

# Thrivent Magazine



## Stay centered

Tips for navigating financial stress

Page 14

A photograph of a winter forest at night. The trees are covered in snow and are silhouetted against a dark blue sky filled with stars and the Milky Way galaxy. The text is overlaid on the upper left portion of the image.

For to us  
a child  
is born,  
to us a son  
is given.

—Isaiah 9:6a

Photo by Olena\_Z/Stock

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Volume 120, No. 705

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**On the cover:**  
Photo by Marques Creative

Images (clockwise from top left): Marques Creative, Nadeau Creative, David Saracino, Inti St. Clair

# Welcome

## Celebrating generosity all year round

The Christmas season is one of togetherness and giving. Loved ones visit for home-cooked meals. We recall our favorite memories. We share gifts. We support heartfelt causes. We create new resolutions. As I reflect on the past year and prepare for the one ahead, I'm reminded that generosity is more than just a seasonal occurrence; rather, it's a sentiment we should celebrate and cherish all year round.

No matter the time of year, small things can make a profound difference for those in your community. Little gestures can have a tremendous impact. While life takes us all down different paths, God continually presents us with opportunities to give our time, talents and treasures to make a difference.

At Thrivent, we believe humanity thrives when people make the most of all they've been given. This means aligning your finances with your purpose and considering how you can bring meaning and gratitude to yourself and those around you.

As you set the stage for the new year and think about your finances, it's a great time to refresh your



financial approach. Consider the eight smart year-end money moves we share on page 20, including donating to your favorite charity. Or think about how you can incorporate generosity in a way that's most meaningful to you. Whether you're planning for retirement, ensuring your loved ones get the care they deserve, or want to show your thanks by giving back to your community, Thrivent is here to guide you every step of the way.

As you look around the dinner table this season, be thankful for the family and friends who surround you. Inspire one another to share what God has given you to help those less fortunate. Each of us can reach out and help spread joy to all those we meet.

**Teresa J. Rasmussen**  
President and CEO

# thrivent

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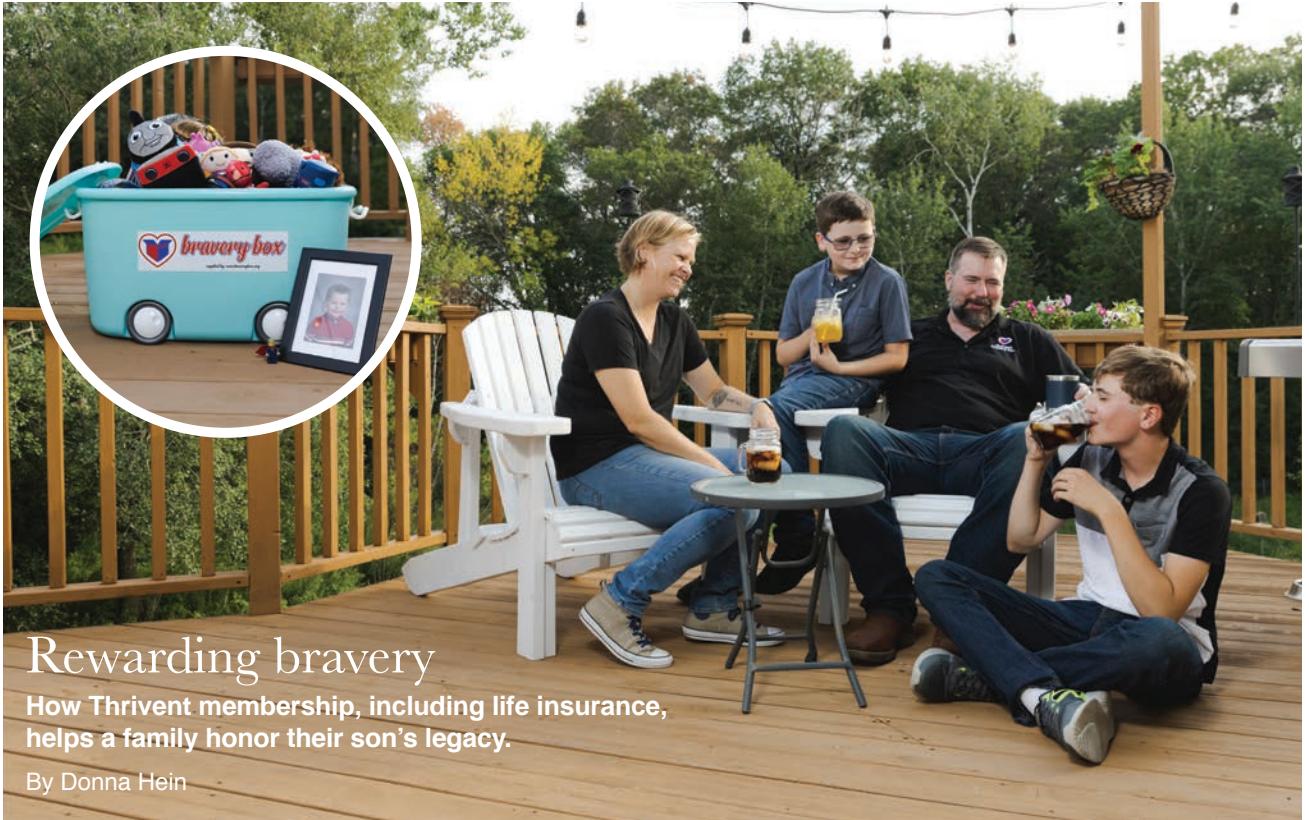
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# Thrive

Insights and inspirations



## Rewarding bravery

How Thrivent membership, including life insurance, helps a family honor their son's legacy.

By Donna Hein

Andrew Dorsing was unexpectedly diagnosed with a heart defect the day after he was born in 2012. He was just two days old when he had his first heart catheterization.

His parents, Jeromy and Beth Dorsing of Coon Rapids, Minnesota, soon reached out to Brett Koopman, their Thrivent financial consultant and friend, to discuss life insurance for Andrew. They had policies for themselves and their two older sons, Nathen and Jesse.

"We knew with his heart defect, it likely wasn't a possibility, but we asked about it," Beth says.

They weren't surprised when Andrew was denied, but it gave Koopman the opportunity to tell them about Thrivent's uninsurable

child life insurance, a benefit of membership to eligible clients. It's a \$10,000 policy for children who have been declined for life insurance, with the potential of growth as the child ages. Andrew met eligibility requirements and was approved.

Andrew's heart journey continued, with a heart valve replacement at age 2. By age 6½, he had three additional catheterizations and two more surgeries. Like his diagnosis, Andrew's death in July of 2019 following a heart attack was unexpected.

"Kids with his condition typically grow up and live normal lives," Beth says.

During his short life, Andrew struggled with medical procedures.

Above (left to right): Beth, Jesse, Jeromy and Nathen Dorsing at their home in Coon Rapids, Minnesota. Inset: Inspired by Andrew Dorsing, Bravery Boxes are stocked with toys for young patients.

"You can't logic with kids," Beth says. "He had a bad experience where a doctor ripped off a Band-Aid too fast, and after that, it would take an hour for a nurse to remove bandages."

While Andrew recovered from a surgery, his dad and brothers went shopping, filling a bag with small toys. Andrew then could select a toy when bandages would need to be removed, or an IV flushed.

This was the start of Andrew's Bravery Box. After his death, with the help of life insurance,

***(Continued on page 5)***

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**Market outlook**

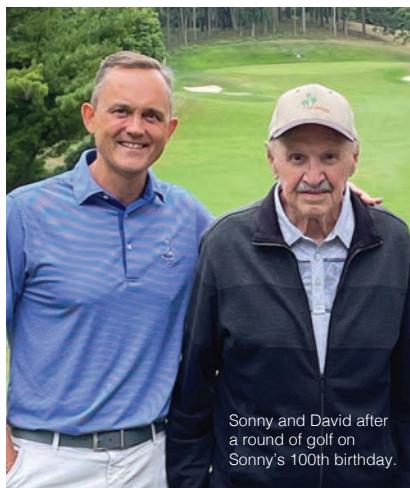
# Through the ups and downs, take a long-term view

**October 12, 2022**

By David Royal



This summer, I had the privilege of playing a round of golf with my neighbor, Sonny, on his 100th birthday. Talk about a long-term perspective! While we played, Sonny



Sonny and David after a round of golf on Sonny's 100th birthday.

shared stories from his life, and I've been reflecting on them since. As you'd imagine, Sonny has lived through a lot of ups and some downs in his 100 years.

The markets also experience ups and downs, and the first three quarters of the year have been tough. As measured by the S&P 500 index, it was the worst nine-month period since the financial crisis in 2008-09 and the third worst three quarters to start a year since 1931. Yet, the U.S. still outperformed most other markets globally.

Often when stocks go down, bond values go up as interest rates typically decline in a weakening economy. However, with the persistent inflation we've seen, bonds haven't provided any refuge as rates

have risen sharply. Despite the volatility, I'm proud of the results our investment team has delivered.

