



## Mary Esther Amundson

March 20, 1948 - May 15, 2025

Spring Grove, MN

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Mary Esther Amundson, 77, of rural Spring Grove, was born on March 20, 1948, in Caledonia, Minnesota, to Raymond and Esther Fruechte. Mary was a lifelong resident of the area, with the exception of her time attending Stout State in Menomonie, Wisconsin.

Mary had a deep-rooted connection to her community and spent her life pouring her creativity, kindness, and dedication into every endeavor. She was an entrepreneur at heart, running businesses from her home that showcased her talents in upholstery and fashion design. Mary's artistic talents were extraordinary, and her creativity knew no bounds. Whether it was crafting the Spring Grove Lion Mascot, sewing Color Guard uniforms and flags, or meticulously designing breathtaking wedding dresses and veils; her visionary skills turned scattered ideas into masterpieces. Beyond these ventures, she also dedicated time to caring for others, working at the Lutheran Home in Caledonia and Tweeten Healthcare in Spring Grove. A graduate of Caledonia High School, Mary pursued higher education at Stout State, further refining her artistic and creative abilities. She was a devoted member of Calvary Evangelical Free Church in Spring Grove, where her faith and compassion guided her journey. She prayed continuously for her family, relatives and friends.

To her husband, Rod, Mary was nothing short of an answered prayer—a

source of unwavering love, support, and inspiration. Together, they built a life defined by deep understanding, implicit communication, and steadfast devotion. Their journey was one of faith and partnership, always standing by each other's side, serving Jesus and celebrating life together. As their needs and abilities changed in their lives, their roles would change from the supporter to the supported, from cared-for, to care-giver.

As a mother and eventual Grandmother, Mary was a guiding light for her children, instilling values through her unwavering presence. Her famous "Oh-Boy!" moments of praise and affirmation will be forever remembered, a reflection of her boundless encouragement and belief in their successes. Her words of comfort, wisdom and hope ensure her legacy continues. Mary showed her love of crafts, baking, and gardening, instilling her values of the fruitfulness of hard work and patience.

In her final years, Mary rekindled her passion for the arts. Regardless of the medium, the beauty of her heart shined through her works that included machine embroidery and watercolor painting. Mary found a passion for machine embroidery. Her work remains on display in National Guard Headquarters and in the homes of those throughout our community. As ALS increased her challenges in life, it also methodically removed her ability to use her body to express herself in her works.

Her contributions to the ALS Association and her community inspired lives locally and eventually became a message of hope that spread globally to those impacted with the incurable disease, through her art and story being featured in "Practical Neurology" magazine. Mary was humble to a fault and would not want all the words of praise and adoration of those who knew her, instead she would give all the Glory to her Lord and Savior Jesus Christ.

As Mary battled through ALS, the youth of Calvary Evangelical Free Church dedicated their spiritual journey through one of the greatest gifts Mary could ever receive. They completed yard work at her home, and they were able to have fellowship with her. This powerful gesture of the youth giving of their time and effort gave Mary hope for a better tomorrow. After spending several hours

in a labor of love, they all individually came up and thanked Mary and Rod for allowing them to help.

Mary passed away peacefully at her home on May 15, 2025. In her final moments Mary was able to display tremendous fortitude. On her own terms, in the house she raised her family and loved her husband. Mary held on and stayed with us on earth just long enough to gather her family and express her love for all of us. Mary's extraordinary spirit, creativity, and devotion to her family and faith will remain an everlasting source of inspiration. Her love endures eternally.

Mary's legacy will live on in the hearts of those she touched. She is survived by her loving husband, Rod Amundson, and her cherished children: Richard Deters (Mabel, MN), Dan (Anitra) Deters (Coon Rapids, MN), Friedrich (Aga) Deters (Spring Lake Park, MN), Franz Deters (Wichita, KS), Brian (Karena) Amundson (West Salem, WI), Robert Amundson (Mallorca, Spain), and Christelle (Sean) Rennie (Chaska, MN).

She also leaves behind her beloved grandchildren: Karsten (Missoula, MT), Lydia (La Crosse, WI), JJ (West Salem, WI), Piper (West Salem, WI), Elliana (Chaska, MN), Autumn (West Salem, WI), and Kaelen (Chaska, MN). Her sister-in-law, Doris Fruechte (Trempealeau, WI). She also leaves behind several cousins, nieces and nephews, and innumerable friends.

She was preceded in death by her parents, mother-in-law, father-in-law, her brother Duane Fruechte, her daughter Heather Bivona and son Douglas Deters.

A memorial service will be held on a July 12, 2025 at Calvary Evangelical Free Church, Spring Grove, MN officiated by Pastor Kevin Barnhardt.

Visitation, with the family, from 1 pm – 2 pm. Memorial service at 2 pm with lunch and fellowship to follow. In lieu of flowers, the family requests contributions to the ALS Association.

Mary will be laid to rest at Minnesota State Veterans Cemetery, Preston, MN in a private ceremony for family and close friends, at an undetermined date.



# Cemetery Details

## Minnesota State Veteran's Cemetery

715 HWY 52  
Preston, MN 55965

# Previous Events

## Visitation

JUL 12. 1:00 PM - 2:00 PM (CT)

Calvary Evangelical Free Church  
20482 State 44  
P.O. Box 428  
Spring Grove, MN 55974  
calvaryefc@springgrove.coo[p

## Memorial Service

JUL 12. 2:00 PM (CT)

Calvary Evangelical Free Church  
20482 State 44  
P.O. Box 428  
Spring Grove, MN 55974  
calvaryefc@springgrove.coo[p

# Tribute Wall

MC

“ Mary Grace Cavanaugh planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Mary Esther Amundson.

Mary Grace Cavanaugh - July 12, 2025 at 11:23 AM

TF

“ The Buckingham Family purchased the Full Of Love Bouquet for the family of Mary Esther Amundson.



The Buckingham Family - July 11, 2025 at 09:57 AM



“ Beautiful Dreams was purchased for the family of Mary Esther Amundson.



July 07, 2025 at 12:54 PM

JF

“ So sorry to hear about Mary. She was a lovely lady and dealt with her illness with dignity and compassion. Jeff Fredrickson.

Jeffrey Fredrickson - June 18, 2025 at 06:04 PM

TB

“ My deepest sympathies to you all. I loved Mary from the minute I met her, but who could not? Such a beautiful and kind woman. Fly with the angels, Mary.

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**Terry Bivona** - June 10, 2025 at 10:58 AM

LB

*I have some of Mary's stationery, and so read her obituary. What others have said of her is inspiring and encouraging. Jesus has welcomed her as His "good and faithful servant".*

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**Linda Baker** - August 01, 2025 at 06:28 PM