



Lorraine Ardis Frykman

June 13, 1927 - May 30, 2025

Lorraine "Bennie" Frykman passed away peacefully surrounded by her family on May 30, 2025. She was born in St. Paul to Laura and Bernard Benson, and spent many early childhood days on the Benson farm in the North Branch, MN area. She loved to ride her bike, ice skate, roller skate and play tennis. A precocious and avid reader all her life, she skipped 2nd grade, and loved school. Her lively spirit thrived at Minnehaha Academy where she earned top honors, and her nickname "Bennie". Confirmed at First Covenant of St. Paul, the family moved to Bethlehem Covenant Church when she was 16.

Bennie studied at North Park College, then focused on accounting at the University of MN. She was quickly recruited to work at Northwest Plastics Corporation, where she served for 40 years, rising to Benefits Manager. She later worked at PiperJaffray and US Banks, before landing again at Bethlehem to share management of the church office. Bennie became our go-to source for trouble-shooting any problem that arose, and she did it with grace, efficiency and a good sense of humor.

After WWII it was at Bethlehem in the popular youth choir and Kraft Klub that she met Navy veteran Bill Frykman, who shared her love of music & the arts. They were married in 1953, and had 3 children: Tom, Karl & Laura. Bennie said her family was the joy of her life! She enthusiastically supported us kids in music lessons, paper routes, CampfireGirls and years of sporting events.

As a family we went camping, and enjoyed lifelong adventures with deep church friendships. through decades of social change. Her beloved book club group is still going strong since 1995!

Bennie loved to sing, and devoted over 75 years to the Bethlehem choir and Lucia choir. A dedicated volunteer, she was beloved for her warm positive approach, and her good financial & administrative skills. She served in nearly every capacity through the years, with a gift for uniting people of differing views towards our common purpose of serving God and others. She was the first woman to be president of the congregation, served on the Board of Covenant Pines Bible Camp, the Covenant Pension & Benefits Board, and both state and national boards of the Covenant Retirement Communities. In Bennie's words "Jesus said we are the light of the world, and we should let our light shine so our works will glorify Jesus Christ".

Bennie's cheerful energy and infectious smile will be deeply missed. She was preceded in death by her husband William E Frykman. She is survived by her children Tom, Karl (Helen) and Laura Frykman, grandchildren Peter (Sarah), James, Katherine (Olin), Mark (Grace), Marissa (Greg), Anna (Eric) Claire (Wyles) and Milan (Josh).

A memorial service will be held on Friday June 13 at 2 pm. at Bethlehem Covenant Church, 3141 43rd Ave. So. Memorials preferred to the church.

Previous Events

Memorial Service

JUN 13. 2:00 PM - 3:00 PM (CT)

Bethlehem Covenant Church
3141 43rd Avenue South
Minneapolis, MN 55406

Tribute Wall



“ *Beautiful in Blue* was purchased for the family of Lorraine Ardis Frykman.



June 11, 2025 at 12:14 PM