



**Rev. Eric Schillo**  
**Executive Director**  
**230 9th Avenue North**  
**Fort Dodge, IA 50501**  
**1.800.622.7285**  
**schillo@LFSiowa.org**  
**www.lfsiowa.org**

**LUTHERAN FAMILY SERVICE**  
*Caring for Families in Iowa Since 1901*



## A Message from the Executive Director ...

Lutheran Family Service has provided professional, Christ-centered counseling for individuals, couples and families throughout Iowa for nearly 50 years and pregnancy counseling and adoption services for over 100 years. Your congregation, together with the other 295 LCMS congregations in Iowa, owns this ministry. Your neighbors all over Iowa who are hurting are receiving LFS ministry every day of the week, all year long, as an extension of your congregation's ministry.

It's not enough to tell people that we love them, Jesus loves them, invite them to church, and then turn a cold shoulder when they have real-life problems that might make us uncomfortable. That's certainly not what Jesus did.

He was there for people. And He commissioned each one of us to be there as well.

When people come to LFS for help, they experience the love of thousands of Lutherans throughout the state who support this ministry. What a wonderful opportunity we have. Whether it's referring someone to an LFS counselor for counseling or supporting this ministry with your prayers and financial gifts, Christ's love flows forth from your heart to the hearts of your friends and neighbors in need. On behalf of those whose lives are touched by that love, I thank you. May God grant us many more years of shared ministry, to His glory!

## Parts & Partners

Partnerships with other Lutheran ministries in Iowa District West are vital to the success of LFS ministry. Here is one example: Earlier this year our Director of Pregnancy Counseling and Adoptions, Janette Clausen, received a phone call "out of the blue" from a Spanish-speaking woman who could

only understand Janette's word, "Pregnant?" With a "Yes" response, Janette knew that she had to break the language barrier between the two of them and try to help this woman. Janette contacted Rev. Dan Vogel, Iowa District West Missionary to Hispanics. Rev. Vogel seized the opportunity and went to

work immediately to find someone to provide interpretation. As a result of Rev. Vogel's efforts, and with much support from the interpreter who was a member of Rev. Vogel's Spanish-speaking congregation, the young woman cancelled a scheduled abortion and began a counseling relationship with Janette. The crisis pregnancy was saved, but to the disappointment of all involved, including the birth mother, the baby was miscarried a short time later. But, all was not lost in this story. The woman is now part of a local congregation that embraced and cared for her. They surrounded her with the love of Jesus, where she could be nurtured by God-fearing people.

At this time, the woman has escaped an abusive relationship with her partner,

started learning English, and has committed to focusing on the care of her older child. According to her, she wants to be "a positive contributing member to her community."

Many other examples of partnerships between LFS staff and Iowa District West exist, including cooperative work with the District

staff, Camp Okoboji, LLL, LWML, Lutherans for Life and others. Through both your prayer and financial support, you too are an important part of these partnerships! When we all work together, we truly reflect the "body of Christ" and His church described by Paul in 1 Corinthians 12. He explains that the way God designed our bodies is a model for understand-

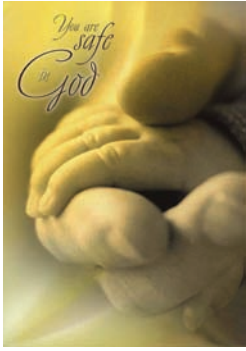
ing our lives together as a church, where every part is dependant on every other part. "Now there are varieties of gifts but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good." Through a "variety of service," we all fulfill our mission in this time and place.

In future issues of *The Harvest*, we will share more ministry partnership stories. For now, be it known that the staff of LFS greatly values and appreciates all of the other "parts" and partnerships with which we are privileged to serve here in Iowa District West.



*Convention provides an opportunity to connect with ministry partners. LFS' Glen Emery visits with Rev. Erland Asmus, Human Care Executive for Iowa District West at the LFS booth in the convention display area.*

## Ask Your LFS Counselor ...



Question: I am a Christian woman, married and the mother of 3 small children, and I find that I can't move off the couch. My husband comes home from work, and finds me in the same spot that he left me in the morning. I think I might be depressed but I don't want to be. I am so ashamed, because I believe, and I think that if you believe you shouldn't be depressed.

Answer: I can certainly appreciate your concern. First, know that if you are indeed depressed, you are not alone. Depression is rapidly becoming one of this country's major health concerns. Right now it is the 4th major disability, and by the year 2020 it is projected to be number 2. Women are experiencing depression at a 2 to 1 ratio over their male counterparts. We need to be sensitive to the factors in women's lives that would seem to make them more susceptible to having depression. Depression can be related to a whole host of other medical issues ranging from hypertension and diabetes to pain syndromes and premature menopause. Depression is a disorder that is not a respecter of race or creed, including whether or not we believe. In Scripture we can find at least five figures who openly dealt with depression. Probably the most famous of these is Job, but others include King David after his affair with Bathsheba, and Judas who killed himself after betraying Jesus.

