

Worship

Worship services will be recorded and posted on the church website. Online worship will continue until the restrictions for large group gatherings are lifted.



Church Council 2021

Wes Aylsworth
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Elizabeth Kohlhof
Tom Sebelien
Lisa Spencer
Stacy VanCura
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



HOLY WEEK

Please join us as we mark the end of Lent and travel through Holy Week. The Holy Week schedule is as follows:

- † Maundy Thursday, April 1st
- † Good Friday, April 2nd
- † Easter, April 4th

All services will be posted at 8 AM on our YouTube page and on the church website. They will involve many members from the Light of Christ family, as well as a mix of musical styles.



Light of Christ Lutheran Church is seeking a Shared Ministry Coordinator to help build and coordinate a spiritual gifts ministry where peoples' gifts and areas of interest are matched with opportunities for service and ministry. If you can see yourself supporting our congregational membership process by actively connecting visitors and members with the life of the congregation and engaging people in their areas of giftedness and passion, please contact Jo Williamson at lohwil@msn.com with your interest. The full job description is available through the church office (terri.reuter@locdelano.com), or on the church website.

Dear Light of Christ,

Thank you, Pastor Bruce, congregation and staff, who have kept me in your prayers. Thank you for the inspirational card and thoughtfulness. So grateful to have such a supportive faith family.

Stacie Engel



Love INC Needs Volunteers

Love INC's Fresh Start group is starting to meet again in person on Monday nights and is in need of adults to help watch children (ages approx. 4-10) while the group meets. Fresh Start is a class series designed to help adults learn new skills and set goals to break the cycle of poverty. Interested folks can contact Doug Stewart (the Executive Director) directly at director@loveincheartland.org.

March Is Food Share Month

Every year Light of Christ designates March as *Food Share Month* for the Delano Food Shelf. LOC members are encouraged to donate items in need - monetary contributions are also appreciated. Items most needed include personal items, cleaning supplies, cooking/baking items although all items are appreciated. They can be dropped off at the Food Shelf on Thursdays 1-4, at the church Mon.-Thurs. 8:30-1:30 in the shopping cart inside the fellowship hall entrance, or at Jo Williamson's home at 536 Meadow Rose Ct in Delano. Thank you also for those who manage the Food Shelf including LOC's Jo Williamson and Sue Stahlke, and other LOC members who volunteer at the Food Shelf. Your service is so needed!



Caring Corner

(by Sue Fink with LOC
Healing and Wholeness Ministry)



The next few articles will bring information about some of the most common mental illnesses. Sometimes we are too close to the situation to recognize when we or someone we love is losing their mental balance. It is often easier to ignore or deny a concern than to talk about it honestly or seek care. But God promises to walk with us THROUGH the dark times so we need not fear taking the first steps toward a healthy life.

This pandemic year has exacerbated many emotional and mental illnesses, and one of great concern is eating disorders. Eating disorders are complex mental health conditions that often require the intervention of medical and psychological experts to alter their course. Although eating disorders can affect people of any gender at any life stage, they're most often reported in adolescents and young women. In fact, up to 13% of youth may experience at least one eating disorder by the age of 20.

Eating disorders clearly illustrate the close links between emotional and physical health. When a person struggles with anxiety, depression, tensions at home or school, OCD, low self-esteem, bullying, alcohol or drug abuse, they may begin to try to control their life by obsessing about what they eat, overdoing exercise, and be abnormally conscious of their weight and body. This can spiral out of control and can become life threatening if untreated.

The most common types are anorexia, bulimia and binge eating disorder. Anorexia causes a person to limit their caloric intake very irrationally, which can lead to heart failure, muscle loss, osteoporosis, loss of menstruation and overall fine body hair. The person will still see themselves as "fat" even when they become severely emaciated.