The Federal Reserve (Fed) has been hiking short-term interest rates at the fastest pace since the 1970s but will likely pause in early 2023. Employment continues to be strong, but we should expect to see some softening as the economy digests higher interest rates. The housing market will probably continue to slow.

With rising rates, however, it's now possible to earn yields on fixed income that we haven't seen in many years. Stock valuations have come down meaningfully. Returns going forward have the potential to be attractive. I often remind folks to invest for the long term, though I know it can be hard to do, especially during periods of market volatility.

I'll close by circling back to my day with Sonny. I'm confident the markets and economy will eventually return to growth, as has always happened in the past. In the meantime, keep a long-term perspective and know that our team of investment professionals is hard at work managing the assets you trust to us.



**David Royal** is executive vice president and chief financial and investment officer at Thrivent.

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*(Rewarding bravery from page 3)*

the Dorsings started a nonprofit ([andrewsbraverybox.org](http://andrewsbraverybox.org)) to help children find courage the same way Andrew did. They work with local hospitals to keep 14 Bravery Boxes stocked with toys for young patients. To support Andrew's Bravery Box, the Dorsings lead Thrivent Action Teams to amplify their fundraising events, including advertising and food for volunteers.

Learn more about the uninsurable child benefit by contacting your Thrivent financial professional and about Thrivent Action Teams at [thrivent.com/actionteams](http://thrivent.com/actionteams).

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## 5 ways to save on Christmas entertaining

**It's easy to feel overwhelmed when planning a party. These tips can help you focus on what really matters—friends, family and the joy of the season.**

By Sofia Haan

### 1. Take inventory

Make a list of specific party needs, but don't forget to use what you already have. Take stock of what items you have at home (even if they aren't exactly Christmas-themed) to avoid repurchasing things like paper products, snacks or decorations.

### 2. Make it a potluck

Food is a highlight of the holiday season, so bring your guests together at the table. Encourage guests to bring their favorite appetizers, entrees, desserts or drinks, and share their traditional holiday recipes with the group. Create a meal sign-up ahead of time to avoid multiples of one dish.

### 3. Snag some deals

Whether you're shopping for food or decorations, skip the specialty party and grocery stores. Head to your local discount store and use

generic brands to save on party supplies and basic cooking ingredients. Shop sales early for pantry items and take advantage of post-holiday sales to stock up on decorative items for next year's party.

### 4. Set up a hot cocoa bar

A fully stocked bar can get expensive, so substitute alcohol with a hot cocoa bar. Let your guests top their drinks with marshmallows, candy canes, whipped cream and sprinkles.

### 5. Give your guests gift guidance

If you decide to exchange gifts with your guests, set a price limit. Organize a Secret Santa or a white elephant exchange prior to the party so each person only buys one gift. It will allow everyone to give and receive fun gifts that fit in their holiday budget.



The Hora family from Marion, Iowa, volunteer together as a family.

effort to help buy tools, such as rakes and chainsaws, that the group needed. Carson got to know a man who ran an equipment truck and learned a lot about tools. It was neat to watch these older volunteers teaching the kids. These are memories the kids are going to have forever.”

The Horas also led a team to cook a traditional Iowa meal for volunteers, including sweet corn, brats, hamburgers, hot dogs, potato salad and desserts. In addition to leading Thrivent Action Teams, they helped fill what Hora calls a random need—providing ice to those without power, especially those who needed to keep medicine cool.

Hora is a development director for the American Heart Association, leading the organization’s core fundraising events: Go Red for Women, STEM Goes Red and Heart Ball. Stem Goes Red exposes young women to careers in science, technology, engineering and mathematics.

“Volunteering starts at home,” Hora says. “Our children are learning how to roll up their sleeves and help people. While I don’t expect them to be straight-A students, I do expect them to be good people.”

## Rolling up their sleeves to help

**Thrivent client Heidi Hora strives to instill stewardship and a love of volunteering in her children.**

By Donna Hein

For Heidi Hora, volunteering comes as naturally as breathing. “We’ve always been fortunate to have the things we need, and I know many others don’t,” says Hora, a Thrivent client from Marion, Iowa.

So when a derecho wind storm slammed several counties in Iowa in August 2020, Hora and her family—husband Jeremy and children Carson, 16, and Madison, 14—immediately went into action.

Their church, St. Mark’s Lutheran, hosted Eight Days of Hope, a Christian nonprofit organization that helps communities rebuild after a disaster. Heidi and Jeremy were eligible for four Thrivent Action Teams, Hora said, and they led all of them that year to support the work of Eight Days of Hope.

“Madison and I helped make lunches for those doing cleanup,” Hora says. “Jeremy and I led an

### **How did you first learn about Thrivent?**

I remember the financial representative coming to our house when I was a kid. My dad made sure we had life insurance. I bought my first policy in my early 20s. Today, both of my kids have some coverage, but because of health issues, I couldn’t buy them what I wanted. Now I know why my dad purchased life insurance early.

# “Volunteering starts at home. Our children are learning how to roll up their sleeves and help people.”

— Heidi Hora

## What’s your first memory of money?

We grew up in a small town. I remember the flavored Tootsie Rolls we could get at the drug store; they were a penny a piece. We’d take our change and come out with a big bag of candy.

## What are your guiding principles around money decisions?

Jeremy and I talk about how we spend our money and how we’re going to meet our next goal. We meet with our financial professional and get guidance on where to shift when needed. We’re also trying to help set our kids up for success. Carson has a job, and he saved to put the first \$2,000 down on a vehicle. His grandparents gave him an interest-free loan. We have an agreement on how he can continue to save, afford the vehicle and start to invest in a Roth IRA. Madison babysits and knows what expenses she needs to save for. She’s becoming a thrifty shopper like her mom. We want to help them understand money and make decisions while they’re still home and we can guide them.

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## What’s the best piece of financial advice you’ve ever received?

The one I wish I would have listened to better: Invest at an early age and live within your means. Max out what your employer will match in an employer-sponsored retirement investment. Also, decide where you want to spend your money. We want to travel as a family and make memories. So we’ll ask the kids: Do you want a party for your birthday or an experience? Now my son will ask me if I need that coffee or if I should save it for vacation.

## How do you demonstrate gratitude?

With my actions and my words. I always say actions are stronger than words.

## What does it mean to thrive with purpose?

For me, it’s really raising our two children to continue what I’ve started: giving, helping others, being connected to others, and teaching others how they can do it, too.

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## Generosity in action



## Stuffing out anxiety

Marion, Iowa

At times, Madison Hora struggles with anxiety. Family medical issues, a dog bite and a car accident all have contributed to these feelings. A counselor recommended the 14-year-old get a weighted stuffed animal, which can have a calming effect and provide comfort.

Instead of spending money to buy one, Madison made her own with a bear she already had. She opened it up, unstuffed it, filled it with rice, and stitched it up again. And it worked!

This spurred the idea of leading a Thrivent Action Team to create and give weighted stuffed animals to area schools and churches to hand out.

“This way we can help kids who need them and can’t afford them,” Madison says.

She purchases new stuffed animals (used ones may contain allergens) and rice, and she does all the seam ripping, stuffing and resewing. To date, Madison has made and donated at least 50 animals.

“My passion is to help people,” she says. “And I feel that this is going to help a lot of kids.”

## How do donor-advised funds work?

By Kathleen Childers

“Donor-advised funds are accounts where you set aside money you want to give to charities, including churches, schools and other nonprofits,” says Mandy Tuong, president and CEO of Thrivent Charitable Impact & Investing® (Thrivent Charitable). “You may receive a tax deduction for the money or the value of the asset at the time it is deposited. Generally, any investment gains in the account are tax-free, which can allow you to give even more to charitable causes than you initially contributed.”\*

### Why would you open one?

Donor-advised funds give you choices (depending on the type you open) for when you give and how your fund is invested. “They also make it easier to plan and track your giving to different charities in one account,” says Tuong. Once money has been deposited into a donor-advised fund, you have the option of making grants now or later.

So, you might give money to a food bank today and schedule a donation to a women’s shelter for the end of the year.

A donor-advised fund can help you stay focused on your priorities by budgeting your giving for today and the future. It even can help you work toward your retirement goals: You could put money into a donor-advised fund during your working years to build a giving fund to be used when you retire and your income is limited.

“These funds also provide teaching moments,” says Tuong. “Some families have their children help pick the donation recipients and even contribute some of their own money as they get older.”

### Are there different types?

There are several:

- Advise-As-You-Go, where you decide how you want the funds invested, what charitable organizations to make grants to and when to give (you can give any time).

- Designated, for when you know the causes or charities you want to give to, and when you want to set an amount or percentage from your fund to be automatically granted annually while you’re living or after you’ve died. You can change the organizations that will receive grants at any time.

- Non-advised, where you name an organization to receive qualified charitable distributions when you open the account. The designated organization can’t be changed once it’s named.

### Is there a minimum deposit?

“There’s no minimum requirement to open a donor-advised fund with Thrivent Charitable,” says Tuong. “While other fund administrators often require a minimum deposit amount, we’re proud to make this powerful generosity vehicle available to all.”