Our Lord stands with us in the midst of our depression. He does not reject us. He wants us to be whole, free, and happy. Our guilt and shame often end up as blocks which keep us from getting the help that we need – help that is available. Sometimes people are so ashamed of having depression that they try to hide it. They live with it for years, doing nothing to treat it, and it ends up damaging their relationships, families, careers, and faith life.

It is important to distinguish between a person who is having the “blues” and one who is experiencing actual “clinical depression.” Here is an example to explain the difference: Imagine that your son or daughter

was experiencing difficulty at school with completing their assignments and the school was calling you looking for answers. This could give you a case of the “blues,” where you feel down and sad, and maybe lose some sleep over the matter. But as you speak with your child and the school, and get to the bottom of the problem, your “blues” go away. On the other hand there are those who have “Clinical Depression.” People who are clinically depressed deal with many of the following symptoms: low mood, sadness, crying spells; loss of appetite or overeating; sleeplessness, or sleeping too much; lack of concentration; loss of interest in things that are normally interesting; thoughts of suicide; and irritability, becoming easily agitated or angry. Depression is diagnosed when these symptoms last every day for more than two weeks.

One of the signature symptoms of depression is that the depressed person tends to isolate themselves from others. If you recognize these signs in yourself, and most definitely if you have thoughts of wanting to harm yourself, you should be seeking help immediately from a doctor, a Lutheran Family Service counselor, or your pastor.

The good news is that depression is treatable, and most people who seek treatment for depression can and do find relief and are living complete, full lives. Most experts agree that a combination of anti-depressant medication with talk therapy is the best course of treatment to deal with clinical depression. Also remember that depression is a medical condition - it is not your fault. If you are depressed, you are dealing with a chemical imbalance in your brain, which has nothing to do with your actions or the depth of your faith.

Our Lord does not reject someone who may be depressed. In fact, someone who is experiencing depression can find great strength, hope and renewal in God's Word. Psalm 42 reminds us that we can put our hope in God when we are downcast. Scripture has many words of support for the person experiencing depression, including the word that Paul shares with us in 2 Corinthians 4:8-18.

Counselors trained to recognize and treat depression, who also share your faith and values, are available through Lutheran Family Service, and we would be happy to visit with you.



**Rev. Gerry Bruhn, LISW**  
4301 Sergeant Road  
Suite 206  
Sioux City IA 51106  
712-273-90000  
bruhn@LFSiowa.org

*Send your question to an LFS counselor by mail to:  
LFS Counselor Question, 230 9th Ave N., Fort Dodge, IA 50501  
or by email to: pritzel@LFSiowa.org.*



## An Invitation ...

*Do you have a question or concern that you would like an LFS counselor to address or answer? To have your question (and an LFS counselor's answer) considered for publication in a future issue of The Harvest, please email your question to pritzel@LFSiowa.org or write it down and mail it to: LFS COUNSELOR QUESTION, 230 9th Avenue North, Fort Dodge, IA 50501. Be assured that your name or any information identifying you would never be used in this or any other publication.*



**Janette Clausen**  
**Director of Pregnancy**  
**Counseling & Adoptions**  
**230 9th Ave N**  
**Fort Dodge, IA 50501**  
**1-800-510-BABY**  
**clausen@LFSiowa.org**

**LUTHERAN FAMILY SERVICE**  
*Caring for Families in Iowa Since 1901*



## Are You Ready? Coming Soon to a Wall Near You...

Oh Baby! Are you ready? That is the question posed to young pregnant women through a new poster produced by LFS which is now ready for distribution. The poster is very eye-catching with a high gloss finish, depicting one very cute baby and one simple but very important question: Are you ready? The question is designed to challenge young women to consider the option of adoption instead of assuming they will parent their unplanned child. The information at the bottom, "Pregnancy, Parenting & Adoption Counseling—a Ministry of Lutheran Family Service of Iowa," let's them know that we are here to help with that planning.



How can you help? Be the link between the help that LFS provides and the young, scared pregnant teenager in your congregation and community. We need your help to get the posters out so they can be seen. Call LFS at 1-800-622-7285 or email [clausen@LFSiowa.org](mailto:clausen@LFSiowa.org), and tell us that you would like to help distribute posters in your area. Thanks for your partnership in this important ministry that we share!

## RAGBRAI riders receive positive pro-life message...

LFS Executive Director, Rev. Eric Schillo, has participated in the annual RAGBRAI event for quite a number of years. But, in all of the years that he has ridden, he has never



seen a concerted effort to bring a positive pro-life message to the many riders, their support teams, and spectators. For years, he has desired to make a change, and this year it happened! With help from a number of interested LFS supporters, we were able to design and print seven banners to be displayed along the RAGBRAI route on a daily basis. Along with the help of volunteers from churches along the way, the banners were put in a new location each day of the seven-day ride.

After our first year of this effort, it is clear that we have some kinks to work out. We had to overcome a county engineer who removed all seven of the signs after (leading to a great mystery as to where the signs

went, since our volunteer had put them up the night before but they were no where to be seen along the route the next day!) and a city police officer who disputed our banner placement along the route (resulting in all the signs having to be taken down and moved back further from the road). We were even challenged by getting up well before dawn to make sure the banners would be placed and seen by the very first rider of the day!