Bulimia refers to people who binge eat large amounts of food and then purge by forcing themselves to vomit or by overuse of laxatives. They are secretive and may not be noticeably underweight so it may require careful observation to recognize it. This behavior can damage the esophagus, tooth enamel, cause heart failure, rupture of the esophagus and pancreatitis.

People with binge eating disorder have episodes of binge eating in which they feel totally out of control and eat huge quantities to the point of great discomfort. They do not purge but feel very guilty. It is a chronic condition and can lead to severe obesity, diabetes, hypertension and cardiovascular disease. It can start in childhood.

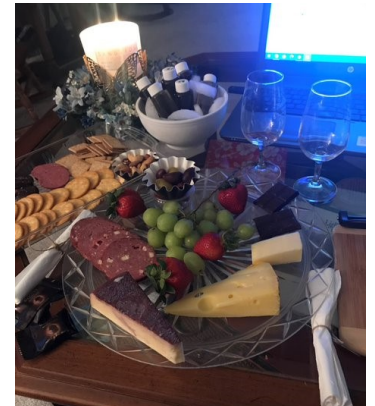
Treatment is tailored to the individual need and likely will include a team of doctors, nutritionist, nurses and psychotherapists. Medicines such as antidepressants, antipsychotics or mood stabilizers can help treat the depression and anxiety that accompany the disorder.

Support can start through NEDA - National Eating Disorder Association

- ◇ For 24/7 crisis support text "**NEDA**" to 741-741
- ◇ Find resources and treatment options at: myneda.org/find-treatment
- ◇ Take a confidential screening at: myneda.org/screening
- ◇ National Eating Disorders Helpline: myneda.org/helpline-chat

Prayer of hope: *Break into my confusion, Lord. Help me to know who I am and what I am meant to be. Guide, uphold and strengthen me as I leave behind the world of limits and labels. Guide, uphold and strengthen me as together we create a world of infinite possibility.* Rev. Susan Gregg-Schroeder

Here is a sampling of photos that families submitted from our Youth Charcuterie Fundraiser that took place on Sunday, March 21st! We had so much fun gathering online for some fellowship as we enjoyed great food at home and some amazing entertainment by Marcus Hanson, Katie Kohler and Kirsten Kelly. Thanks to Jennifer Grant and Marcus for all of their time organizing this event! Thank you to Taylor Meats in Watertown for their generous summer sausage donation for our event! And thanks to everyone who attended and supported us financially! We raised over \$1,600 to support 13 youth going on our summer trip to Denver. If you'd still like to make a contribution towards our summer mission trip to Denver, please send a check or [pay online](#) and designate for "**Youth Mission Trip.**" Thanks for your support!



2020 Contributor Statements

Your contributor statements are now available to print at your own convenience from the Light of Christ online member portal (click on **Member Portal** icon on the [church website](#)). Due to this electronic conversion, we will not be mailing out statements. If you have any questions, or do not have internet access, please contact the church office.



Stay Informed!

Church Council meeting minutes can be found on the [church website](#).

Connect and Converse during Zoom Bible Study

Sundays 5:00-6:00 p.m. via Zoom

Come to explore what God's Word says for life today. Each week we take a portion of Scripture. All are welcome!

To get your Zoom link for the study, email Tim Johnson at tdale57@gmail.com.

You may be as active in the discussion as you like. We all learn a little something from each other as we ponder the power and beauty and truth of God's Word.

More comments from current bible study attendees:

"Zoom is a convenient venue for bible study. It works well."

"The format of our study allows for participation in whatever way is most comfortable for the participants."

We are excited to announce that we have transitioned to a new church management software in 2021! The new software is called Breeze. There were several reasons prompting the change to Breeze, including cost, ease of use, and more available features. Breeze allows us to:



- Track membership
- Track giving
- Manage events
- Send mass texts and emails to members
- And more!

Members will have access to their own account in Breeze, where they can:

- View and, in certain instances, edit their own information
- Track giving history
- View groups they belong to
- Register and check-in for events

Watch for more information to come as we continue to rollout this new software!