## Learn more

Want to learn more about donor-advised funds? Talk to your Thrivent financial advisor or visit [thriventcharitable.com](http://thriventcharitable.com).

Investing involves risk, including the possible loss of principal. The mutual fund prospectus contains more information on investment objectives, risks, charges and expenses, which investors should read carefully and consider before investing. Available at [thrivent.com](http://thrivent.com).

\*Thrivent, its financial professionals, and Thrivent Charitable Impact & Investing, do not provide legal, accounting or tax advice. Consult your attorney or tax professional.

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### Bright ideas

## Support small businesses during the holidays

**Think of the businesses that impact your community as you tackle your shopping list.**

By Sofia Haan

### Shop in-person or online

By shopping at businesses in your neighborhood, you can make an investment in your community. Your support also can be meaningful to online small business owners. Online marketplaces are great places to buy unique goods, such as jewelry, artwork and furniture, from independent artists.

### Shop early

Avoid the headaches of supply chain issues by shopping early. Small businesses don't have the same kind of shipping abilities that large businesses do, so search for your gifts early to help them navigate a rush of requests closer to the holiday.

### Spread the word

Got a favorite restaurant or shop? Tell your friends about it or take them with you. Word of mouth is a great way to introduce others to the small businesses you love. You can post on social media to share your experiences with others. If the business has a social media presence, tag them for greater visibility.

### Buy gift cards

Purchasing a gift card now is an instant source of revenue for the business. Treat someone on your list to a spa day, a meal at a special restaurant or a unique experience they can enjoy anytime.

### Generosity in action



### Creating happy birthdays

Sandstone, Minnesota

Birthday cakes can be an extra when finances are tight. In conjunction with the town's Quarry Days, Becky Gaede, along with her granddaughter Jenna Gaede, led a Thrivent Action Team to collect and pack birthday bags, filled with cake mix, frosting and candles. More than 70 bags were delivered to the Family Pathways food shelf to distribute to families with children celebrating birthdays.



### Adopt a bell

San Clemente, California

Marcelle Nuoffer raised \$1,445 to support the mission of the nonprofit organization Handbell Musicians of America—Area 12 in providing education and scholarships. Nuoffer's Thrivent Action Team created a set of 61 bells that could be adopted, with various bells having different "adoption fees." Bells were displayed during the three-day Bells on the Beach event, and then sent to the purchaser.

## On my mind

## Caring for older loved ones can be a blessing and a challenge

**We know caregivers need care, too. See how Thrivent's new membership benefit can help.**

By Carolyn Sakstrup

My first memory of living in service is inspired by my grandma, Dorothy Becker.

In the late 1970s, my brother and I would pile into the back of our grandma's station wagon to go to the nursing home connected to First Christian Church in Minneapolis. My grandma would serve cookies, and Aaron and I would sing for the elder members of our church.

This is just one of the ways Dorothy, known fondly by friends and family as "Herman" (a nickname from my grandpa that just stuck), showed up for her community. She led generations of our family to faith when she started attending the church next door, where her grandfather was a custodian. She was a founding member of the Board of the Children's Hospital in Minneapolis and rocked babies there until she was 75; she served on the Lady Jaycees and volunteered with the Girl Scouts, Boy Scouts and the First Christian Church Residence.

Even as it was clear to our family that Grandma Herman needed to slow down, it was hard to convince her that it was time.

When she moved into an assisted living center at age 96, she looked around and said, "I'm not sure this

place is for me. Everyone here is so old." Indeed, Herman elevated the social scene and bridge games of her fellow residents up until her passing at age 100.

The desire of most aging adults is to remain independent and in their homes as long as possible, like my grandma did. But doing this safely and successfully can be difficult.

Where and how we care for our loved ones is far more than a burden of time or finances alone.

We are paying tribute to those who have helped shape our values and cement our faith. We do our best to help them live with dignity amid compromised capacity. Some days, this simple goal can feel insurmountable. Knowing that you are not alone and have support can make all the difference.

This is why Thrivent is proud to introduce a new membership benefit: Caregiver resources from Dari by Homethrive. This benefit provides a one-stop online destination for meaningful, practical information to help you navigate all aspects of the caregiving journey—at no cost to you.

In addition to an extensive library of articles, videos and other content, you can chat live online

with Dari's team of experts and get personalized recommendations based on your location and caregiving situation. If you're caring for someone who is aging or has special needs, I encourage you to see how caregiver resources from Dari can help. I'm confident you'll find relevant information and resources to support you and your family.

Caregivers, I'm keeping you in my heart this holiday season. I hope you'll be surrounded by those you love, making memories and cherishing your time together. And amid the bustle of the holiday season, I hope you'll find a moment for yourself, too.

### Learn more

To learn more about what Dari offers and how to sign up, see page 30 or visit [thrivent.com/caregiverbenefit](https://thrivent.com/caregiverbenefit).



**Carolyn Sakstrup** is executive vice president and chief growth & generosity officer at Thrivent.



Snuggles before bedtime with Grandma Herman.

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## Good question

# What financial lesson did you learn in 2022 that you will carry into the future?

I realized how lucky I am to have planned for retirement, purchased what I needed first, saved and thought twice about what I wanted. I also realized God has watched after me, so I should pass along help to people that have needs.

*Catherine Keller, Hendersonville, North Carolina*

To prepare a back-up plan and work toward this plan. I believe that no one had any idea the effects of COVID-19, high prices for just about most everything, and most of us were not prepared.

*Sandra Osborn, Spring, Texas*

Buy wisely. Don't overbuy food that can go bad and you throw it away.

*Audrey Marie Ledgerwood, via Facebook*

To always be prepared for emergencies, have a plan & a backup plan, and to thriftily stock up for bad times.

*Felina Jo Pence, Woodville, Texas*

Sometimes in life, less material things TRULY can equate to MORE spiritual and mental benefits.

*Jerry L. Butler, Wadmalaw Island, South Carolina*

Never, ever check 401(k) balances, and stick to the budget.

*John Steben, via Facebook*

Don't look at my monthly investment statements. Don't even open the envelopes.

*Kurt Wolfe, via Facebook*

Don't respond quickly to market downturns. The best strategy is to hold steady if your investments fulfill expectations.

*Louise Wood, Minneapolis, Minnesota*

Better tax strategies for giving.

*Shelly Halverson, Maple Grove, Minnesota*



## Generosity in action



### Packing school backpacks Louisville, Kentucky

With school supply prices escalating, members at Redeemer Lutheran Church were even more determined to pack and deliver 72 backpacks to students at a nearby elementary school. Marcia Hermann formed a Thrivent Action Team to collect donations of supplies and cash. People were generous, and with creative shopping for additional items, the team reached their goal.



### Personal care delivery Casselberry, Florida

Lillian Christian wanted to help Hearth and Home of Florida, Inc., which provides housing to people experiencing homelessness. Ms. Christian created a Thrivent Action Team with family and friends to create and deliver 46 personal hygiene baskets filled with personal care necessities for the 33 men and 13 women currently living in one of the nonprofit's homes.



### Question for next issue: What does it mean to you to live generously?

Tell us in 50 words or fewer by email at [thriventmagazine@thrivent.com](mailto:thriventmagazine@thrivent.com).

## Connecting art and faith

**The Thrivent Collection of Religious Art has been exploring Christian tradition since 1982.**

By Joanna Reiling Lindell / Thrivent Collection of Religious Art

This year marks the 40th anniversary of The Thrivent Collection of Religious Art. It was formed with the intention to preserve history and be a shared resource for the community. This unique collection is a distinctive expression of Thrivent's character and our commitment to supporting the arts, culture, education and the community.

Thrivent believes that inspiring generosity helps humanity thrive, making the most of what we've been given and living lives full of meaning and gratitude. Humanity flourishes

through the creation of art and sharing that art with others.

As a membership-owned fraternal organization that serves Christians, we recognize the powerful connection between art and religion. This connection can be found through centuries of artists creating works to inspire, question and forge relationships.

Unique among corporate collections, the artworks in the Thrivent Collection explore the Christian tradition and span nine centuries, from the 13th century to

present day. A wide array of original works on paper by some of the most recognized artists in Western art history are included, from Albrecht Dürer and Rembrandt van Rijn to Édouard Manet, Grace Hartigan, John Wilson and Elizabeth Catlett. Established in 1982, this collection has received local, national and global recognition for its excellence, and for its exclusive focus on religious themes and subjects.

Visitors to Thrivent's Minneapolis Corporate Center can explore our skyway level gallery. With public



### Above

Thrivent Art Gallery  
Minneapolis, Minnesota

### Top right

Elizabeth Catlett (American-born Mexican, 1915-2012)  
*Danys y Liethis*  
Offset lithograph, 2005  
© 2022 Mora-Catlett Family /  
Licensed by VAGA at Artists  
Rights Society (ARS), NY

### Bottom right

Flemish Master of the Gold  
Scrolls  
*St. Luke Writing His Gospel*  
Illuminated manuscript  
Ink and gold on vellum,  
c. 1430-50



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hours and free admission, we offer guided tours and talks focused on the thematic, rotating exhibitions throughout the year.

