



Worship

- In-person worship—**9:00 am Sundays**
- Online worship continues, and will be posted on the [church website](#) and [Facebook](#) page



Church Council 2022

Mike Boyack
Tim Current
Steven Dickey
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Lisa Spencer
Natasha Werner
Pastor Bruce Kuenzel

The Marks of Discipleship

- † *Pray daily*
- † *Worship weekly*
- † *Read the Bible*
- † *Serve at or beyond Light of Christ*
- † *Relate to others for spiritual growth*
- † *Give of my time, talents and resources*

Contact us!

Light of Christ Lutheran
3976 County Line Road SE
Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

Table Talks are an important way to connect with other LOC folks and to help build community. Table Talks are small group gatherings of 4-8 people for just over an hour. A wonderful opportunity to get to know others a bit more deeply. Plus, we'll take some of this time to share ideas about LOC's future priorities as a congregation. Click this [link](#) or sign up in the Narthex.



Fueling the Fire

Growing our impact; growing our reach. You're invited to help fuel our ministries forward by making a special gift -- a contribution that is a "second mile gift" above and beyond what you planned to give in 2022. Delano is growing. Our staff has grown to meet this growing opportunity. But resourcing our shared ministry has plateaued. And so this is an invitation to help fill that gap through a gift or increased pledge for this year. Please prayerfully consider what you might be able to do. And respond by filling out and returning a Fueling the Fire pledge card at anytime through the month of April. Watch for a brochure and pledge card to arrive in the mail this week. They can also be found in the narthex, or you can pledge online at [this link](#). Thank you for your great generosity!



Our Vision

What is God calling LOC to accomplish?

In what ways can we best serve the surrounding Delano community and beyond?

What priorities should be central to our ministry?

Might you sense a call to serve on our newly forming Vision Team? A group who will help to gather input, to engage our congregation, and to give shape to answering questions about the shape of ministry into this next chapter of life here at LOC. If you are interested in learning more or serving on this Team, please reach out to Pastor Bruce or to Tim Johnson.

This Team will meet about once a month throughout 2022.

Watch for more info.....



Caring Corner

(by MJ Pearson (MSW, LICSW, RPT) with the Healing and Wholeness Committee)

Maternal Mental Health



This week our Healing and Wholeness Committee is covering the topic of Maternal Mental Health.

Depression and anxiety during pregnancy and after the birth of a baby is more common than most people know. An estimated 20% of birthing women report experiencing postpartum mood and anxiety disorders but experts believe this number to be much higher. Many women suffer in silence often because of societal pressures to manage their own health and the health of their infant on their own.

Some symptoms of depression during pregnancy and postpartum period include sadness, irritability, exhaustion, fears and worries that won't go away, difficulty with sleeping and eating, and a feeling of overwhelm. Although most mothers experience sleep deprivation and hormonal fluctuations that impact mood, when symptoms persist and make it hard for the individual to function in their everyday life and persist beyond the first two weeks postpartum, it is imperative to seek professional help sooner rather than later.

What to do if you are struggling with perinatal (pregnancy or postpartum) mood or anxiety symptoms:

- Reach out to your healthcare provider and consult about medication options, check thyroid and iron levels that could be contributing to mood changes, or ask for a referral to a therapist with expertise in PMADs (perinatal mood and anxiety disorders).
- If you are looking for confidential support where you can remain anonymous, contact Postpartum Support International. They have a warmline (soon to be hotline with 24/7 support) you can call to receive confidential support and help navigating what to do next.
- Reach out to your friends and family for support. If you are feeling isolated and in need of prayer support or delicious meals from your LOC family, call the church office to be connected with one of our support ministries!
- Get fresh air and movement! Nourish your body whenever possible.

Get help before your symptoms become a mental health crisis.

Postpartum Support International: 800.944.4PPD www.postpartum.net



Free Fresh Produce and Dairy

Monday, April 11th
4:00pm-until gone

**Food boxes are
for anyone at all!
Please come by
to get one. Or,
pass on the
information to
someone else!**

Boxes of fresh produce and dairy products will be available for drive through pickup on a first come, first serve basis at the following locations:

Corcoran

St. Thomas Catholic Church
20000 County Road 10
Corcoran, MN 55340

Rockford

Our Father's Lutheran
3903 Gilbert Ave SE
Rockford, MN 55373

Delano

Light of Christ Lutheran Church
3976 County Line Road SE
Delano, MN 55328

Buffalo

Buffalo Covenant Church
1601 Highway 25 North
Buffalo, MN 55313

For assistance locating a specific site or for questions, please contact us at nourishinghope.oflc@gmail.com or Facebook Messenger.