Evidences that the banners were effective came from riders and spectators alike. Many comments from the viewers were positive, such as, "We need more signs like that," and, "It is nice to see a positive message on the route." We did hear objections from some riders, and on two days, one of the banners was removed and laid down so it could not be seen. While these negative reactions are disappointing, we believe that God's message cannot be hidden. It is our prayer that, through the work of the Spirit, those with negative reactions will soon be changed to recognize and value all life as a gift from God.



*Pro-life signs on the grounds of Immanuel, Greenfield as they served a ham ball dinner to hungry RAGBRAI riders.*

## Support During Hard Times

Do you wonder how non-profit organizations continue to operate during hard times? The ministry of Lutheran Family Service continues to serve people all across the state of Iowa despite the weak economy. Here's how we do it!

All of our efforts are Christ-centered, and we believe that Christ will meet our ministry needs. It is His work that we do. We pray for, and see, His blessings on a daily basis. These blessings occur when our Pregnancy and Adoption Director, Janette Clausen, receives a call from a young woman seeking an alternative to her scheduled abortion. Janette, with the Holy Spirit's help, guides the woman to cancel her abortion appointment and talk with her. Janette's co-worker, Tracy Stetzel, sees God at work when she meets with a family eager to adopt.

Our counselors in Sioux City, Rev. Gerry Bruhn and Jaimee Nutt, serve an increasing number of clients with concerns that are rooted in our current economic climate. Virginia Henriksen, our counselor in Council Bluffs, Denison and Atlantic, shares the love of Jesus as she speaks with clients who have dysfunctional family situations which heavily weigh on them. And, our counselor serving Ida Grove, Lynette Aschinger, draws on God's strength as she works with children and families trying to raise children in a society that has deteriorating moral values. These counselors are among the 17 professionally trained LFS staff who work every day to help individuals, couples and families in need right here in Iowa.

We know that there hasn't ever been a mission blessed by God that has gone unfunded. Whenever and wherever God's people have gathered, asked for, and acted upon a Godly mission, our Father has ensured that abundant resources have been provided. Throughout the 109 years that this ministry has existed, He has demonstrated His faithfulness. He has moved people to see the need and respond so that others have a place to go in times of great need.

Your continued partnership in the ministry of Lutheran Family Service is part of those abundant resources that God provides. Because you are compassionate and caring for those who need our help, and amazingly

for those you don't even know, we are able to minister to people with a wide variety of problems. And, for nearly all of us, supporting the LFS ministry isn't a matter of how to make room in the budget, but how can we can continue our current level of support and even increase it.

There are a variety of ways that your support can be sustained. One new way that is becoming more popular is through our website, [www.LFSiowa.org](http://www.LFSiowa.org). There is a link available for making online donations, which many find more convenient. Another way to provide support is to become a "Friend In-Deed." These supporters pledge to a regular gift, in a monthly, quarterly, or semi-annual time frame. When you are a "Friend InDeed," you receive a regular communication from our Executive Director, Rev. Eric Schillo. These letters from Rev. Schillo highlight some of the challenges LFS faces, as well as the joys we experience, in carrying out the ministry each day.

You can also support us through our Web site and the Christian Flower organization. This fine organization works just like the more well-known companies that send flowers across the world. The difference lies in that Christian Flower will return 10% of your purchase to LFS in support of our work. Simply go to our Web site, [www.LFSiowa.org](http://www.LFSiowa.org) and click on the Christian Flower image to send flowers on your next special occasion. LFS sends out a quarterly newsletter that showcases some of the exciting things happening in our ministry. Along with that mailing, an opportunity to support us is included.

Very soon, we will be holding our phone-a-thon. This will be a personal effort to reach people by phone to thank them and encourage their support for this ministry. You can help support by either responding as God leads you when a volunteer calls, or, you can be a caller yourself. We need and value your help in any way possible.

Even in tough economic times, God's work continues and thrives! Thanks to all who currently support the LFS ministry. We pray that many more of you will be moved to join in supporting this ministry during the coming months!



**Glen Emery**  
**Director of**  
**Development**  
**1.800.622.7285**  
**[emery@LFSiowa.org](mailto:emery@LFSiowa.org)**

**LUTHERAN FAMILY SERVICE**  
*Caring for Families in Iowa Since 1901*



*To learn more about any of the support possibilities described above, or to volunteer as a caller in the upcoming Phone-a-thon, contact LFS' Director of Development, Glen Emery. He is happy to talk with you about your interest or about possible ways you might direct your support to the area of LFS ministry which is closest to your heart. You can reach Glen by phone at 515-573-3138, by email at [emery@LFSiowa.org](mailto:emery@LFSiowa.org), or by regular mail at Glen Emery, Director of Development, Lutheran Family Service, 230 9th Ave. N., Fort Dodge, IA 50501.*