**Engaging through art:  
Rembrandt's *Christ Preaching***

One of the most powerful aspects of art and the Thrivent Collection is its ability to bring people together. This spirit of community building is reflected through special events and opportunities to gather around the collection. Loans from the collection have traveled across the United States, reaching numerous communities. We are continuously creating a variety of in-person and virtual engagement programs so the collection can reach even more individuals across the country and the world.

One of the collection's most special objects showcases a community gathered together: Rembrandt van Rijn's 1652 etching, *Christ Preaching*.

With raised hands and captivating presence, Jesus Christ draws a crowd of listeners. *Christ Preaching (La Petite Tombe)* presents a universal picture of Christ's ministry. One of Rembrandt's most celebrated prints, this is also one of the most recognized images in Western art history. The scene is not meant to represent one specific biblical episode; rather, it portrays the broader theme of Christ's teachings and time on earth.

The inclusion of children, elderly people and diverse social and economic groups of the time signals a reference to the Gospel of Matthew, specifically the parables in chapters 18 and 19, in which Christ praises and blesses the humility of children and the poor. Here, Christ is engaging directly with the crowd, with humanity. The mood is



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Rembrandt van Rijn (Dutch, 1606–1669)  
*Christ Preaching (La Petite Tombe)*  
Etching, 1652

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contemplative and simultaneously active, pulsing with energy.

Rembrandt's religious images prove fascinating as insightful theological interpretations and expressions of emotion. Scriptural stories account for a significant portion of his work; he stands out as one of the greatest interpreters of religious subject matter of Western civilization.

His gifts as an artist are many, but his ability to convey feeling and thought through gesture and human expression is particularly notable. This instinctive understanding of humanity, combined with Rembrandt's technical mastery and innovation, are compelling reasons he is considered one of the finest artists of all time.

Each person in the crowd is shown in their unique expression of body and spirit. Some listen intently, others snooze or let thoughts wander. A mother holds her infant while her young son draws in the dirt with his finger.

Christ appears to look at this distracted little boy, glancing down with gentle, strong hands raised in blessing. The child was playing with a spinning toy top and now he writes in

the dirt: perhaps a suggestion of the idle distraction of the broader society, or the spark of activation in his young mind upon hearing the words spoken.

Rembrandt uses shadow and light brilliantly here: Christ is accentuated by his lighter clothing and open space beneath him, while the crowd and its surroundings contribute a mixture of tone and shadow.

Divine light radiating from Christ's halo is emphasized by a pillar immediately behind. These visual contrasts underscore the contrasts and complementarity of Christ's divinity amid the world's humanity. Although made visually distinctive, Christ appears wholly a part of this crowd. We as the viewers, too, are onlookers.

Rembrandt gives the sense of Christ's full inclusion within the community while also emphasizing His singular nature. In experiencing Rembrandt's expression of Christ's preaching in this image, we have the opportunity to contemplate the Gospel in a lively, immersive way.

Art helps us to keep open minds, think big and stay curious. Supporting these historical expressions of culture helps humanity thrive and keeps our communities vibrant.

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**Joanna Reiling Lindell** is the director and curator of the Thrivent Art Collection ([thriventcollection.com](http://thriventcollection.com)).

# Navigating financial stress

If you feel anxiety about your finances, you're not alone. Here are some tips to help ease your mind.

By Katie Kuehner-Hebert / Photo by Marque Creative

**R**achel Lengel and her husband, Carl, certainly know the feeling of financial stress. Both were laid off in 2020 due to the pandemic shutdowns—right after the couple closed on their new home in Freeport, New York.

“That was definitely a financial struggle right there,” Rachel says.

Moreover, her grandfather had just died that February, so the family was reeling from a number of losses, on top of a money pinch.

Gratefully, the couple received a call from Thrivent financial advisor Jason Rogoff in nearby Westbury, New York, to let the couple know

about an inheritance from Rachel's grandfather. This helped ease their financial struggles while they were laid off. The two have since gone back to work, and Rogoff has been helping Rachel set up an inherited IRA and is in the process of setting up college funds for the Lengels' two young children.

“It was tragic losing my grandfather, but we were very lucky we had Jason to assist us,” Rachel says. “Carl and I still have some financial struggles, but we're trying to navigate them, working as a team to get through it all.”

Many families are struggling financially, and the current economy

A photograph showing a person's legs and feet sitting on a patterned rug outdoors. The person is wearing blue jeans and black sandals. The background is filled with lush green foliage and trees, suggesting a park or garden setting. The lighting is bright, indicating it's daytime.

Spending time with family and enjoying the outdoors are great stress relievers. Carl and Rachel Lengel like to do so with their young children.





## Inflation and saving

Thrivent's 2022 Consumer Financial Outlook Survey\* shows inflation is negatively impacting Americans' ability to save.

**59%**

feel like they are currently living paycheck to paycheck.

**60%**

would be concerned if faced with an unexpected \$500 expense.

**28%**

are saving more than enough or a good amount right now.

isn't helping. The pandemic negatively impacted many wallets, and now inflation and the threat of a recession are adding new worries.

Indeed, according to Thrivent's 2022 Consumer Financial Outlook Survey\*, 63% of Americans said inflation is pushing them off track financially, and 60% said it's getting in the way of saving. One-third of Americans (33%) reported their current employment situation is causing them to feel financially off track. Additionally, 29% of people said their personal financial habits, family circumstances and physical, mental and emotional well-being, each respectively, contributed to them feeling financially off track.

"We're seeing financial stress across the board right now," says Mary Jane Fortin, president and chief commercial officer at Thrivent. "Due to inflation, many Americans don't feel like they're in a position to

follow financial steps, like saving and budgeting."

The good news is that there are ways you can manage your financial stressors and prepare for any uncertainties ahead.

### Go back to basics

A fair number of Rogoff's clients experience financial stress from time to time, no matter their circumstances. Some, like the Lengels, were hit by unforeseen events, while others struggle to live within their means and are burdened with high amounts of debt.

"The first thing I tell people is that you have to go back to the basics, and the most important part of that is not to spend more than you make," Rogoff says.

As part of Thrivent's comprehensive financial planning services, Rogoff takes advantage of software tools like MoneyGuidePro to help

## Combating financial stress

Leslie Talbot, marketing strategist in product and advice sales at Thrivent, gives this advice to help you make purposeful decisions for your future.



### Prepare for the “certainty of uncertainty.”

Have three to six months of emergency savings, which can help with home repairs or unforeseen purchases. Set a series of milestones like \$100, \$500, \$1,000, or use personally meaningful milestones like one month’s mortgage or rent and work your way up toward your goal of three to six months. And once you’ve used your emergency fund, don’t forget to replenish it before the next incident strikes.



**Protect your family with insurance.** By planning ahead, you can reduce the financial stress of an unexpected health emergency or death, allowing your loved ones to focus on what truly matters in a difficult time.

- See if your employer offers life insurance as an employee benefit. Combining this with an additional policy may help you get to a meaningful amount of coverage for your family.
- If disability insurance is offered through your employer, consider signing up. Adding individual supplemental disability income insurance to an existing group plan can help lower overall coverage costs.



### Establish a spending plan.

Whether you use an app, a spreadsheet or a more creative method, the best budget is one you can stick to.



**Use credit wisely.** The best way to use a credit card is to pay off the full balance every month. Keep your credit utilization (the amount you owe compared to your available credit) under 30%.



**Make a plan to tackle debt.** Always pay at least the minimum payment on all of your credit accounts. If you have high-interest debt, such as credit cards or payday loans, try to negotiate a lower rate with the lender or work with your bank or credit union to explore lower-interest options while you pay down your debt.



**Take small steps toward your goals.** Save early and work on increasing your saving as your situation improves. Every little bit helps. Schedule a transfer of a few dollars to your savings account every payday. When you get a raise, immediately increase the amount of your automatic savings transfer before the dollars are spent.



**Take advantage of a company match in your retirement savings plan.** At a minimum, contribute what the company will match, if you can. It’s free money you shouldn’t leave on the table.



**Contact your Thrivent financial advisor.** They can guide you toward financial clarity and also direct you to resources for debt management, such as Money Canvas™.

## Stress relievers

These simple actions can help reduce stress of any kind.

1. Exercise—consider a walk or run.
2. Eat a balanced diet.
3. Connect with others.
4. Get enough sleep.
5. Pray or meditate.
6. Keep a journal.
7. Make time for leisure and volunteer activities.
8. Surround yourself with a supportive community of friends and family.

clients better manage their day-to-day finances so they can meet their financial goals, like buying a house or saving for their children's college tuition costs.

"I help them create plans for spending and saving, and tools like this show them if they are on the right track," he says. "This also can help bring their stress level down."

### Break it down

Sherith Squires, a Thrivent wealth advisor in Thousand Oaks, California, also works with many clients who experience financial stress, from people just graduating from college and starting their first job with little or no savings, to retirees concerned that the current economic environment may set back the value of their nest eggs.

