



Pastor Sarah Fryman

Pastor Sarah Fryman is originally from Ohio and met her husband, Cedric, at Capital University in Columbus. After Pastor Sarah graduated with a Bachelor of Arts in Psychology, she joined Cedric on staff at Jacob's Porch, The Ohio State University's Lutheran Campus Ministry, where she discerned her call to ministry. In the fall of 2019, Pastor Sarah and Cedric packed up and moved to the East Coast for her to attend seminary at United Lutheran Seminary (formerly the Lutheran Theological Seminary at Philadelphia). She completed her first-year field education at Temple Lutheran Church in Pennsauken, NJ, CPE (Clinical Pastoral Education) at Lankenau Medical Center in Wynnewood, PA, and internship at St. Andrew Lutheran Church in Charlestown, RI. In her final year of seminary, Pastor Sarah traveled to Karlsruhe, Germany for the 11th Assembly of the World Council of Churches, so she is passionate about ecumenism and global Christianity. She also served as a long-term supply pastor at Zion Lutheran Church in Spring City, PA, just outside of Valley Forge. She graduated in May 2023 from ULS with her Master of Divinity. Pastor Sarah and Cedric have been married since 2018, and they both enjoy reading, spending time in nature, trying new recipes, and playing board games.