



Matthew 6:26-27

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?



Celebrating the Life of

Janet R. Fredin

January 8, 1952 – January 15, 2026

Janet R. Fredin, 74, of Garner passed away Thursday, January 15, 2026, at MercyOne Medical Center in Waterloo with her daughter by her side.

Janet Rae Fredin, the daughter of James and Lola (Gast) Fredin, was born on January 8, 1952, in Mason City. She graduated from Rockwell-Swaledale High School in 1970. After high school, she lived in Clear Lake and worked at the Clear Lake Bakery for many years. Janet went back to school to receive her nursing degree and was employed at MercyOne Medical Center in Mason City as a nurse until her retirement in 2017. In 2018, she moved from Mason City to Garner to be closer to her daughter, Cass. Janet enjoyed quilting, reading, baking, gardening and loved being a grandmother and great-grandmother. She looked forward to her lunch dates with her retired co-workers and friends, and spending time with her grandchildren and great-grandchildren.

Janet is survived by her daughter, Cass Jamieson of Garner; grandchildren, Laurel Woody, Rion Woody (partner, Megan Oetken) and their two children, Braelynn and Finnick and Marleyna Woody; five siblings, Carolyn Borger of Cedar Rapids, Jerry (Rosann) Fredin of Wichita, KS, Diane Biederman of Manly, Debbie Opheim of Largo, FL and Doug (Kaye) Fredin of Rockwell; and many nieces and nephews.

She was preceded in death by her parents; great-grandson, Rowan Woody; and great-niece, Amber Donker.

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MEMORIAL SERVICE

United Methodist Church
Garner, Iowa
10:30 a.m., Wednesday
January 27, 2026

OFFICIATING

Rev. Kristin Peters

MUSIC

Myra Bowman, Organist
Congregational Hymns
“In the Garden”
“How Great Thou Art”
Special Music
“Let It Be”

USHER

Mike Brown

HONORARY BEARERS

Rion Woody	Jim Nadeau	Kyle Fredin
Tyler Fredin		Travis Opheim
Dustin Opheim		Buck Weaver

*The family invites everyone to a luncheon
in the church fellowship hall immediately
following the memorial service.*

Cafaldo
FUNERAL HOMES