"I have clients who worry about a lot of things right now, but I tell them that it helps to break it down into steps they can take," Squires says. "For example, nobody can control inflation and how the markets are doing, but there are things they can do to mitigate the risk and give



“Nobody can control inflation and how the markets are doing, but there are things they can do to mitigate the risk and give themselves more control.”

—Sherith Squires, Thrivent wealth advisor

themselves more control.”

Squires first recommends that clients establish an emergency fund if they haven't done so already. She likes to call this her “Joseph strategy,” referring to when Joseph in the Bible set aside grain during years of great growth to feed people during years of famine. Ideally,

clients should set aside three to six months' worth of their expenses in an emergency fund.

For their retirement savings, Squires recommends clients should diversify and then segment their portfolio holdings into buckets that are in the market and buckets with limited to no risk, to go alongside



their guaranteed income sources that include pension funds and Social Security payments. The goal of this approach is to have a bucket that is meant for near-term expenses and another bucket for long-term growth potential, she says.

“If we can set that aside in something safe and liquid, then that’s where we can pull income from, especially when the market is down,” Squires says. “Then we’re free to put the rest of the portfolio in diversified investments, which can replenish the fixed-income bucket in times of growth.”

### Look beyond the numbers

Sometimes the stress that clients feel isn’t strictly about the numbers. Instead, clients may just generally

fear the unknown—particularly uncertainty of the economy and how it could impact them personally.

“It boils down to figuring out the specifics of what they may be worrying about, instead of worrying about this big overarching cloud that is hard to pin down and control, so it then feels overwhelming,” Squires says.

Even before the pandemic, many Americans experienced financial stress for a number of reasons, many of which they actually can control, if they truly want to, says Mary Schmid, author of *Make or Break Conversations* and a coach for financial advisors.

“People know about self-help books—there’s a million and one tips out there—and they can go anywhere to figure out how to do budgets,” Schmid says. “I take a different perspective. I suggest to financial advisors that they ask their clients in a gentle way, ‘What are you willing to do about it?’”

Many people are embarrassed and even ashamed that they may not be managing their money well, even those with advanced degrees and

high incomes, she says.

“But no one is taught about how to have a relationship with money, so people should give themselves a break. They’re not alone,” Schmid says. “Once you can normalize these feelings, then hold yourself accountable and ask yourself what you’re going to do about it. If you’re really willing to do that, there are people who can help you.” ■

*Katie Kuehner-Hebert is a writer in California.*

## How Thrivent can help

Thrivent financial advisors have a variety of advice tools that can help you understand your current financial situation. To learn more or find the name of a financial advisor in your area, visit [thrivent.com](https://thrivent.com) and click on “Find a financial advisor.”

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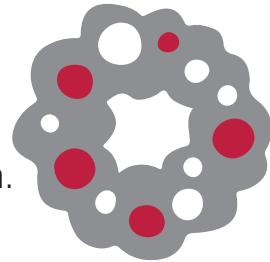
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### \*Methodology

This general population research was conducted in partnership with data intelligence company Morning Consult and polled 2,221 adults across the country between May 9 and 17, 2022. The interviews were conducted online, and the data were weighted to approximate a target sample of nationally representative adults based on age, gender, ethnicity, income and geography. Results from the full survey have a margin of error of +/- 2 percentage points.

# 8 smart year-end money moves



A new year may call for a refreshed financial approach.

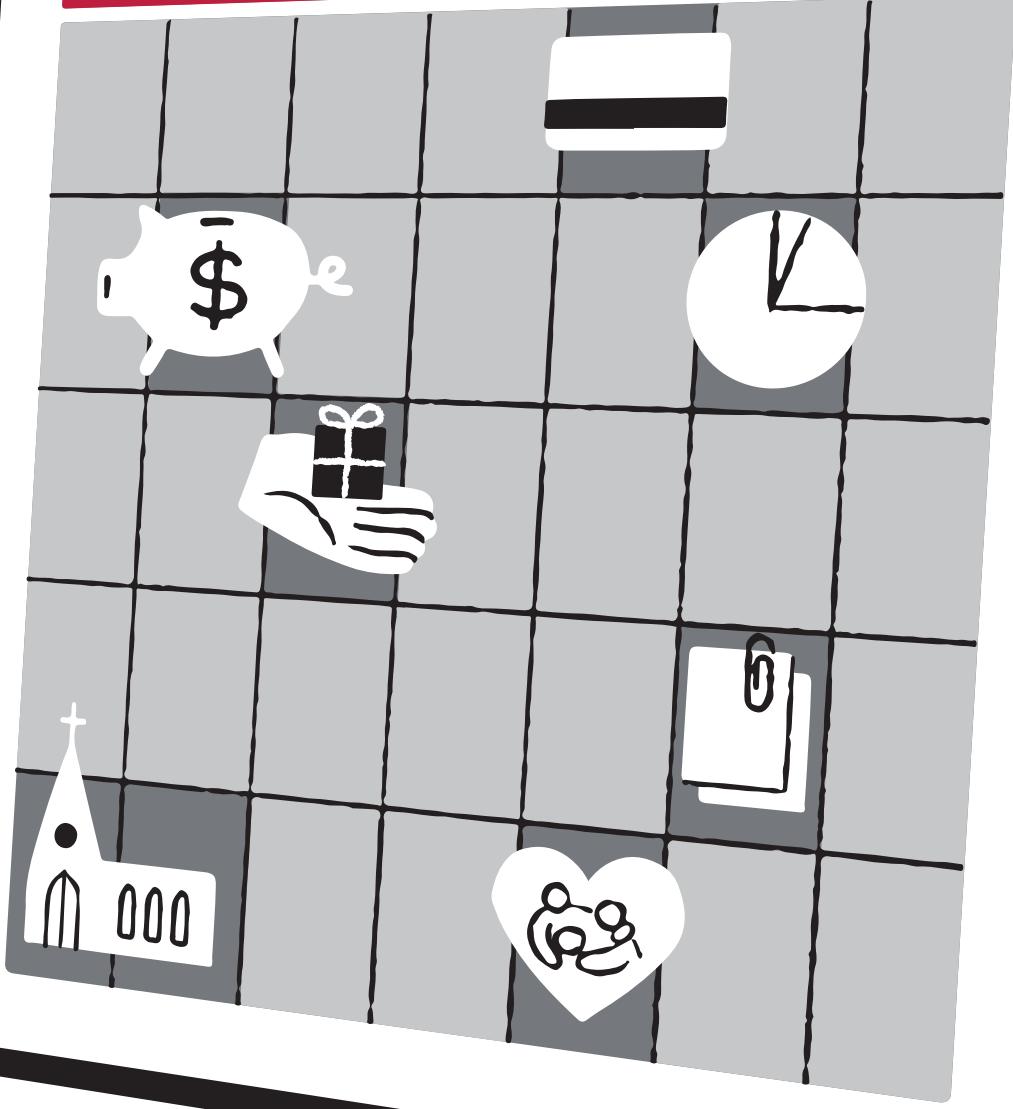
By Stephanie Vozza / Illustrations by David Saracino





2022

DECEMBER



# 2023

is on the horizon and presents a great time

to take a fresh look at your finances. By understanding where your money went and how your investments performed in the past year, you can build momentum and set money resolutions that will align with your values for the New Year.

“As we approach the holiday season and the end of the year, it’s important to take a few moments to focus on year-end money decisions,” says Eric Bilger, lead financial advisor of Bilger Financial Group with Thrivent, based in Westbury, New York.

As you focus on starting 2023 on a solid financial footing, consider these eight money moves.

## 1. Review and adjust your budget

A good first step is to review your expenses from the past year. It helps you understand where your dollars are going and how they align with what’s most important in your life.

“Not having a budget is one of the biggest oversights for most people,” says Bilger. “Often, they don’t want to confront the numbers or question their spending. But it’s important to have those tough conversations with yourself.”

“As we approach the holiday season and the end of the year, it’s important to take a few moments to focus on year-end money decisions.”

—Eric Bilger, Thrivent financial advisor

Current inflation has likely impacted your budget, making it doubly important, adds Ron Lutes, advice services consultant at Thrivent.

“People are having to spend more for gas and food,” Lutes says. “You might need to make some decisions about what to give up—and hopefully it’s not your savings or retirement contributions. It’s important to find a way to balance your budget.”

It also could mean finding ways to increase your income—selling things you don’t need or use, working more hours, asking for a raise, applying for a higher-paying job or picking up a side job.

## 2. Maximize your retirement contributions

If you haven’t fully funded your 2022 retirement investment vehicles, check out what contribution options you have, says Lutes.

“See if you’re eligible for a Roth or traditional IRA contribution by calling your financial advisor,” he says. Also see if you can make changes to your employer-sponsored plan. Some plans do limit when you can make changes.

Lutes reminds people that they have until April 18, 2023, to make IRA contributions for the 2022 tax year.

