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



### A Message from the Executive Director ...

Last week a man called our office, frustrated and overwhelmed after having attempted telephone conversations with staff at six other counseling agencies. He was calling to find help for his son who is 25 years old, not working, living at home again, and very depressed. He had walked away from his career, his daughter, and his faith. He was not eating or sleeping and was withdrawn and angry. His son did not want to talk to anyone about his situation, and his parents were at their wits end as to what to do to help him.

If you are a parent or a grandparent, I'm sure you can empathize with the special kind of pain that comes when you see your child or grandchild struggling. When that time comes, please know that you are not alone. You have a place to go for help. The LFS ministry exists to serve LCMS members here in Iowa; and, as an extension of your church, to help those who belong to another church or who have no church home. In addition to providing professional counselors who share your faith and values, LFS counselors are able to serve

people regardless of their ability to pay. God uses gifts from congregations and individuals like you to bring this about.

Now back to the phone call from the father who was so frustrated. With relief, he said, "You are the first agency who has taken time to talk to me. Not only are you able to talk to me on the phone, but you can see my son when he doesn't have any insurance? That's incredible!" I agree! And our God, who moves and directs this ministry, is indeed incredible! We don't know the outcome yet, but we trust that God will work through our counselor to correctly assess the situation and provide helpful counsel for this family. LFS is able to serve this man and his family because of the partnership that we share with you and your fellow Lutherans who support this ministry. Your support is one of the reasons we are able to be there when professional, Christ-centered help is needed.

I often thank you for your partnership. Today, please also accept the thanks of a grateful, worried father.

## Building Healthy Families

# Building Healthy Families

### Does Your Family Suffer from Over-Scheduling Disorder (OSD)?

For many families, the task of parenting is equivalent to lassoing a tornado, characterized by a frenzied whirlwind of activity without much success. This isn't good for anyone ... especially kids!

Much of this chaos has evolved out of the misguided belief that children must be entertained or "stimulated" each and every millisecond of each and every day. While pop psychologists may think this is wise, the rest of us ought to know better. Kids who never have an opportunity to rest, relax and get a bit bored, come to believe that life and relationships should always be exciting and fun. They also miss opportunities to develop creativity and problem-solving skills.

If you answer "yes" to any of the following statements, you and your kids probably suffer from OSD (Over Scheduling Disorder):

- You're completely worn out from trying to help your kids participate in all of their activities
- Your kids appear anxious, irritable, stressed, exhausted or hyperactive
- Your kids don't have enough time to con-

- tribute to the family by doing their chores
- Your kids complain about being bored any time they aren't being entertained

Although there is no medicinal cure for OSD, we can protect our families by giving ourselves permission to say "no" to too many activities. My personal advice as someone who's experienced this debilitating disorder is to trust your gut. If you have any sense that your kids are overscheduled, trust your intuition and STOP! Boredom isn't as bad as we think. If our kids are bored, no one's in crisis, no one's experiencing physical pain, school isn't horrible, and we're not running around like decapitated chickens. A little boredom might be a good prescription for every family.

Dr. Charles Fay's book [Love and Logic Magic: When Kids Leave You Speechless](#), gives specific tips for kids who are going through withdrawal from the drug of over-activity. Visit the Love & Logic website for more helpful parenting information at [www.loveandlogic.com](http://www.loveandlogic.com). Used with permission from Dr. Fay.

## Ask Your LFS Counselor ...

**Question:** I am aware that October was clergy appreciation month, and some churches do special things to show support for their pastor during this month. Our church didn't do anything. I understand that being part of a pastor's family is hard, and I'm afraid we often take them for granted. We have a wonderful pastor and we love him and his family. What can we do to support them?

**Answer:** It's a great idea to provide intentional support for your pastor and his family, not just in October but throughout the year!

Consider these ideas as you think about ways you and your congregation might participate in this support: Praying for your pastor and his family regularly is probably the most important thing you can do. You can show your support by messages of appreciation and encouragement, through words, notes or emails. Remember your pastor, his wife and his children on special occasions such as their birthdays, their anniversary, the anniversary of his ordination, Christmas, and perhaps the anniversary of their coming to your congregation. Celebrate with them when they experience good times, such as the birth of a child. Recognize the need for your pastor to spend time with his family. Remind him of the importance of this, and encourage him to keep healthy boundaries and avoid an excessively busy schedule. Invite your pastor and his family to a meal in your home, for a celebration of a special occasion or for no occasion at all. If your pastor and his family live in a parsonage, make sure that their home is kept up in the same way that you keep your home. Occasionally, take them a meal.



These are suggestions for things to "do" to support your pastor. It is also important that you and your congregational family support your pastor by "not doing" some things as well. It is helpful to your pastor if you don't expect him or his family to be more perfect than your family or any other family in the congregation. Avoid unrealistic expectations, and help others in the congregation to do the same. Don't expect your pastor to do things just like your last pastor did them. Get to know him and the unique way that God has gifted

him, which will likely be different than previous pastors. The same goes for your pastor's wife – don't place expectations on her to do things just like the other pastor's wife did. Don't speak negatively about your pastor or his family. Likewise, don't allow others to do so. If you have a legitimate concern, address it directly with the pastor in person. Finally, encourage your pastor to use resources which exist to strengthen him, his family life and his ministry, such as those available through Concordia's Employee Assistance Program.

For those clergy who are enrolled in the Concordia Plan, the pastor and each of his family members can each visit an LFS counselor six times in the calendar year at no cost to them. There doesn't have to be a problem. In fact, the really healthy ones come in just to talk, about life, about what it's like to live in a glass house, about their current congregation's expectations of them, about their spiritual growth and development, about their marriages.