To our Light of Christ family - Thank you for all the prayers and support as our family recovers from our house fire. It was very scary and we have a long road ahead. Although the losses are tough, we are also left with the feeling of being incredibly blessed. We are still looking for a rental house in Delano and would appreciate any leads.

Love, *the Wortz family*

Joyful Noise Offering

Our young people have been collecting money for the ELCA Global Barnyard. On Sunday, April 10 we have an opportunity to show our support! During worship, our young people will be collecting a noisy offering. Let's fill those buckets as we make a joyful noise to the Lord and help our siblings in Christ experience new life!



BRING YOUR COINS!

Let our young people hear your support!

Caring Cards

Is there someone you would like to receive a personally written message of support or encouragement from the Light of Christ family? Please complete the information below and send to the church office or email to Terri.Reuter@locdelano.com. A card will be created and sent to the intended recipient.

Please send a card to:

Name: _____

Address: _____

This person needs support dealing with:

___ grief ___ depression, brokenness

___ illness ___ family discord

optional details:

To ensure an age-appropriate message, please indicate the recipient's age.

___ youth-young adult ___ 30-60 ___ 60-100

*This outreach is provided by the
Healing and Wholeness Ministry.*

Delano Food Shelf

Thank you to all our LOC members who donated food items (**over 230 lbs.**) and the generous money donations during our March Pack-the-Pews month. Thank you also to those who volunteered at the food shelf this month including Oda and Roland Carlson, Cheri Ashfeld, Sally and Dan Torfin, Bill Weis, MaryAnn McKay, Paulette Podratz, Beata Zerull, Maxine and Lowell Johnson, Jewel Ekern, Dee and Len Beilke, Dave Anderson, and Charlie and Lona Jose. **June** will be the next LOC month for volunteering at the food shelf. If you are interested in volunteering, please contact Terri at the LOC office and she will let Lona know. Thanks also to JoMarie Williamson for managing the food shelf with two others. It's a great place that provides great service to many!

April Food Distribution

Food Distribution set for Monday, April 11th. Last month we served almost sixty households with produce, dairy and other items. Two shifts: **11:30 am** over at Our Father's Lutheran Church in Rockford, where we'll work with four other churches to pack all the boxes (click on [this link](#) to sign up for the Rockford shift); and at **3:30 pm** here at LOC parking lot in order to hand out the boxes (click on [this link](#) to sign up to help at LOC at 3:30)



NourishingHOPE

Call on the Light of Christ Prayer Chain

If you or someone you know is in need of prayer, please feel free to engage the Light of Christ Prayer Chain. [Email the church office](#), which is preferred, or call 763-972-2400 with your request, which remains confidential. The LOC Prayer Chain will pray for you as requested. Feel free to call on this team in your time of need. Anyone wishing to join the Prayer Chain should contact the church office.



Word for the Week from Katie Anne Kohler

A Musical Journey Through Lent, Week 5

Were You There?

African American Spiritual



Were You There? is one of the most popular African American spirituals in denominational churches today. As with most spirituals, the exact origins are difficult to trace since it was a song borne from the communal slave experience. The lyrics are as follows:

*Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?*

*Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they nailed him to the tree?*

*Were you there when they pierced him in the side?
Were you there when they pierced him in the side?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they pierced him in the side?*

*Were you there when the sun refused to shine?
Were you there when the sun refused to shine?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when the sun refused to shine?*

*Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?*

The first printed version of *Were You There?* was found in William E. Barton's, "Old Plantation Hymns," published in 1899. The first four verses were the original published words. Verse five was added later. In 1940, it was included in the Episcopal Church hymnal, making it the first spiritual to be included in any major American hymnal.