## Action equals results

While Americans have a good understanding of the healthy financial behaviors that could improve their financial well-being, few are acting on these behaviors, according to the 2022 Consumer Financial Outlook Survey\*\*\* by Thrivent. The survey finds:

- **85%** of respondents say living within their means is very or somewhat effective; in practice, only **68%** currently do it.
- **82%** say actively following a household budget is very or somewhat effective; in practice, **53%** currently do it.
- **76%** say establishing a financial strategy to address short- and long-term goals is very or somewhat effective; in practice, **43%** currently do it.
- **77%** say automating savings is very or somewhat effective; in practice, **41%** currently do it.

## 3. Take advantage of current tax rates

The Tax Cuts and Job Act (TCJA), which was passed in 2017 and changed tax rates, is scheduled to sunset at the end of 2025. If this happens, rates will revert to inflation-adjusted 2017 rates. Lutes says these rates will be in effect without any action by Congress. A previous attempt to extend the act to 2035 failed.

“Tax rates are lower right now,” he says. “If somebody has money in an IRA or any pretax retirement account, you may want to look into

doing a Roth conversion\*.”

A Roth conversion could be considered for a variety of reasons, says Lutes. “Generally, you’ll pay taxes at a lower rate, and you’ll switch money from growing as a taxable gain into a Roth tax-free gain\*\*,” he says.

#### 4. Consider rebalancing your portfolio

In good and bad markets, it’s important to review your portfolio to assess risk, says Brian Anderson, a Thrivent wealth advisor with Unity Wealth Advisor Group in Downers Grove, Illinois.

“You may have started the year with a 60/40 portfolio balance of stocks and bonds, but due to market fluctuations, your portfolio ended up with a 50/50 mix,” he says. To get in alignment with your risk tolerance, you may wish to reallocate back to the 60/40 mix.

Rebalancing portfolios can address your specific risk tolerance, adds Bilger. “Sometimes clients set up a strategy for moderate growth and then forget about it. Generally, the different investments can grow at a different rate each year. It’s important to review them at the end of the year. If one investment gets too large or too small, you create a situation where you’re taking more or less risk compared to your stated risk tolerance.”

#### 5. Donate to your favorite causes

The end of the year is often viewed as a season of giving, making it a great time for charitable donations to your church or favorite nonprofit organization. Lutes says there are a variety of different ways you can contribute, including giving cash or stocks.

“Stocks may not be something you’re looking at liquidating in 2022



because the markets were down,” he says. “But you may have stocks that have done well that you could consider donating.”

The deductibility of your charitable contributions of non-cash assets, like stocks, cannot exceed more than 30% of your adjusted gross income, Lutes says. You also can contribute cash, with a deductibility limit of up to 60% of your adjusted gross income. If you exceed this amount, you are allowed to carry over the deduction for up to the next five years. Note: These are 2022 limits and have varied in the previous tax years.

Another option is setting up a charitable remainder trust or charitable gift annuity, which is a combination of a gift to the charity and a source of income for the donor.

“For example, a 70-year-old married couple could put \$100,000 into a charitable gift annuity, which would create an annualized payment for the rest of their lives,” says Lutes. “They would get a tax deduction on

a portion of the \$100,000 and an income of about \$4,800 annually while at least one of them is living.”

It’s always important to discuss these topics with your accountant or tax advisor.

#### 6. Check your credit

The year end is also a good time to pull your credit report. It’s easy to do at [annualcreditreport.com](https://annualcreditreport.com), a site authorized by the Federal Trade Commission. It provides free credit reports from all three bureaus to you once a year.

You will want to do this to keep an eye on your credit history and score. It enables you to potentially find any incomplete or inaccurate information and dispute it. Checking it does not lower your score.

“You can see what credit lines you have open,” Bilger says. “You also can check for identity theft. Sometimes criminals will open a credit line on your credit and wait and see if you notice. A few months later, they could go to town and build up a big bill.”

## 7. Review life changes that may impact your finances

Looking ahead, Anderson likes to ask clients if they have any life changes on the horizon, such as a wedding, aging parents who are moving into assisted living, or a child graduating from college. Or are they planning any major purchases, like a new car or home renovation?

"You may have money that you've been allocating toward something, like tuition, that can be reallocated toward something else, like retirement funding," he says. "Or maybe you expect a change to happen two years from now. Being in the position of understanding what's ahead can help you prepare financially."

## 8. Make an appointment with your financial advisor

At the start of each year, you should start receiving financial statements in preparation for filing your tax returns. Anderson says it's a good idea to schedule time with your financial advisor in January or February to get a checkup of where you are now and where you want to go in the future.

"Make sure that things are still in order," he says. "If there have been any changes, such as getting a new job, we'll review how it may affect your financial strategy and if you need to make any changes."

When it comes to making smart money moves, it helps to look both forward and back. By understanding and assessing your financial performance, you can focus on improving your money wellness. This will put you on the path to financial clarity and help you meet your future goals. ■

*Stephanie Vozza is a freelance writer in Tennessee.*



## Top money priorities

According to the 2022 Consumer Financial Outlook Survey\*\*\* by Thrivent, these are top financial priorities of Americans:

**36%**

want to increase earnings/income.

**31%**

strive to save for an emergency.

**23%**

want to pay off other loans/debt.

\* State tax rules may differ from federal rules governing the tax treatment of Roth IRAs and there may be conflicts between federal and state tax treatment of IRA conversions. Consult your tax professional for your state's tax rules.

\*\*Specific conditions may apply to be considered a tax-free gain. Consult with your tax professional.

\*\*\*This general population research was conducted in partnership with data intelligence company Morning Consult and polled 2,221 adults across the country between May 9 and 17, 2022. The interviews were conducted online, and

the data were weighted to approximate a target sample of nationally representative adults based on age, gender, ethnicity, income and geography. Results from the full survey have a margin of error of +/- 2 percentage points.

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Thrivent's Kristen Ford and Jared Lyons, interim director of Intercollegiate Athletics, meet people at an event at Huston-Tillotson University in Austin, Texas

# Joining hands

Thrivent and other nonprofits build bridges to change lives.

By Donna Hein

**E**mpowering generosity in local communities helps people make the most of all they've been given by God. That's why Thrivent and nonprofits regularly join hands to help meet needs in communities across the country. These relationships are not only mutually beneficial, but they also allow these important

organizations to find their definition of financial clarity.

"We want to help more people answer questions in their life around money," says Peter Rose-Kamprath, director of engagement at Thrivent. "We're trying to grow our organization, our reach into the community. And that's what nonprofits do, too. So, we're learning how we

can help each other."

It's also what Christians do, he adds, citing Hebrews 13:16a, which says: "And do not forget to do good and to share with others."

"Ultimately, we've found that communities are strengthened when people have financial clarity and when they come together to support and serve each other,"

“Ultimately, we’ve found that communities are strengthened when people have financial clarity and when they come together to support and serve each other.”

— Peter Rose-Kamprath, Thrivent director of engagement

Rose-Kamprath says.

Yet, according to Thrivent’s 2022 Consumer Financial Outlook Survey,\* people aren’t feeling confident about their finances.

- 59% of Americans currently feel like they are living paycheck to paycheck, leaving little to no room for building their savings.
- People are concentrating more on short-term financial goals, such as increasing income and their emergency savings, which may come at the expense of long-term goals such as retirement savings and creating a financial strategy.
- There appears to be a knowledge/behavior gap, meaning that while many people understand what they need to do to improve their financial well-being, few are acting on those behaviors.

Having a financial strategy and guidance from a financial advisor can help people find financial clarity. This is where Thrivent and our nonprofit partners come in, says Lisa Warren, director of engagement at Thrivent.

“When people are secure financially, they are able to be more generous to the causes they care

most about,” Warren says. “The beauty of Thrivent is that we’re not just granting dollars; we’re encouraging our members to make an impact. We unleash the passion and potential of our clients in their local communities, both in the support of financial clarity that our financial advisors can bring and in the hands-on volunteering and multiplying of generosity from our clients’ financial giving.”

Read on for a sampling of stories that showcase how Thrivent engagement team members and financial advisors are working alongside nonprofit organizations to create opportunities for people to help achieve financial clarity, enabling lives of meaning and gratitude.

#### **Huston-Tillotson University, Austin, Texas: Partnering with college students**

More than 80% of the student population at Huston-Tillotson University (HT) in Austin, Texas, are first-generation college students who likely didn’t have the opportunity to learn financial literacy at home or in school, says Dr. Monique Carroll, former athletics director at HT. The resources just weren’t available.

“Many of our students need to learn about budgets, loans and other financial necessities before they get

out into the workforce,” says Carroll, who now serves as athletics director at Chicago State University.

Enter the Thrivent Member Network—Texas Region and its ongoing efforts to create financial equity in the community for local Historically Black Colleges and Universities (HBCUs) and their students. Thrivent engagement leaders and financial advisors led the way, starting in Spring 2020, partnering with various departments on campus to offer financial education, internships and other activities.

In one example, a social justice internship provides a stipend to



student workers, with the help of a Thrivent contribution, as they get hands-on training.