Youth Ministry doesn't just happen! It's a priority because of your faith and generosity. While many volunteer time and energy, a good deal of our ministry happens because we have resources to employ staff who organize, encourage, create, shepherd and guide our youth ministry.

Simply put, financial giving—your offerings—translate into ministry. What an amazing way to express your faith and your care for our young folks. Electronic giving, Simply Giving, checks mailed in, envelopes dropped off, website options used. All of these bless our youth. Thank you!



Upcoming Sunday School Lessons

- 4/3—NO SS - Easter
- 4/11—The Easter Story
- 4/18—Thomas Believes

Online Sunday School

Sunday school continues to be available online through April 11. The 3yr-2nd grader lessons are on YouTube and the 3rd-6th graders are using Wakelet. The lessons are available all week and can be viewed when it works best with your family schedule. If you are not signed up for Sunday school and would like to receive these links, please contact Kim at Kim.Wortz@locdelano.com.



In-Person Sunday School— April 18th through May 23rd!

- It will take place outdoors immediately following 3:00 pm worship and last one hour for all children ages 3-years-old through 6th grade.
- Each session, we will have music time with Katie Kohler, focus on a weekly bible story, break out into discussion groups, and play fun games.
- All parents are welcome to stay, but we specifically ask that 3- to 4-year-old children have at least one adult stay with them the entire time.
- We pray for nice spring weather so we can hold as many sessions as possible outside. In case of bad weather, Kim Wortz will send out an email that will include the bible story for that day as well as an activity for parents to do with their child/ren.
- Wearing masks is optional while being outside, but please have your child/ren bring one in case they need to enter the building where masks are required.
- Also, in order to plan accordingly, we are asking that parents sign up for each week that their child/ren will be attending. So, please be sure to watch for those weekly signups.

Lastly, just like during pre-Covid times, running the Sunday School program in-person this spring will greatly depend on volunteers. Therefore, we will be reaching out to parents and former Sunday School teachers to help make all this happen. We are very grateful to all those who have volunteered to lead the lessons as well as help with the crafts, activities, and games that make our Sunday School program a success. We are confident that we will have enough adults to help our children once again take advantage of this wonderful opportunity to grow in their faith while having fun with their church family. On May 23rd, we will end the school year with a celebration including a bunch of fun activities and time for fellowship. If you are interested in volunteering or have any questions, please contact Kim at Kim.Wortz@locdelano.com.

Spark Is Back!

Light of Christ's after-school program, Spark, is starting up again soon! The program is built to further the education of 1st-6th graders about the Bible and our Lutheran faith as well as prepare the children for important milestones in their faith journey. During Spark, the kids have a snack, play games, do a craft, and discuss important faith topics. Due to the current pandemic, Spark is running a little differently this year. First, we have had to combine some grades for scheduling purposes. Also, in order to hold the program outside where the risk of getting Covid-19 is low, we have had to rely on warmer weather. Each session takes place after school at church until 5:00 pm.

Here is the schedule for Spark's spring sessions, which will take place on the following Wednesdays (weather permitting):

- 4/07 & 4/14: 5th & 6th grades combined
- 4/21 & 4/28: 4th grade
- 5/05 & 5/12: 3rd grade
- 5/19 & 5/26: 1st & 2nd grades combined

Registration can be completed on Light of Christ's website or using the direct link: [LOC Spark for 1st-6th graders](#). For those who registered for Spark's fall session, there is no need to re-register. Thank you to all our LOC families for their flexibility, understanding, and support as we have had to make changes and adjustments to our children's programming this past year. Any questions concerning Spark may be directed to Catherine Borman at Catherine.Borman@locdelano.com.



