November NEWSLETTER

Connect with Us

The Rev. Lee R. Gable, Pastor

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Upcoming Events

- **November 1** - All Saints Sunday
  - Bring pictures of beloved ones
- **November 4** - 6:30 - 8:00 pm Confirmation Class
- **November 18** - 6:30 - 8:00 pm Confirmation Class
- **November 29** - Advent Begins



Sunrise, October 12, 2026

November 2026

Birthdays

Matthew Swinton- 1
Christopher Kluiter- 2
Olivia Verhulst- 3
Josey Syhlman- 4
Karly Yearous- 6
Dylan Ohrt- 7
Dennis Koch- 8
Shayden Loger- 10
Stevie Six - 11
Sandra Christensen- 16
Stacy Kruger- 18
Linda Kuhn- 20
Jarrod Bakker- 21
Justin Brekke- 21
Izabella Adams- 23
Dustin Heide- 23
Donna Bruhn- 24
Jim Marx- 24
James Boike- 27
Mike Cain- 28

Anniversaries

Pastor Lee & Pastor Dena Gable- 1
LuAnn & Keene Petersen- 13
Jeremy & Christa Lotts- 23

Prayer List

- Jim Loger
  - recuperating at home
- Deana Peters
  (SIL of Jana and Cory Hermann)
  - Breast Cancer Treatment
- Letha Petersen
  - recovering from fall
- Carol Watson
  - health concerns
- Angie Wibben
  - recovering from sugery

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 .... Seeding for the Future

"*A sower went out to sow his seed, and as he sowed some fell on a path and was trampled on, and the birds of the air ate it up. Some fell on rock, and as it grew up it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew it produced a hundredfold.*" ~ **Luke 8:5-8**

this seems to be a parable out of season as we are completing the harvest in the fields around us. The seeds being planted now are cover crops to protect the good soil entrusted to our care. Yet there is more going on in the landscape of Creation. The wildflowers that have been blooming in our prairies, pollinator gardens, and ditches are preparing a new season of life.

Working in the Fredsville Pollinator Garden has invited me to pay attention to this fall planting season. The butterflys have migrated, the bees are resting, the cone flowers and milkweed colors have faded. The dry stems look ridgid and lifeless. Now they can begin preparing for the season ahead. Birds are stopping by to pick at the seed filled centers. Milkweed pods are cracking open to reveal white silk parachutes. They are ready to travel, rest, and grow.

Carried on the winds and wings of Creation, these seeds will find new homes and new possibilities. I have been gathering seeds for the pollinator garden. They need to rest under the cold blanket of winter to emerge ready for Spring.

I wonder if we might learn from this season of seeding. The busy schedule of life can be wonderful yet you need some rest. Maybe you have felt a bit dry, spiritually, mentally, or emotionally. Some time we are ready to crack. Maybe this is a cracking open as the Holy Spirit is bringing forth something new.



May the wind and wings of the Spirit hold you in this season of life. May you gather the seeds you want to sow for the future. May you find rest when needed. May you experience growth as you go forth to share Faith, Hope, and Love in the name of Jesus.

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

Pastor Lee

- Iowa has 18 Varieties of native milkweed. Learn more at **iowamonarchs.info**

Q & A

by Sue Green

Al-Anon

November 2026



After Pastor Lisa's and during Pastor Lee's pastorate, Pastor Victoria Shepherd has led us in Sunday Worship several times as a Supply Pastor. Once when we were visiting, Pastor Shepherd shared with me that she regularly attends Al-Anon and that attending Al-Anon has greatly benefited her. As I knew very little about Al-Anon, I thought it would make an interesting and informative topic for my Q & A column. Pastor Shepherd volunteered to share her experience in hopes it might help someone who has a family member or knows someone who drinks too much. The other questions and answers came from the Al-Anon website. (al-anon.org).

Q: Pastor Victoria, what made you decide to start attending Al-Anon?

A: I am someone, like many others, who has a loved one with a substance abuse disorder (addiction). I was encouraged to go to Al-Anon by a counselor who was familiar with the program and knew this program would help me find solutions that would lead to my serenity. Addiction is a family disease, and we can become as sick as our loved one. I am passionate about carrying the Al-Anon message of hope to others whose lives have become unmanageable as a result of believing, like me, they have the power to make a loved one stop drinking or using when we don't.