Another is a series of financial literacy educational opportunities for student athletes led by Jeff Sauer, a Thrivent financial advisor in Austin.

"In my experience, financial literacy is not taught, and it's not talked about in families," Sauer says. "My hope is that these students starting life in this chaotic world can have the financial literacy skills they need to succeed. It's near and dear to my heart that no matter your socioeconomic status, you have the tools to make the best decisions."

One session included a hands-on activity that highlighted the challenges of debt. Another session brought in a guest speaker who paid a penalty for an action taken as a youth. "We talk about how a quick decision can change the course of your life," Sauer says.

HT baseball and softball players teamed up with Thrivent for a Miracle League event, playing alongside children and adults with physical and mental disabilities.

"We are grateful for the intentionality of the partnership with Thrivent," Carroll says, with hope that a similar partnership can happen in

her new role. "I appreciate it's not just a check that Thrivent offers but that it is a true partnership with an organization with similar values, and one with whom we can see a path forward together."

### **SERVE 6.8, Northern Colorado: Mobilizing and connecting churches to needs**

Mike Walker founded SERVE 6.8 a decade ago as a network in Northern Colorado to mobilize, resource and connect local churches to help them respond to local, regional and national needs. Those can include anything from food insecurity and legal assistance to help with rent or utility bills. SERVE 6.8 also provides feet on the ground during natural disasters, as well as a web platform and expertise that helps flow the dollars raised during a crisis to local churches providing assistance.

"It's a model of biblical generosity that is compelling to everyone," says Walker, SERVE 6.8 executive director. "When people see the church impacting the community in a privatized way, and they see neighbors helping neighbors in an authentic way, they want to be a part of it."

Clint Jasperson, Thrivent wealth advisor in Windsor, Colorado, got involved when his family adopted two families through a SERVE 6.8 Christmas program at his church a few years ago. "I immediately saw the impact and the seeds being planted that could change the course of these families' lives," he says.

Jasperson began to talk to Walker about how Thrivent could come alongside with its financial and generosity tools, fitting into the



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Mike Walker and Thrivent's Clint Jasperson at SERVE 6.8 in Fort Collins, Colorado.

Photo by Christina Kiffney

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A workshop in the Thrivent Hub at Urban League of Metropolitan St. Louis draws interest.



“SERVE 6.8 lives how powerful relationships can be in transforming another person’s life. People need to know you care before they care about what you know.”

—Clint Jasperson, Thrivent wealth advisor in Windsor, Colorado

framework SERVE 6.8 already had in place. He was inspired to join the organization’s board of directors.

“Clint is passionate about biblical stewardship,” Walker says. “He talks with people about their vision of using what God has given them—not just in retirement but also in generosity.”

It started with eligible Thrivent clients leading Thrivent Action Teams and directing Thrivent Choice Dollars®. The Thrivent Member Network—Rocky Mountain Region helped amplify the impact with activities like local food drives. Jasperson has provided guidance and recommended Thrivent financial programs such as Money Canvas™, which helps people build healthier budgeting, spending and saving habits, to both clients and volunteers with SERVE 6.8.

“SERVE 6.8 lives how powerful relationships can be in transforming

another person’s life,” Jasperson says. “People need to know you care before they care about what you know.”

**Urban League of Metro St. Louis: Opening doors to economic empowerment**

The mission of Urban League of Metropolitan St. Louis is to empower African Americans and others in securing economic self-reliance, social equality and civil rights.

“With its focus on financial empowerment and education, Urban League is a natural fit for a partnership with Thrivent,” says Adam Caldwell, market director for Thrivent in the Heartland Advisor Group that serves St. Louis.

As part of the relationship the two organizations are building, the local Thrivent region, with the support of the Thrivent Member Network—

Photo by GatorMediaSTL

Heartland Region, opened a drop-in office called the Thrivent Hub. It's located on the second floor of the new headquarters for Urban League of Metropolitan St. Louis. Thrivent financial advisors and engagement team members are available to answer financial questions from Urban League clients and community members, build relationships and provide information about the educational and generosity activities Thrivent offers, Caldwell says.

"We want it to be a comfortable place where people can simply drop in," says Michael McMillan, president and CEO of the Urban League of Metro St. Louis. "Thrivent has really become our partner, doing exceptional work in taking the financial empowerment model and giving access to our clients, who desperately need the knowledge and understanding of how to process and help grow their personal and professional financial wealth."

In just a few short months, a growing number of Urban League clients and staff members have stopped in at the Thrivent Hub. "It takes time to build trust and relationships," Caldwell says.

The work is part of a comprehensive plan developed by Thrivent's engagement team in the region that includes both financial education and community impact activities.

For example, Thrivent plans to introduce Money Canvas™ as well as Finance 101 conversations and other educational opportunities. At a recent Urban League Expo, more than 60 people expressed interest in Money Canvas.

"Personally, as someone who has been involved for 35 years with Urban League, I see the value of the economic empowerment work in the

community," McMillan says. "Adding Thrivent as a partner that focuses on finances and generosity, I believe, will be transformational for individuals. It's about being better at building bridges for people to come together and learn from each other." ■

*Donna Hein is editor of Thrivent Magazine.*

## How can Thrivent help you make a difference?

Thrivent offers you a variety of ways to get involved and give back to your favorite nonprofit. Consider the following:

**Donate:** You can make a personal donation through Thrivent's online giving platform to any of the more than 45,000 churches and nonprofits in the Thrivent Choice® catalog. Thrivent pays the processing fees, so your entire donation goes to your cause.

**Designate:** If you are an eligible Thrivent client with membership, you can direct Choice Dollars® to a favorite organization.

**Nominate:** Thrivent clients with membership can nominate churches and nonprofit organizations for enrollment in the Thrivent Choice program. Enrollment allows organizations to receive donations through Thrivent's online giving platform.

**Participate:** You can lead a Thrivent Action Team or join in educational and community-giving events with other clients through your Thrivent Member Network.

Learn about these opportunities and more at [thrivent.com/livegenerously](https://thrivent.com/livegenerously).

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### \*Methodology

This general population research was conducted in partnership with data intelligence company Morning Consult and polled 2,221 adults across the country between May 9 and 17, 2022. The interviews were conducted online, and the data were weighted to approximate a target sample of nationally representative adults based on age, gender, ethnicity, income and geography. Results from the full survey have a margin of error of +/- 2 percentage points.

Member benefits, programs and activities are not guaranteed contractual benefits. You should never purchase or retain any insurance or annuity products simply to be able to participate. Participation is subject to applicable Terms and Conditions.

The Thrivent Choice® charitable grant program engages Thrivent clients with Membership and Thrivent Member Networks in providing grants that support charitable activities, furthering Thrivent's mission and its purposes under state law. All grant decisions, including grant recipients and amounts, are made at the sole discretion of Thrivent. Directing Choice Dollars® is subject to the program's terms and conditions available at [thrivent.com/thriventchoice](https://thrivent.com/thriventchoice).

# What's happening at Thrivent

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## Royal named chief financial & investment officer

Thrivent's David Royal has taken on an expanded leadership position, adding chief financial officer (CFO) responsibilities to his current role as chief investment officer.

Royal, with a new title of executive vice president, chief financial & investment officer, fills the CFO role left vacant in April by Vihbu Sharma.

"David is perfectly suited for this elevated role," says Terry Rasmussen, president and chief executive officer. "He brings a comprehensive financial services perspective, encompassing insurance, asset management, corporate development and banking."

Royal has a track record of strong leadership, strategic vision and financial acumen, and he has a keen understanding of Thrivent and our clients, she says.

Rasmussen highlighted the world-class investment team he's built, the organization's award-winning mutual funds business and the strong performance of Thrivent's General Account. "David is steadfast in his commitment to stewarding the assets our clients trust us to manage," she says.

Royal joined Thrivent in 2006 and served as deputy general counsel of Thrivent and chief legal officer of Thrivent's mutual funds before becoming president of Thrivent Mutual Funds in 2015. He assumed the role of chief investment officer and executive vice president of Asset Management in 2017 and added leadership of Thrivent's banking offering in 2019.

## Access new caregiver resource benefit

Are you actively caring for an aging family member or friend, or planning to do so in the future? Are you an aging adult yourself? Thrivent wants to help families navigate their aging and caregiving concerns with a new membership benefit—Caregiver resources from Dari by HomeThrive.

Caregiver resources, powered by Dari, provide a self-guided healthy aging and caregiving online platform. It's backed by licensed, credentialed social workers, called Care Guides, who have experience helping families navigate the challenges of aging and caregiving.

More than one in five Americans are family caregivers, providing care to an adult with health needs, according to a 2020 report from the National Alliance for Caregiving (NAC) and AARP\*.

"When we talk about eldercare, it's not just about finances," says Steve Sperka, vice president of Health

Solutions Design, Implementation & Support at Thrivent. "People are experiencing emotional, physical and educational challenges, and they need advice. Dari is designed to help with that, to meet our clients where they are at with the support they need."

