

SERVING THE LORD IN

FRANKFURT, GERMANY

News from the Teeple Family



February 2026



This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all.

1 John 1:15

Sign up for our newsletter!

Send an email with your contact information to gina.teeple@lcms.org or use the QR code below:



There are many opportunities to serve as short-term or GEO missionaries. Check out the current list and download an application at lcms.org/service. Click on "Service Opportunities."

No Shadow of Change in God

Every year on February 2, Groundhog Day invites us to look for a shadow and wonder whether we are in for a change. Will winter linger, or will spring come early? It's a silly tradition, but it reflects something very human in us: we are always watching for signs, trying to predict what comes next, looking for security in the wrong places.

But God's Word points us in a different direction. Scripture points us to God, who is UN-changing. James 1:17 tells us every good and perfect gift comes from the Father, "who does not change like shifting shadows." Unlike our circumstances—or even the seasons themselves—God is constant. His faithfulness does not lengthen or fade depending on the light. He is light (1 John 1:5), so there is no shadow of uncertainty in Him.

We sing this same confession in Great Is Thy Faithfulness: "There is no shadow of turning with Thee." It is such a comforting verse! Our God remains the same – yesterday, today, and forever (Hebrews 13:8). He is steady, merciful, and true.

As I (Jeff) prepare to head to Germany during the season of Lent, this unchanging faithfulness of God is both my foundation and my message. The hope we cling to is not found in signs or predictions, but in Christ alone – crucified and risen for us.

We do not place our trust in what we see; remember 2 Corinthians 5:17: "We walk by faith and not by sight." We stand on the sure foundation of God's promises, His unchanging Word, and who He is. And we remain confident that His faithfulness endures forever.

*Great is thy faithfulness, O God, my Father;
There is no shadow of turning with thee.
Thou changest not, thy compassions, they fail not;
As thou hast been, thou forever wilt be.*

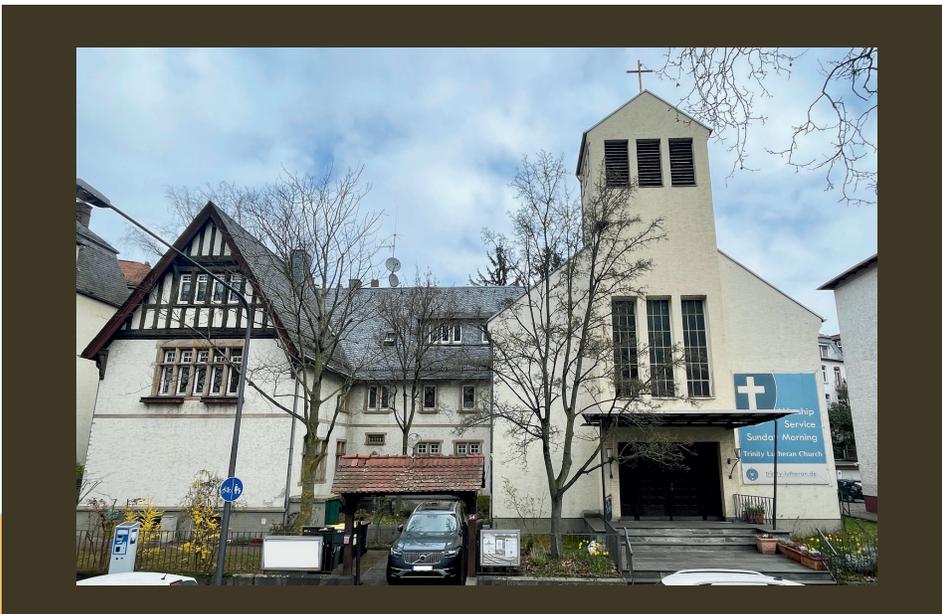


Please pray for Jeff. He traveled to Frankfurt on February 16th and is staying through the season of Lent!

History of Trinity Lutheran Church in Frankfurt

Trinity's roots stem from the need to provide spiritual care for U.S. military personnel and consulate workers following World War II. In 1956 a group of American Lutherans living in the Rhine–Main area asked the German church, die Dreieinigkeits Gemeinde (in English, Trinity Congregation) located near the Frankfurt Zoo, to begin regular Lutheran ministry in English. The first service for a handful of worshipers was held at the church a year later. The name Trinity Lutheran Church was selected to honor the then host congregation for their assistance.