Q: Who are Al-Anon members?

A: You qualify if who are or have been affected by someone else's addiction.

Q: Why join an Al-Anon group?

A: Because those who live or have lived with the problem of alcoholism understand as perhaps few others can. We benefit from one another's experience, strength and hope. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

Q: How will Al-Anon help me?

A: Many who come to Al-Anon are in despair, feeling hopeless, unable to believe that things can ever change. Nothing we have tried has brought about change. So we come to Al-Anon because we are desperate for change. In Al-Anon we meet others who share our feelings and frustrations, if not our exact situation.

Q: How long do the meetings last?
A: One hour.

Q: How often does Al-Alon meet?
A: Weekly.

Q: Do you have to attend every week?
A: It is up to you how often you attend. Because of the support given, most people try to attend weekly. It is suggested that Newcomers attend at least 6 meetings and try different meetings before deciding if it is for you.

Q: Will anyone know that I have attended an Al-Anon meeting?
A: No. Who attends and what is discussed is strictly confidential. Anonymity is a core value of the Al-Anon program.

Q: How long (weeks, months, years), can you attend Al-Anon meetings?
A: You can attend as long as you want to. For many, the Al-Anon principles have become a way of life and continues to benefit them in all aspects of life and in relationships with others.

Q: Is an appointment needed to attend an Al-Anon meeting?
A: No. No advance notification or formal written referral is necessary to attend an Al-Anon meeting - just show up.

Q: Are there meetings in the Cedar Valley to attend?
A: Yes. There are day and evening meetings. (Do a search on AL-Anon.org to find meetings near you.) There are in-person and virtual meetings.

Q: Do I have to say anything at a meeting?
A: No. It is your choice to speak or not during the meetings. Newcomers are always welcomed to meetings, usually provided with literature and a local meeting list, and invited to listen and learn.

Q: How did you feel after attending your first Al-Anon meeting?
A: Everyone's experience is different. I realized I had found my people-people who understood as no one else could, what I was going through. I heard the 3 C's-I didn't cause it, I can't cure it and I can't control it and a load was lifted from my shoulders. I heard, "Keep coming back, it works if you work it and you are worth it."

Thank you so much Pastor Victoria for taking the time to answer my questions. You shared useful information that will benefit others. Oh, how thankful we can be to God, for Al-alon!

FREDSVILLE LUTHERAN CHURCH
Council Minutes
Date: Sunday, October 4, 2026

Attendance: Pastor Lee Gable, Linda Nielsen (Treasurer), Wanda Nielsen, Tony Norton, Roy Stefan, Abby Brekke, Amy Camarata, Keene Petersen, Amanda Bakker, Jodi Bergmann, & Gary Koenen.

Call to Order: President Amy Camarata called the meeting to order.

Devotions: Pastor opened with a prayer.

Treasurer's Report: Linda Nielsen presented the financials.
As of August 31, 2026

- General Fund: $59,476.10
- Building Fund: $7,823.54
- Memorial Fund: $14,053.30

Secretary's Report:

- Previously reviewed and approved by the Council via email.

Old Business Discussed:

- Meredith and Ashley provided technology updates via email that Amy and Pastor presented to council. All the sound control knobs have been replaced throughout the church. There is other equipment that is aging and may begin to fail. There is a backup power supply failure in our communication equipment, a piece has been ordered to replace this. There also is a plan to have diagnostic testing completed by Jamison of Moser Computing to verify all equipment is properly working and that there are no security breaches.

New Business Discussed:

- A small group from Council met to review and revise the Facility Use Policy. This policy was presented and council discussed. A couple items were requested to be revised and receive clarification prior to Council voting to adopt the policy. Once those items are addressed, Council will vote on the revised policy.

Updates and Upcoming Reminders:

- Property Committee: It was reported that the committee is still waiting on window estimates for the Sunday School room. The conference room has a weak point on the roof near the edge and needs to be sealed. Pastor has made two requests for estimates on repair cost, neither contractor had replied.
- Budget planning is coming up. Linda will be getting in contact with committee chairs to discuss the upcoming budget.