Thrivent clients with membership can access Dari's personalized online resources, including articles, videos, blogs and checklists. You can live chat (Ask Dari) with an expert and get personalized recommendations (Dari Recommends) to your situation and location. Dari also sends emails to enrollees with content related to their concerns. There is no cost to you; Thrivent pays the fee.

"This could be a lifeline for families who suddenly find themselves in the midst of a caregiving crisis," Sperka says.

Learn more at [thrivent.com/caregiverbenefit](https://thrivent.com/caregiverbenefit).

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\*<https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>

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## New Live Generously T-shirt design is here!

More than 26,000 Thrivent clients and others selected “Heart of Service” as the new design for the popular Live Generously® T-shirts in online voting that took place in early August.

The design reflects the heart of generosity of the Thrivent membership. Planning for the shirts started in March, and a focus group of more than 200 Thrivent clients and others helped select the final three designs included in the vote.

The new design will appear on black T-shirts, the same soft tri-blend material that wearers have known and loved since 2015. The T-shirts will be available in Thrivent Action Team Kits

for those that apply on or after Jan. 1, 2023. Currently, there are more than 10.9 million Live Generously T-shirts in circulation.

The T-shirts, manufactured by Bella+Canvas, are dyed and cut in Los Angeles. The company cites eco-friendly processes, including extensive recycling and a small carbon footprint.

Clients love the T-shirts, telling us:

- “I love that you keep changing the T-shirt design. Everyone loves to get a new T-shirt.”
- “We have completed a number of Thrivent Action Teams that have benefited so many: fresh vegetables to the needy, access to gardens and walking paths for the disabled, etc. We all proudly wear our Live Generously T-shirts.”



Supporting your community is easy with Thrivent Action Teams. Thrivent clients with membership can apply to lead a group of volunteers in a fundraiser, educational event or service activity. Learn more at [thrivent.com/actionteam](https://thrivent.com/actionteam).

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Thrivent member activities, such as Thrivent Action Teams, Thrivent Builds and Thrivent Choice, engage Thrivent members and Thrivent Member Networks in charitable activities, furthering Thrivent's mission and its purposes under state law. You should never purchase or retain any insurance or annuity products simply to be able to participate. Participation is subject to applicable Terms and Conditions.

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## Watch for your 2022 tax statements

Thrivent knows taxes are complicated and that tax time can be stressful, so we continue to simplify the tax form process. Here's what you can expect regarding the availability of your 2022 tax statements from Thrivent.

### Online delivery

We've simplified how you can find your tax documents when you log in to [thrivent.com](https://thrivent.com) or the Thrivent Mobile App. Your Thrivent tax documents can be found in each product by clicking on “view documents.”

- All annuity and insurance tax statements, and most mutual fund statements for 2022 will be available online by Feb. 1.
- Tax statements for mutual funds with holdings in real estate investment trust (REITS) will be available mid-February.
- Tax statements for most brokerage accounts will be available online by mid-February.
- Typically, statements for mutual funds with holdings in real estate investment trusts (REITs) are delivered in late February.
- Tax statements for most brokerage accounts will be mailed by mid-February.

### U.S mail

- All tax forms (1099s and 5498s) for 2022, except from mutual funds invested in real estate investment trusts (REITs) and brokerage, will be mailed by Jan. 31, 2023. Allow five to seven business days for arrival.

If you have signed up for eDelivery of your tax forms, you will not receive a paper copy. If you'd like to sign up for eDelivery, go to [thrivent.com/gopaperless](https://thrivent.com/gopaperless). For Brokerage, go to Wealthscape Investor.

For additional information regarding mailing dates, IRS forms and more, visit [thrivent.com/tax-resource-center](https://thrivent.com/tax-resource-center). Or call 800-847-4836. Consult your tax advisor about your specific tax situation.

# Just for fun



## Winter trivia

- What is the coldest temperature ever recorded in the United States?
  - 50 degrees
  - 60 degrees
  - 70 degrees
  - 80 degrees
- What phobia is an extreme fear of the snow?
  - Hydrophobia
  - Chionophobia
  - Cryophobia
  - Thermophobia
- The first winter Olympic Games were held in which country?
  - Italy
  - United States
  - France
  - Canada
- Which other planet experiences snowfall?
  - Mars
  - Mercury
  - Pluto
  - Uranus

## Word search

S M I X U N M A Q R P S S M V  
 K C B A O V Z E N A F T N R L  
 E B D S D Q Z L R D F N O S E  
 E T A R B E L E C R D E W A O  
 Y E J G W I N T E R Y S M T N  
 S A M T S I R H C L J E A O I  
 G N D G W S E W L N B R N F B  
 S U D I N B O O U X L P J O Y  
 V N Q S L I J N I P A I O W V  
 Y D O L J O V Z T H T A E R W  
 X A R W Q Y H I V F S F U Q C  
 J R A T S C E J G E T G T B K

- Celebrate
- Holiday
- Joy
- Merry
- Snowman
- Ice
- Presents
- Christmas
- Season
- Winter
- Giving
- Jolly
- Noel
- Snow
- Wreath

## Brain teasers

- Winter  wonderland
- NIGHT**
- 
- Christmas  
Christmas  
Christmas  
→ Christmas
- Wish 
- WALKING  
ICE**

### Answers:

**Christmas trivia:** 1. (d.) -80 degrees, 2. (b.) Chionophobia, 3. (c.) France, 4. (a.) Mars  
**Brain teasers:** 1. Walking in a winter wonderland, 2. O Holy Night, 3. Reindeer, 4. Last Christmas, 5. Wish upon a star, 6. Walking on thin ice

# Before you go

Winter is a season that marks both an end and a beginning. It is a time for peace and introspection as we prepare for a new year. How can you make this winter season a time for personal growth?

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# Thrivent Magazine

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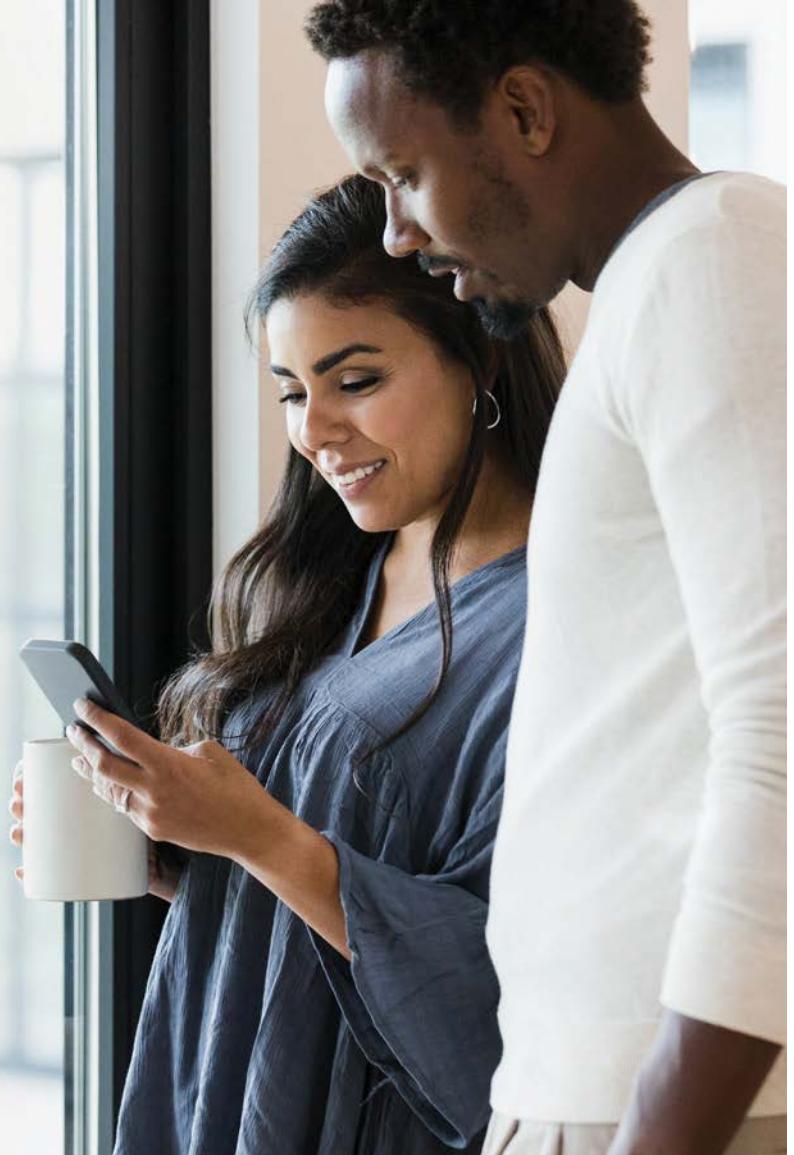
## A smart money move to make this season

While you wrap up 2022, be sure to check on your Thrivent products by logging in to our mobile app or website.

Not registered? Sign up today so you can securely view and manage your accounts online 24/7. Gaining financial clarity can be easier than you think.



Scan to get the  
mobile app or visit  
**[thrivent.com/app](https://thrivent.com/app)**.



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