Originally Trinity's pastoral leadership came from The Lutheran Church–Missouri Synod (LCMS) and the Evangelical Lutheran Church of America (ELCA). In recent years this has changed. Today pastors are being provided solely by The Lutheran Church–Missouri Synod, through the Office of International Mission.*



What is an expat?

An expat is someone who lives outside of their native country. Currently expats make up roughly 30% of Frankfurt's population. Many of these expats do not speak German when they arrive, but they do speak English as a primary or secondary language.

Trinity ministers to this vast expat community, a shift that occurred in recent years with the departure of US military in the region and the reduction in employees at the US consulate in Frankfurt. Trinity is now a multi-cultural congregation with members who come from a wide range of countries such as India, China, the Philippines, various African countries, Poland, Germany, Italy, Malaysia, Singapore, Slovakia, Albania, as well as the U.S.

*Information and image taken from Trinity Lutheran Church's website, <https://www.trinity-lutheran.de>



Jeff with David Lambert, member of Ascension of Christ Lutheran Church in Beverly Hills, Michigan



Jeff and Gina with Pastor Rich Heinz at Trinity Lutheran Church in Lowell, Indiana

We are so grateful!

Thank you to the following congregations and groups for letting us share the wonderful things God is doing in the mission field!

Ascension of Christ Lutheran Church

Beverly Hills, Michigan
ascensionofchrist.org

St. Paul Lutheran Church

Coldwater, Michigan
stpaulcoldwater.com

Trinity Lutheran Church

Lowell, Indiana
trinitylowell.org

LWML Ohio District Central Zone

Columbus, Ohio



Frequently Asked Questions with Jeff

Do you have family ties to Germany?

I do! My ancestor, Johannes Diebel (which later became "Teepel") was born in Hohenahr, Hesse, which is only about 50 miles (80 kilometers) from Frankfurt where we will be living! He emigrated to the United States via New York City in his adult years and died in 1672 in Bedminster, New Jersey. Ten generations later, here I am. I plan to visit Hohenahr at some point, while we are living in Germany. (I give credit to my brother Andrew who has done a fantastic job uncovering all of this genealogical information!)

Do you speak German?

I was able to read just a little bit from seminary days, but I am taking language lessons as quickly as I can in order to speak the language. Trinity in Frankfurt is an English-speaking congregation, so it is not necessary that I be fluent in German in order to serve there!

What are you most looking forward to?

That's a tough question! We met the congregation once before, so I am looking forward to getting to know them even better. They are wonderful people who are excited about God's Kingdom and sharing His love with others! I am also excited to explore new places and learn first-hand about our Lutheran heritage in Germany.



Einhundertfünfundzwanzig

My high school offered three language options: French, German, or Spanish. I (Gina) chose French. I liked the way the French language sounded, and I really, truly did not want to learn German. I was intimidated by the additional vowels (ä, ö, ü) and the ridiculously long words. No thank you for that!

Of course, God had other plans!

When I learned my first long German word, I reacted differently than I expected. I did not feel overwhelmed. I actually felt joy! The word? Einhundertfünfundzwanzig. I actually giggled with relief because I already knew each of the individual words in this compounded word (ein = one, hundert = hundred, fünf = five, und = and, zwanzig = twenty). One hundred twenty-five.

This word reminded me that German, like everything else in life, is something that needs to be taken *one step at a time*. In Matthew 6:34, Jesus even tells us “therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

And we don't have to worry about the trouble in each day because God has promised to be with us, and to provide all of our daily needs. Here are a few reminders of this in scripture:

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Deuteronomy 31:8

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

John 14:26

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

Philippians 4:19

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

As we prepare to deploy, life sometimes feels like a complicated, compounded word: *sellev everything you own learn german move to a different country*. On those days, I remind myself of *einhundertfünfundzwanzig*. I take one step at a time, knowing God is not only guiding those steps - He is with us every step of the way, and He has prepared us for this journey!

Please prayerfully consider partnering with the LCMS to support our work in Germany! Checks can be made payable to:

The Lutheran Church—Missouri Synod
P.O. Box 66861
St. Louis, MO 63166-6861

OR

Mission Central
40718 Highway E 16
Mapleton, IA 51034

OR



Please include the words 'Teeples - Germany' on the memo line. You can also give securely using the QR code above, or at lcms.org/givenow/teeples. Questions or concerns? Please contact a donor care representative at (888) 930-4438.