green

Snowball Mountain Challenge VBS is based on Philippians 4:13, NRSV: "I can do all things through him who strengthens me." This verse reminds us that God's strength through Jesus can help us face challenges. Snowball Mountain Challenge invites us to an exciting winter sports event full of new challenges, friends, and ways to learn that with God's help we can do more than we ever thought possible.

Prayer of the Day

Glorious God, your generosity waters the world with goodness, and you cover creation with abundance. Awaken in us a hunger for the food that satisfies both body and spirit, and with this food fill all the starving world; through your Son, Jesus Christ, our Savior and Lord. Amen.

- **Genesis 40 and 41** - Joseph Dreams Big
- **Ester 3:7-8:8** - Ester Shows Courage
- **Acts 3:10-10** - Peter and John at the Temple

Sunday, August 9 - Watermelon Days Community Worship 10am Sports Plex Pavilion

Elijah finds the presence of God not in earthquake, wind, or fire, but in the sound of sheer silence. When the disciples face a great storm on the sea, they cry out with fear. Jesus says: "Take heart, it is I; do not be afraid." Amid the storms of life, we gather to seek the calm presence of Christ that soothes our fears. In comforting words of scripture and in the refreshing bread and cup of the eucharist, God grants us peace and sends us forth to be a sign of God's presence to others.

Prayer of the Day

O God our defender, storms rage around and within us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us in the faith of your Son, Jesus Christ, our Savior and Lord. Amen.

- **1 Kings 19:9-18** - The Lord speaks to Elijah on Mount Horeb
- **Psalms 85:8-13** - I will listen to what the Lord God is saying. (Ps. 85:8)
- **Romans 10:5-15** - Hearing and confessing the word of faith
- **Matthew 14:22-33** - Jesus walking on the sea

Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, August 16 - Twelfth Sunday after Pentecost

Green

In Isaiah we hear that God's house shall be a house of prayer for all people and that God will gather the outcasts of Israel. The Canaanite woman in today's gospel is a Gentile, an outsider, who is unflinching in her request that Jesus heal her daughter. As Jesus commends her bold faith, how might our church extend its mission to those on the margins of society? In our gathering around word and meal we receive strength to be signs of comfort, healing, and justice for those in need.

Prayer of the Day

God of all peoples, your arms reach out to embrace all those who call upon you. Teach us as disciples of your Son to love the world with compassion and constancy, that your name may be known throughout the earth, through Jesus Christ, our Savior and Lord. Amen.

- **Isaiah 56:1, 6-8** - A house of prayer for all peoples
- **Psalms 67** - Let all the peoples praise you, O God. (Ps. 67:3)
- **Romans 11:1-2a, 29-32** - God's mercy to all, Jew and Gentile
- **Matthew 15: 21-28** - The healing of the Canaanite woman's daughter

Sunday, August 23 - Thirteenth Sunday after Pentecost

Green

In Isaiah the people are advised to look to their spiritual ancestors as the rock from which they were hewn. Jesus declares that the church will be built on the rock of Peter's bold confession of faith. God's word of reconciliation and God's mercy are keys to the church's mission. Paul urges us to not be conformed to this world but to offer our bodies as a living sacrifice, using our individual gifts to build up the body of Christ. From the table we go forth to offer our spiritual worship through word and deed.

Prayer of the Day

O God, with all your faithful followers of every age, we praise you, the rock of our life. Be our strong foundation and form us into the body of your Son, that we may gladly minister to all the world, through Jesus Christ, our Savior and Lord. Amen.

- **Isaiah 51:1-6** - The enduring foundation of God's salvation
- **Psalms 138** - O Lord, your steadfast love endures forever. (Ps. 138:8)
- **Romans 12:1-8** - One body in Christ, with gifts that differ
- **Matthew 16:13-20** - The profession of Peter's faith

Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, August 30 - Fourteenth Sunday after Pentecost

Green

The prophet Jeremiah speaks of the incurable wound of his suffering yet finds in God's words the delight of his heart. When Peter doesn't grasp Jesus' words about suffering, Jesus tells the disciples they will find their lives in losing them. Such sacrificial love is described by Paul when he urges us to associate with the lowly and not repay evil with evil. In worship we gather as a community that we might offer ourselves for the sake of our suffering world.

Prayer of the Day

O God, we thank you for your Son, who chose the path of suffering for the sake of the world. Humble us by his example, point us to the path of obedience, and give us strength to follow your commands, through Jesus Christ, our Savior and Lord.

Amen.

- **Jeremiah 15:15-21** - God fortifies the prophet against opposition
- **Psalms 26:1-8** - Your love is before my eyes; I have walked faithfully with you. (Ps. 26:3)
- **Romans 12:9-21** - Live in harmony
- **Matthew 16:21-28** - The passion prediction and rebuke to Peter

Sunday, September 6 - Season of Creation

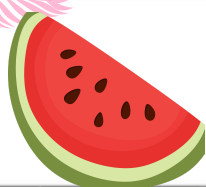
Green

Since the seventh century, September 1 has symbolized the day of the creation of the world in the Byzantine tradition and has been the opening feast of its liturgical year (known as the Feast of the Indiction), in parallel with Rosh Hashanah marking the Jewish New Year. Creation in Christ celebrates the ongoing creation of the world in and through Christ, who sustains, unites, and holds all created things. We hear today of the triune God who creates all things: sun and moon, shining stars, sea monsters, creeping things and flying birds—and, yes, even human beings. God-in-Christ still takes care of all things and invites us to join in as caretakers of God's good creation.

Prayer of the Day

O God, in whom we live and move and have our being, in Christ you created the worlds, and your Spirit breathes life into the universe. We praise you for your wondrous creation. Bless us and all your handiwork with your infinite light, and direct our lives to the care of this good earth, through your Son, Jesus Christ, our Savior and Lord. Amen

- **Genesis 2:4b-25** - The garden of Eden
- **Psalms 148** - God's splendor is over earth and heaven. (Ps. 148:13)
- **Acts 17:22a, 24-28** - God gives life and breath to all mortals
- **John 1:1-5** - All things came into being through the Word



August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Quilters 9:00-11:30 am	Pastor's Day Off	1
2 Worship 9:30 am VBS Sunday VBS 6:00-8:15 pm	3 VBS 6:00-8:15 pm	4 Bible Study 9:00 am VBS 6:00-8:15 pm	5 VBS 6:00-8:15 pm	6 Quilters 9:00-11:30 am	7 Watermelon Days in Dike Pastor's Day Off	8 Watermelon Days in Dike
9 Watermelon Days in Dike Community Worship in Dike 10:00 am	10	11 Bible Study 9:00 am Pillowcase Dresses 12:00-4:00	12	13 Quilters 9:00-11:30 am	14 Pastor's Day Off	15
16 Worship 9:30 am	17	18 Bible Study 9:00 am	19	20 Quilters 9:00-11:30 am	21 Pastor's Day Off	22
23 Worship 9:30 am Backpacks Blessing	24 Pollinator Dedication 1:00 pm	25 Bible Study 9:00 am Council Meeting 5:30 pm	26	27 Quilters 9:00-11:30 am	28 Fancy Fingers 9:00 am - 4:00 pm Pastor's Day Off	29
30 Worship 9:30 am	31	Looking Ahead Season of Creation September 1-October 4				