

# BOARD OF DIRECTORS

## Nominees for FY2026

Listed alphabetically by last name



The Board of Directors and Staff of Redeemer ask that you prayerfully review and consider all of the information about the nominees contained in this booklet. We are confident that God will continue to provide us with His lay leadership going forward.



# Caitlin Coleman

## **Family Overview:**

My name is Caitlin Coleman, and I have been married to Jason Coleman since April of 2022. We live in Colonial Heights near his family in Dinwiddie, and my side of the family is up in Wisconsin.

## **Employment Overview:**

I moved to Richmond to teach for Richmond Public Schools as an elementary teacher in 2007 and have remained in the area since, though I now work for Hopewell Public Schools. I am currently serving as the interventionist at our middle school, assisting in coordinating and assigning behavioral and academic interventions for students grades 6-8.

## **Current and Previous Involvement with RLC Groups or Activities:**

Though I had grown up in church and have always had an understanding of the Bible and a firm belief in God, it was upon my move to Richmond in 2007 when I attended a church invested in studying scripture and bonding as a church community through small groups and various ministry activities through which I was able to deepen my relationship with the Lord and live out my faith more purposefully and genuinely. In 2014 I bought my first house and was drawn to the community-based concept adopted by Redeemer Lutheran Church...I felt at home immediately and built relationships through women's retreats, community events, a small group, and the mobile ministry.

## **Current and Past Leadership Roles at RLC or Previous Congregations:**

Since my move to Colonial Heights, I have not been able to consistently plug into another ministry at Redeemer but have remained connected with the mission and members of our church family.

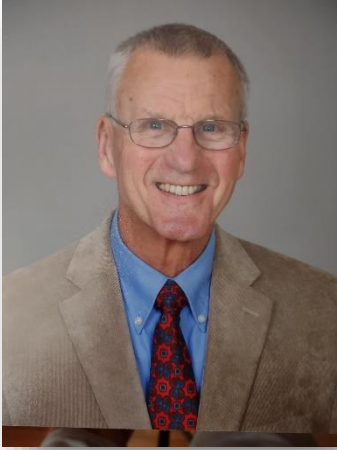
## **Special skills or talent sets that may be useful as a member of RLC's BOD:**

I hope to serve on the Board of Directors, as I bring leadership experience having served on various school and church committees, united perspective as I have been a member of Redeemer wholeheartedly committed to the growth and development of our community-based church for over 10 years, and a genuine, deeply-rooted love for growing the church as called by God to 'go and make disciples.'

## **Favorite Scripture:**

I don't have a 'favorite' scripture, but the Lord knows my tender heart and often leads me to Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

# Bill Friedery



## **Family Overview:**

I am single. I was baptized in St John's Newark NJ in 1948. Confirmed in St John's Wheaton IL in 1961. Graduate of Valparaiso University in 1970. Married in Prince of Peace Lutheran in Springfield VA in 1970.

## **Employment Overview:**

Worked mostly in two fields: retail management, primarily as an executive with Thalheimer's Department Stores, and then in customer service with Life of Virginia, which became Genworth Financial. Retired since the end of 2011.

## **Current and Previous Involvement with RLC Groups or Activities:**

Since joining Redeemer, I have:

- Served as an Usher, Lay Reader, Communion Assistant, and at Home Base.
- Original member of the Mercy Team which assists with funerals.
- Helped with Vacation Bible School and Food Bank.
- Member of the Planning Giving Initiative Committee.

## **Current and Past Leadership Roles at RLC or Previous Congregations:**

Member of Trinity Lutheran for 21 years - joined Redeemer in 2017.

## **Leadership Roles Outside of Church:**

Active in my home community (Village of Amberleigh) and serve as a mentor to those seeking recovery from substance abuse.

## **Favorite Scripture:**

Romans 12:12 - "Rejoice in Hope, be Patient in Tribulation, be Constant in Prayer."

# Lauri Henderson

**Family Overview:**

Married (Eric Henderson) with 2 adult children (Abigail Henderson and Ward Henderson).