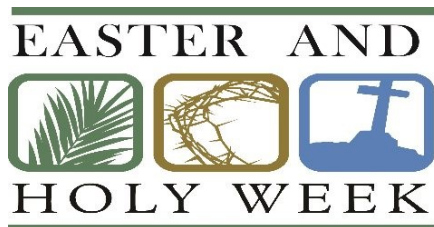
Were You There? and other spirituals like it represented more than just biblical context. Lyrics were often metaphors to slavery and oppression. For example, in verse two of *Were You There?*, the cross is described as a "tree." It is thought that the word "tree" was used as a reference to lynchings. This no doubt gave special significance to African Americans who witnessed lynchings, further strengthening the metaphor between Jesus' suffering and slaves' suffering. Later some hymn books would change "tree" to "cross." However, I believe that staying true to the original meaning of this song is important. We cannot discredit the suffering that led to the hymn we love so much today. In his book, "The Cross and the Lynching Tree," James Cone says, "In the mystery of God's revelation, black Christians believed that just knowing that Jesus went through an experience of suffering in a manner similar to theirs gave them faith that God was with them, even in suffering on lynching trees, just as God was present with Jesus in suffering on the cross." Understanding the history and emotional context of this song brings deeper meaning into the lyrics and gives us a different perspective on how we think about these lyrics.

As with other songs of such distinction, *Were You There?* expanded outside the Christian church. For example, Ghandi was reportedly a fan of this song. He said, 'I feel that this song gets to the root of the experience of the entire human race under the spread of the healing wings of suffering.'" *Were You There?* is a song that reminds us of the responsibility we must take for our own sins, as well as the responsibility we have to ease the suffering of others. Of course, let us remember the suffering Jesus endured for humankind but let us also remember and acknowledge the suffering of the oppressed who wrote this song in the first place.



Wednesday evenings during Lent

7:00 pm In-person Worship in the Sanctuary or via livestream. Worship will incorporate the Holden Evening Prayer service and feature the 10th graders' faith statements.



Join us for our Holy Week Services!

Maundy Thursday, April 14th at 6:00 pm
Worship with Holy Communion and First Communion recipients.

Good Friday, April 15th at 7:00 pm
"Service of the Nails," a Tenebrae service with scripture, prayer, meditation, and music.

Easter Sunday, April 17th at 9:00 & 10:30 am
A blend of classic and contemporary worship featuring a variety of music and plenty of celebration!

Are you looking to get more involved in worship?



We are looking for new Altar Guild members!! As we are transitioning back to "normal" communion, we are in need of more help. It is a low commitment and a great way to volunteer at church. If you would like to become a member, please contact [Terri](#) in the church office or Kim Wortz at kimw1517@gmail.com.



HOSANNA! Children are invited to lead our Palm Sunday procession in worship on Sunday, April 10 at 9 am. Please meet LaDonna in the entry way for a palm fond and instructions.

Global Barnyard

Please remember to bring your Global Barnyard coin boxes on Sunday, April 10. We will be deciding what animal(s) we would like to buy. During our worship time we will also be receiving a noisy offering from the congregation to help with the mission project.



You're Invited!

Weekly worship at Light of Christ at 9:00 am or streaming online via our [Facebook page](#).





HS Summer Trip – Registration Closing Today!

Join our high school youth for a great service-learning trip to the North Shore this summer from **July 23-29!** We will serve at some social-justice agencies in/around Two Harbors for 3 days and then have time for fellowship and adventures on the North Shore. Registration is open to current 9th -12th grade LOC youth and friends. The cost is still being determined (based on numbers) but each youth will receive a \$100 scholarship from our congregation. Talk to Kirsten if you have any question and [register by TODAY, April 4th!](#)



Opportunities for Children at Light of Christ

SUNDAY SCHOOL: for children 3-years through 4th grade – Sundays from 10:10-11:10 am

Note: Sunday school will not meet April 17

CLUB 5-6: for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm.

There is no Club 5-6 during Lent. We resume April 20 and go through May 25.

SPARK:

- 1st and 2nd grade resumes **April 20** for 4 weeks. This is an afterschool program from 3-5 pm. [Click here to register.](#)
- 3rd and 4th grade Spark will meet for an additional 2 weeks on **May 18 and 25** – sign up link coming soon.

MEGA SPORTS CAMP: our Vacation Bible School, for children 3-years through 4th grade, runs **July 24-27** from 5:30-8 pm. [Click here to register.](#)

WAPO BIBLE CAMP: While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. Register at this link: <http://lwlbci.com/lightofchrist>

- There is a Wapo one-day camp on **August 3** for those who completed K-4th grade to experience what camp is like.