Thank you for asking about this important topic!



**Wanda Pritzel, LISW  
LFS Counselor  
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www.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**  
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## Announcing New LFS Counseling Site in Le Mars

In November, LFS Counselor Jaimee Nutt began seeing clients at a satellite office in Le Mars, hosted by the members of Grace Lutheran Church. Jaimee serves as a full-time counselor with LFS, working out of the Sioux City office. She will be traveling to Le Mars each Tuesday to see clients by appointment.



The members of Grace are providing a room with comfortable furnishings for her to use. Confidentiality is ensured as clients

are able to park and enter through the north side of the building, where the counseling room is located—away from most church activity which occurs on the south side of the building. Pastor Tim Geitz and the members of Grace welcomed Jaimee to LeMars, recognizing the LFS counseling presence there as both a ministry to their own members and an outreach of their congregation to those in their community.

Jaimee sees individuals, couples and families, providing counseling that is consistent with the beliefs and teachings of The Lutheran Church—Missouri Synod. She has a special interest in helping families, especially those with teenagers, learn to relate to each other and communicate effectively during difficult times. To schedule an appointment with Jaimee at Le Mars, call the Sioux City office at 712-276-9000.

Grace, Le Mars is one of 14 LCMS congregations in Iowa which host one-day counseling satellites in their church. To see a list of service sites, visit the Lutheran Family Service website at [www.LFSiowa.org](http://www.LFSiowa.org).

## LFS Board Members visit Counseling Site

A dedicated group of twelve lay leaders and clergy of The Lutheran Church—Missouri Synod in Iowa serve as volunteers on the LFS Board of Directors. The primary task of the board is to set the vision and direction for the LFS ministry throughout the state. Specific goals adopted by the board this year include increasing both marketing efforts (so that people who need our services know that we are here to help them) and support (increasing the number of LCMS individuals who provide prayer and financial support which are vital to all parts of the LFS ministry). Board members serve two-year terms, and are elected or re-elected at the annual meeting each fall.



If God has given you the gifts of administration, leadership and vision, please consider joining the LFS ministry through board service. To express your interest in this opportunity, please send an email to [info@LFSiowa.org](mailto:info@LFSiowa.org) or a letter to LFS, 230 9th Ave N, Fort Dodge, IA, 50501.

## Introducing Kelly Wagner, LMHC, RPT

Specializing in counseling with children who are dealing with loss, trauma, or abuse, Kelly Wagner brings a unique background and expertise to the LFS ministry and to families in western Iowa. In addition to being a Licensed Mental Health Counselor, Kelly is also certified as a Registered Play Therapist, indicating her additional training and experience in working with young children through play therapy. Before joining LFS, Kelly served as an individual and group therapist and trainer for Mercy Medical Center's Child Advocacy Center in Sioux City. She earned a Bachelor's degree in Psychology at the University of Iowa and a Master's Degree in Community Counseling at Wayne State College in Wayne, Nebraska. Kelly and her husband Jason are the parents of two children. They are members of St. Paul Lutheran Church in Sioux City. If you know of families with a child or children who would benefit from working with Kelly, please direct them to the LFS office in Sioux City. Appointments with Kelly can be made by calling the Sioux City office at 712-276-9000.

## What Brings YOU Great Joy??

One of the most significant activities at this time of year is the sharing of gifts. Do you ever wonder why we give gifts? I'm willing to wager that the reason is the joy that it brings. I know from my own experiences that I get more joy from giving a gift than I do receiving one. (Although, Mom, if you're reading this, I still want a Christmas gift!)

At Lutheran Family Service, one of the most important things we want our donors to know is that the only way we want you to give us a gift is if it brings you joy! We know from God's Word that when a gift is given in joy, it is blessed by God, and is multiplied in ways that we don't foresee or imagine. We are confident that if you are a current donor, or if you are prayerfully considering becoming one, that you're doing so with a whole lot of joy in your heart!

We'd like to encourage you to pray about giving a gift to support the LFS ministry. At the year's end, in thanksgiving to God for the many blessings of the past year, and in anticipation of a blessed 2010, your joyful gift would help to bring joy into the hearts of many needy individuals, couples, families, unexpectedly pregnant moms and dads, and professional church workers. And, it is a special joy when you give a gift that blesses someone else. Celebrating the joyful news of Jesus' birth with you!



**Glen Emery**  
*Director of  
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## Thrivent Choice Begins in April 2010

You may have already heard that the Thrivent supplemental gifts programs called, "GivingPlus" and "Care in Congregations" have been discontinued for 2010. Thrivent Choice will take the place of these two programs. Many Lutheran institutions, like Lutheran Family Service, have been blessed by these supplemental funds in the past. Here is how the new program will work: all Thrivent members will receive a notification letter from Thrivent in March or April of 2010 telling you how many dollars Thrivent has set aside in your name. They will be looking for a response from you, telling them where you would like them to send those dollars. You will be able to split your gift in as many as five ways. We would ask you to prayerfully consider directing Thrivent to send a portion of your allocation to Lutheran Family Service so that we can continue our shared ministry of "walking with people who are experiencing hard times," as God directs us in 2 Corinthians 1:3-4. Please call us if you have any questions when your notification letter arrives!

Do you have a car that you no longer need, and have been wondering what to do with it? Consider benefiting the LFS ministry by donating it! LFS is able to accept your donation,



and will provide you with a tax receipt allowing you to claim a deduction on your taxes for the value of the vehicle. To learn more or to donate a vehicle, 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.

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