EVERY MEAL
FIGHTING CHILD HUNGER

Sunday School Offering Project

Our Sunday school offerings are being collected until the end of the school year to help support Every Meal Fighting Child Hunger (formally Sheridan Story). Their mission is to help stop child hunger across Minnesota. Every Meal focuses on the weekend food gap, summers, and extended breaks when children are not able to receive meal programs at school. The children have been filling up their jars at home and will be bringing them when we start outdoor Sunday School on April 18th. If you would like to contribute to this cause, please go to our [website](#), click on the **Give** tab and under "**Designated Gift**," please type "**Sunday School Offering**" in the field. If you have any questions, please contact Kim at Kim.Wortz@locdelano.com.

VBS Is Coming Soon!

Spring is here and summer will follow soon enough! **Parents of current preschoolers-4th graders:** look at your calendar and set aside the 3rd week of July for Light of Christ's Vacation Bible School! Although VBS had to be done virtually last summer and will be running a little differently this summer as well, LOC is excited to welcome back the children in-person. We hope you will keep LOC in mind as you make your summer plans. More details about each program and access to registration links are given below:

LOC's Preschool VBS is for children who turn 3-years-old by July 20th up to those entering kindergarten in the fall of 2021. The theme for this camp is "Through Life's Ups and Downs, Jesus' Power Pulls Us Through". It is taken from the Rocky Railway VBS program that LOC was supposed to do last summer but was unable to due to the pandemic. This program will run daily from 4:00 pm-5:00 pm Tuesday, July 20th-Thursday, July 22nd and will be led by Kirsten Kelly. More details can be found and registration may be completed at **LOC Preschool VBS**.

LOC's VBS led by Shetek Lutheran Ministries is for children who will be entering grades 1st-5th in the fall of 2021 and will be led by Shetek Lutheran Ministries. The theme for this camp is "Dwell Faithfully" based upon the bible verse *As the Father has loved me, so I have loved you; abide in my love*-John 15:9. This program will run daily from 9:00 am-2:30 pm Monday, July 19th-Thursday, July 22nd. More details can be found at **LOC VBS led by Shetek Lutheran Ministries**.

10th grade Confirmation Fellowship Event

On Wednesday, May 12th from 6:30-8:00 pm, we are going to have a fellowship event for all 10th grade youth who will be getting confirmed this spring. We will meet in the parking lot for a bonfire and grill some brats and hotdogs. We'll hang out, play some games and also get a group photo of this year's Confirmation class... don't miss it! Note: in case of bad weather, we'll move it back to 5/19.



HS Mission Trip

We currently have 13 youth registered for our HS Mission Trip to Denver, CO through **Service Learning Camps**! Assuming it is safe to travel, the trip will take place July 10-17 and we plan to fly.

Registration is open to youth currently in grades 8-12 and we have 20 spaces total. Registration and more info can be found online **through this link**. Please contact Kirsten with any question and ***sign up soon!***

Register for Summer Camp!

Join us at camp this summer! We encourage you to invite a friend and sign up for *any* week that works for your family!



Lake Wapogasset Lutheran Bible Camp (<https://lakewapo.org/>)

So far, we have 14 youth signed up to attend Wapo this summer (7 kids each of the following weeks: June 27 and July 25). Wapo is welcoming church staff to visit kids for at least a day. So, if that helps you feel more comfortable to register your child, know that we will be there at least one day to check in and give you an update!

- **June 27-July 2:** completed grades 4-12 (25 spaces remaining)
- **July 25-30:** completed grades 4-12 (full but get on the waiting list in case spots open up!)
- **July 21-23 (Wapo Seeds):** completed grades 1-3 (many spaces available)

Green Lake Lutheran Ministries (<https://www.gllm.org/>) - Currently, we do not have any LOC youth registered at GLBC.

LOC will offer scholarships again to any youth who attends Bible camp (\$100 for week-long and \$50 for the "abbreviated" camp). Families are encouraged to register for the camps even if it means getting on a wait list since they are hoping to open up more spaces for each week at camp as it gets closer to summer. Please contact our staff with any questions you have.