Pastor Report: A full Pastor's report is available as an attachment in the Secretary's Notebook.

- Coming up, on October 25th four of the confirmation students will be confirmed. This year there are 15 students (6th-8th graders) that will be participating in classes. Pastor has reported an increase in Sunday worship participation from students.
- Continued pastoral care through devotions led at Westview Estates in Reinbeck, along with home and care facility visits. Also had check-ins with Fredsville families after the flash flooding in Dike.
- Pastor hosted a conference meeting for the Jubilee Conference pastors at Fredsville. He also continues with other outreach with NEIA Synod Care of Creation Team, NEIA Synod Candidacy meeting, Iowa Faith & Climate Network and NEIA Synod Energy Grant team.
- Pastor assisted in updating the Facility Use Policy and the application document. Pastor spoke with his college roommate who is an E-Marketing Specialist and is happy to report he thinks Fredsville is doing a great job with our current digital platforms.

Closing Prayer: Council concluded the meeting with the Lord's Prayer

Next Meeting: Sunday, November 22nd, 2026 – Following Worship

Respectfully Submitted: Amanda Bakker, Council Secretary



THANK YOU FREDSVILLE FAMILY!
Thank you for your kindness and love offered during Pastor Appriciation.
I am humbled to be part of this community of faith.



Wartburg Seminary Thank you Event
Fredsville supports Wartburg Seminary through our Endowment Fund. A small group attended a Thank You event that recognized generosity and we learned more about seminary education.

Endowment Committee Fall Meeting

The Fredsville Endowment Committee will be meeting on Monday Nov. 2 at 7:00 PM to review college scholarship applications and to decide on worthy charities to distribute the remaining 2026 endowment funds.



Meals on Wheels

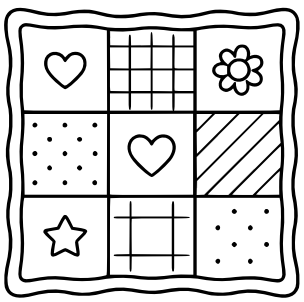
There is a Google document ready if you would like to sign up to prepare and/or deliver Meals on Wheels for 10-12 local residents during the 2026-27 school year breaks. Contact Ashley in our church office or Jean Loger and they can share the document with you.

Dates meals will be provided:
November 25, 26, 27 (Thanksgiving)
December 21, 22, 23, 24, 25 (Christmas)
December 28, 29, 30, 31, Jan. 1 (Winter)
March 15, 16, 17, 18, 19 (spring break)



Quilting update

52 Quilts were completed for Lutheran World Relief this fall! Each Thursday a group of dedicated quilts gathers at Fredsville Lutheran Church to create handmade gifts of love for our global neighbors. The time and materials are donated locally. Lutheran World Relief helps distribute these items to those who need them across the world.



REVERSE ADVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 canned chicken	30 dry milk	1 canned mandarian oranges	2 pizza kits	3 small canned ham	4 mac & cheese cups	5 canned peas
6 shelf staple pepperoni	7 spaghetti dinner kits	8 elbow macaroni	velveeta 9 cheese sauce packets	10 Ritz crackers	11 box cereal	12 taco dinner kits
13 canned pork	14 spaghetti	15 Hamburger Helper mixes	16 cooking oil	17 creamy peanut butter	18 boxed mac & cheese	19 canned beef
small 20 salt & pepper shakers	21 ramen noodles	22 Welch's snack packets	23 canned carrots	24 beef stew	25 Pop Tarts	

Each day add an item to a box. When your box is full bring it to Fredsville Lutheran Church for the Little Free Pantry by Dike Library.

