



Lutheran
Family Service

For Nothing is Impossible with God



For Such a Time as This



Friends...it's time!



The world is upside down and backwards. Many people are hurting and looking for answers. What if, as Mordecai suggested to Queen Esther, God has placed us here at this unique time in history, in positions of influence, with ability and resources, to bring God's help to His people? For nearly one hundred and twenty years, we have walked together with partners like you solving big problems, facing new challenges, and tackling growing crises.

Alone, times like these can be overwhelming, crippling, paralyzing us. Thank God we are not alone!

Through Jesus Christ we are a community of hope, help, and healing. In the midst of what the world sees as impossible, we cling to the words of Matthew 19 incorporated in the LFS logo, "With God all things are possible!" What a privilege it is for me and all of us at LFS to count you as a partner in this mission to reach the fatherless, friendless, frightened, and forgotten in our communities. Together, we are the very presence of Christ for such a time as this.



I'm pleased to share news with you about the exciting and innovative ways the ministry of LFS is helping more and more people in response to this pandemic and other challenges. Our goals - shared throughout this booklet- are challenging but reachable. Your generous support makes this possible. Crowned with God's glory, we are the church in action - not only on Sunday but every day of the week! Make your most generous gift today and continue your partnership bringing a brighter future for everyone we serve.

It's time!

Rev. Max Phillips
Executive Director



Imagine a World Where

every life is valued and protected
elderly are respected, honored and cared for
people are healthy, families are strong and marriages last
church workers, their families and congregations thrive
partners work together for bigger impact

Learn About

the silver linings of COVID-19
launching a bold new initiative
possibilities through partnership



Silver Linings of COVID-19

“Today, I met with a couple in Sioux City who were considering divorce, and helped them to rediscover a bit of the joy lost through years of letting other relationships take them away from each other... and from God. After that I met with a pastor serving a rural community a few hours from there who’s considering leaving the ministry, suffering under the weight of untreated depression. Late this afternoon I met with a group of Stephen’s Ministry leaders from Cedar Rapids to help them learn how best to support those who are caring for family members with Alzheimer’s disease. And the funny thing is...I never even left my Fort Dodge office.”

Toni Larson, LISW, Director of LFS’ Counseling Ministry



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Before COVID-19, we could never have reached so many

We can all identify ways COVID-19 has caused us trouble, but the very dark clouds of the pandemic have also had a bit of a silver lining. Before the pandemic, anyone wanting to see an LFS counselor had to come to one of our offices. With the recent launch of LFS' Distance Counseling Program, we can help anyone in Iowa and some surrounding states who has access to a computer, tablet or smart phone and an Internet connection!

And just in time, because we are seeing a great increase in anxiety, depression, suicide, drug and alcohol abuse and marital stress. Covid has brought many healthy people to a point of breaking, and for those who were already struggling, has made things so much worse.

We need to grow our counseling program, including our Distance Counseling reach, so anyone who because of COVID or distance isn't able to come to an LFS office can still receive real-time help from an LFS counselor when they need it.

Your gift through the For Such a Time as This Year-End Giving Appeal today will help us raise \$28,000 to purchase computers and HIPPA-compliant software needed to support the growth of mental health and marriage counseling outreach.





Loving Every Life



Every life is precious and created by God in his image.

Tragically, many children with a prenatal diagnosis of Down Syndrome never draw breath: 70% of babies diagnosed in utero are aborted.

Be among the first to help launch a bold new Down Syndrome Adoption Initiative that will reach women who have received a prenatal diagnosis of Down Syndrome and are considering abortion. We will help them choose life for their baby and if needed, find a loving home through adoption. The initiative will also identify and prepare Christian couples to adopt newborns with Down Syndrome.

Help us reach our goal of \$48,000 through the For Such a Time as This Year-End Giving Appeal to launch this program and welcome these children into God's kingdom.





Launching a Bold New Initiative

Down Syndrome
Adoption



Healthy People, Happy Marriages Strong Families

A message from Lutheran Family Service Counseling Clients

“Counseling has taught me I can’t control the situation but keep staying positive and close to God, knowing He is in control. Also I need to take care of me too! I can look at my problems with a more positive attitude and through a Christian perspective which is very important to me. I’m very thankful for my counselor and her services; its helping me deal with very difficult situations.”

“You made it possible for me to have counseling without worry of finances.
For that I am forever grateful.”

Continuing our care for individuals, couples, and families



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Each year, Lutheran Family Service counselors help people who are struggling with a wide variety of life challenges.

Compassionate care is provided by professionally trained and licensed therapists, built on a strong foundation of faith in the One through whom lasting change is possible.

Requests for LFS counseling from people experiencing anxiety and stress are up by 34% this year, with so many effected by the overwhelming nature of national and Iowa-specific challenges, including storm damage and farming uncertainties.