**Employment Overview:**

Administrative Assistant for Central Virginia Dental Care, PLC

**Current and Previous Involvement with RLC Groups or Activities:**

- 2024-2025 Strategic Planning Committee member,
- 2020 Center of Faith volunteer,
- 2018 Shenandoah Welcome Team volunteer

**Favorite Scripture:**

Philippians 4:6 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God



# Michael-Jon “MJ” Rodney

## **Family Overview:**

A proud Pittsburgh native (yes, he does still root for the Steelers), MJ packed up his Terrible Towel and moved to Richmond in 2005 to teach social studies in Chesterfield County Public Schools. Because what better way to use a history degree than convincing high schoolers that ancient Mesopotamia is actually interesting? In 2007, MJ met Paige—a Minnesota transplant who bravely traded snow shovels for humidity—on a blind date. Apparently, it went well enough, because we tied the knot in 2011, proving that love can indeed bloom over awkward small talk and coffee. Paige, a longtime elementary school teacher in both Richmond City and CCPS, has been teaching for 21 years. In 2015, MJ and Paige welcomed their one and only child, Ellis Faye Rodney—a blessing wrapped in energy and sass. Ellis joined the Redeemer CDC in 2018, is now 9 years old and is headed to 4th grade at Crestwood Elementary (CCPS). The Rodneys love the full ‘Redeemer Experience’—starting as a CDC family, becoming members in 2019, and now fully embracing the community, the mission, and enjoying family events.

## **Employment Overview:**

Since 2005, MJ has proudly been a part of Team Chesterfield - where from the beginning he’s believed in building a community where every student feels seen, supported, and encouraged to thrive.

For the past five years, he’s had the joy (and let’s be honest, the daily adventure) of serving the North Chesterfield community as the Principal of Providence Middle School (PVMS). But his journey with PVMS actually began well before that. Between 2014 and 2019, MJ wore many hats at the school, including Dean of Students, Assistant Principal, and Associate Principal. In 2024, MJ was honored as the Virginia Association of School Librarians (VAASL) Administrator of the Year—a fancy title that really means he loves books, supports creative library programs, and knows that good things happen when kids are excited to read.

Before stepping into school leadership, MJ’s first passion in education was teaching social studies at Matoaca High School, where he worked from 2005 to 2014. His dedication didn’t go unnoticed—he was named Teacher of the Year in 2012, and in 2013, he received the R.E.B. Award for Teaching Excellence from the Community Foundation of Richmond. And because MJ believes schools are more than just text books and lesson plans, he also coached field hockey (yes, really!) and sponsored student clubs at Matoaca HS.

## **Current and Previous Involvement with RLC Groups or Activities:**

- Sunday Morning Bible Study, 2019-25
- Vacation Bible School Crew Leader, 2021-25

## **Current and Past Leadership Roles at RLC or Previous Congregations:**

- Adult Bible Study Leadership Team, 2023-25
- Strategic Planning Team, 2024-25

## **Leadership Roles Outside of Church:**

MJ loves being involved in the community and especially enjoys coaching youth sports. He’s been a volunteer soccer coach at the YMCA for nine seasons and also helps out as the clerk of course for the Settlers Landing swim team — a role he’s held for the past three years. This spring, MJ earned his Doctorate of Education (Ed.D.) in Educational Leadership. As part of his work, he partnered with the Virginia Department of Education to create helpful resources for new special education teachers across the state.

**Special skills or talent sets that may be useful as a member of RLC's BOD:**

- 1) MJ has spent more than two decades working with students, parents, staff, and the wider community. He knows how to listen, resolve conflict, and build consensus. He can foster collaboration among board members, communicate effectively with the congregation, and help navigate tough conversations with grace and clarity.
- 2) As a principal, MJ oversees budgets, staff, programming, and crisis management on a daily basis. He brings practical experience with governance, personnel matters, policy, and resource management—skills essential to a board's responsibilities.
- 3) MJ has served on school leadership teams and strategic planning committees, both professionally and at RLC. He understands how to cast vision, set goals, and move a group forward with purpose. He can help guide long-term planning, support healthy organizational growth, and assist in developing church leaders.

**Favorite Scripture:**

<sup>30</sup>Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.[a] <sup>31</sup>The second is this: 'Love your neighbor as yourself.'[b] There is no commandment greater than these." Mark 12:30-31

# A Note from the BOD Nominating Committee

The nominating committee for the Redeemer BOD is pleased to present these nominees for the coming 3 year term.

WHO WOULD SERVE WELL AS A BOARD MEMBER?

A member of Redeemer, in good standing, with the following qualities:

## **The gift of leadership –**

- Someone who finds himself or herself in leadership positions
- Someone who can see the strategic plan
- Someone comfortable with other leaders

## **Strong Christian –**

- Someone who trusts God to guide his/her life
- Someone who trusts God to guide the church
- Someone who is devoted to Redeemer Lutheran Church