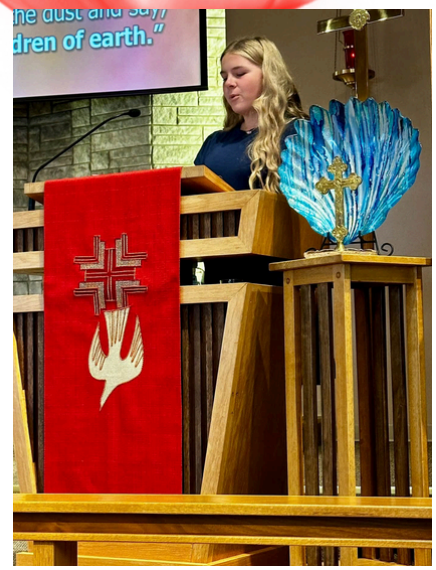
Confirmation Sunday

October 25, 2026



Ellie, Nora, Cooper, Cashton











Congratulations!

Mr. and Mrs. Rigdon

Dylan & Olivia

October 24, 2026







Bryson Grider recieved the Eagle Scout Award for his project of the Pollinator Garden at Fredsville!



Upcoming Events













Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, November 1 - All Saints Day White/ Green

All Saints celebrates the baptized people of God, living and dead, who are the body of Christ. As November heralds the dying of the landscape in many northern regions, the readings and liturgy call us to remember all who have died in Christ and whose baptism is complete. At the Lord's table we gather with the faithful of every time and place, trusting that the promises of God will be fulfilled and that all tears will be wiped away in the new Jerusalem.

Prayer of the Day

Almighty God, you have knit your people together in one communion in the mystical body of your Son, Jesus Christ our Lord. Grant us grace to follow your blessed saints in lives of faith and commitment, and to know the inexpressible joys you have prepared for those who love you, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

- **Revelation 7:9-17**- The multitudes of heaven worship the Lamb
- **Psalm 34:1-8**- Proclaim with me the greatness of the Lord let us exalt God's name together (Ps 34:3)
- **1 John 3:1-3** - We are God's children
- **Matthew 5:1-12** - Blessed are the poor in spirit

Sunday, November 8 - Twenty-fourth Sunday after Pentecost Green

Today the prophet Amos calls for justice to roll down like waters. Paul urges us to encourage one another with the promised coming of the Lord. Jesus tells the parable of the wise and foolish bridesmaids. Surrounded by the faithful of every time and place, we celebrate Christ's coming in our midst in the word of life and the feast of victory—the marriage feast of the Lamb.

Prayer of the Day

O God of justice and love, you illumine our way through life with the words of your Son. Give us the light we need, and awaken us to the needs of others, through Jesus Christ, our Savior and Lord. Amen.

- **Amos 5:18-24-** Let justice roll down like waters
- **Psalm 78:1-7 -** We will recount to generations to come the power of the Lord. (Ps. 78:4)
- **1 Thessalonians 4:13-18 -** The promise of the resurrection
- **Matthew 25:1-13** - The story of the wise and foolish bridesmaids

Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, November 15 - Twenty-fifth Sunday after Pentecost Green

Our readings during November speak of the end times. Zephaniah proclaims that the coming day of the Lord will be filled with wrath and distress. Paul says it will come like a thief in the night and urges us to be awake and sober. Jesus tells the parable of the talents, calling us to use our gifts, while we still have time, for the greater and common good. In a world filled with violence and despair, we gather around signs of hope—word, water, bread, and wine—eager to welcome the good news of Christ's coming among us.

Prayer of the Day

Righteous God, our merciful master, you own the earth and all its peoples, and you give us all that we have. Inspire us to serve you with justice and wisdom, and prepare us for the joy of the day of your coming, through Jesus Christ, our Savior and Lord. Amen.

- **Zephaniah 1:7, 12-18** - The day of the Lord
- **Psalm 90:1-8 [9-11] 12** - So teach us to number our days that we may apply our hearts to wisdom. (Ps. 90:12)
- **1 Thessalonians 5:1-11** - Be alert for the day of the Lord
- **Matthew 25:14-30** - The story of the slaves entrusted with talents

Sunday, November 22 - Christ the King Baptism White

On this final Sunday of the church year our gospel is Jesus' great story of judgment. In the end, the faithful are those who served Christ by ministering to those who are poor, hungry, naked, sick, or estranged. In the first reading God is the shepherd who seeks the lost, weak, and injured and feeds them with justice. We gather this day to celebrate the reign of Christ and his victory over death, yet we await the consummation of all things yet to come. Acknowledging Christ as our merciful ruler, we go forth that his reign may be known in our loving words and deeds.