Whether it's for help with mental or emotional distress or a marriage or family crisis, no one is ever turned away because of inability to pay the full cost of the help they need.

Your generous gift made through the For Such a Time as This Year-End Giving Campaign will assure that those who need help will get it, and LFS will be able to employ a full staff of counselors ready and able to meet the increasing need.





Supporting our Pastors

Many of us have found ourselves relying on our Pastor more than usual this year. We thank God that he has provided such shepherds for his flock.

Our pastors support us, but who supports our pastors?

It's sometimes easy to forget that pastors are people, too, and are plagued with the same vices and weaknesses as everyone else. In difficult situations, they often put their own needs aside as they tend to the needs of others. LFS is here to support them as they serve.

Lutheran Family Services supports pastors through:

- Confidential consultation at no cost when they are involved with difficult pastoral-care situations or challenges in the congregation
- Individual counseling when they need to share the burdens and struggles they usually carry alone.
- Marriage and family counseling to both strengthen already healthy relationships and fix what has become broken
- Wellness resources to help workers remain healthy and strong

When our pastors are healthy, so are our congregations.



Your gift through the For Such a Time as This Year-End Giving Campaign helps LFS support and serve pastors throughout the year.



Healthy Pastors, Healthy Congregations

“As a newly ordained pastor, not long after coming to Iowa, I contacted Lutheran Family Service. After several appointments to help me deal with an initial physical issue, I realized that there were other underlying related issues which I was not previously aware of that were affecting me and my ministry. Meeting with LFS over the past few years, I appreciate the professional, confidential, and beneficial assistance. While I have not been able to completely remove many of the issues, LFS has helped me in the way I am dealing with them. I would say that LFS has not only helped me personally, but has also had a positive and lasting effect on my ministry as a pastor.” LCMS pastor in Iowa



Advocating & Working for Life

“Open your mouth for the mute,
for the rights of all who are destitute. Open your mouth, judge
righteously, defend the rights of the poor and needy.”

Proverbs 31:8-9

Speaking up for those without a voice



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*Your gift through the For Such a Time as This
Year-End Giving Campaign makes it possible for:*

- Pregnant women to choose life and make a plan for parenting or adoption for their unexpected child in the womb
- Existing frozen embryos to have a chance at life through Embryo Adoption, as adopting parents are matched with parents who can donate them
- LCMS members to learn about and be prepared to vote for legislators who will vote for life-affirming laws, rejecting bills that allow abortion of unborn children and physician assisted suicide for those who are elderly, disabled or sick
- LCMS pastors and congregations to step-up to claim their rightful role in Kingdom of the Left activities, speaking up and advocating for the lives of those without a voice
- People to learn about God-pleasing options to health care decisions at end of life through webinars and presentations
- LFS to be actively involved as a member of Iowa's Coalition of Pro-Life Leaders to keep our elected representatives informed about life issues, organize the annual Prayer Rally for Life at the Capital and other life advocacy events throughout the year, and affirm the work of the 10 LCMS individuals currently serving in the legislature





Help us reach our goal
to raise **\$150,000**
by year's end!



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Partners in Helping at Such a Time as This

For nearly 120 years, Lutheran Family Service has been there for you, your church and your community, providing counseling, adoption, life advocacy, pastoral support and so much more. In 2020, LFS's resources have been needed more than ever before. LFS is rising to the challenge through innovation and expansion of care. We are committed to providing help, even to those who cannot afford to pay for the help they need. Make your best gift today so that vital counseling, adoption support, life advocacy, and comfort to those in need through will be available through LFS, as an extension of the church's ministry, this year.

Your monthly contribution of

- \$250 provides support to help a couple bring a newborn with Down Syndrome into their family through adoption
- \$100 provides counseling for a woman struggling to overcome a lifetime of trauma and abuse
- \$50 provides a way for our workers to share news and support of life-affirming options throughout the year
- \$25 provides transportation that allows LFS pregnancy counseling workers to travel to homes and hospitals across the state and into Illinois and Nebraska to be with young women as they plan for and deliver their newborn babies

Your one-time year-end contribution of

- \$10,000 provides resources necessary to launch the Down Syndrome Adoption Initiative this year
- \$6,000 provides support to grow the LFS counseling network, including resources needed for Distance Counseling work
- \$2,500 provides staff to work with our legislators, pastors and members to make sure our laws protect all vulnerable life
- \$1,200 provides on-line and in-person presentations for teenagers, equipping them to live out their faith and values in today's challenging culture

Know that we thank God every day for the generosity of partners like you, raised up for such a time as this!



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LFS is the only service organization recognized by the LCMS providing mental health, marriage, pregnancy counseling, adoption services and life advocacy in Iowa and Illinois.