Prayer of the Day

O God of power and might, your Son shows us the way of service, and in him we inherit the riches of your grace. Give us the wisdom to know what is right and the strength to serve the world you have made, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

- **Ezekiel 34:11-16, 20-24 -** God will shepherd Israel
- **Psalm 95:1-7** - We are the people of God's pasture & the sheep of God's hand. (Ps. 95:7)
- **Ephesians 1:15-23 -** The reign of Christ
- **Matthew 25:31-46** - The coming of the Son of Man; the separation of sheep & goats

Worship Readings, Prayers, & Introductions from SundayandSeasons.com

Sunday, November 29 - First Sunday of Advent **Blue**

Stir up your power, and come! The psalmist's plea in Psalm 80:2 has become familiar to us in the Advent prayers. Isaiah wants God to rip the heavens open. Both cry out for an apparently distant, angry God to show up, to save, to restore. When we hear Jesus describing the coming of the Son of Man with stars falling from heaven, it can sound dire and horrible, not like anything we would ever hope for. But when we really look at the suffering of people God loves, we can share the hope that God would tear open the heavens and come.

Prayer of the Day

Stir up your power, Lord Christ, and come. By your merciful protection awaken us to the threatening dangers of our sins, and keep us blameless until the coming of your new day, for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen.

- **Isaiah 64:1-9** - Prayer that God would come with power and compassion
- **Psalm 80:1-7, 17-19** - Let your face shine upon us, and we shall be saved. (Ps. 80:7)
- **1 Corinthians 1:3-9** - Gifts of grace sustain those who wait for the end
- **Mark 13:24-37** - The sudden coming of the Son of Man

Sunday, December 6 - Second Sunday of Advent **Blue**

John calls people to repent, to clear the decks, to completely reorder their lives so that nothing gets in the way of the Lord's coming. The reading from Isaiah gives the context for this radical call: the assurance of forgiveness that encourages us to repent; the promise that the coming one will be gentle with the little ones. Isaiah calls us all to be heralds with John, to lift up our voices fearlessly and say, "See, your God is coming!" We say it to one another in worship, in order to say it with our lives in a world in need of justice and peace.

Prayer of the Day

Stir up our hearts, Lord God, to prepare the way of your only Son. By his coming strengthen us to serve you with purified lives; through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

- **Isaiah 40:1-11 -** Good news of God's coming to a people in exile
- **Psalm 85:1-2, 8-13** - Righteousness shall prepare a pathway for God. (Ps. 85:13)
- **2 Peter 3:8-15a -** Waiting for and hastening the day of God
- **Mark 1:1-8** - John appears from the wilderness

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Saints Sunday Worship 9:30 am Sunday School 10:30 am	2	3 Bible Study 9:00 am	4 Confirmation 6:30 - 8:00 pm	5 Quilters 9:00-11:30 am	6 Pastor's Day Off	7
8 Worship 9:30 am Sunday School 10:30 am	9	10 Bible Study 9:00 am Pillowcase Dresses 12:00-4:00 pm	11 VETERANS DAY	12 Quilters 9:00-11:30 am	13 Pastor's Day Off	14
15 Worship 9:30 am Sunday School 10:30 am	16	17 Bible Study 9:00 am	18 Confirmation 6:30 - 8:00 pm	19 Quilters 9:00-11:30 am	20 Fancy Fingers 9:00 am - 4:00 pm Pastor's Day Off	21
22 **BAPTISM** Worship 9:30 am Sunday School 10:30 am **Council Meeting**	23	24 Bible Study 9:00 am	25	26 Happy Thanks Giving **Office Closed**	27 **Office Closed** Pastor's Day Off	28
29 ADVENT Worship 9:30 am Sunday School 10:30 am	30					

Looking Ahead

December 2
Razzle Dazzle in Dike

December 13
Kid's Christmas Program & Dancing around the tree

December 24
Christmas Eve Worship

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