



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

Quilts for Grads... Thank you, Hailey and the Endowment Fund!

Over the past few months, Hailey Ness has worked on purchasing supplies and making the tie-quilts for our Light of Christ grads. She worked on the 23 quilts as a National Honor Society project along with other NHS youth. Our Club 5/6 youth also helped tie 5 of the quilts (thanks to Cynthia and Pastor Bruce for prepping and cutting the fabric). These beautiful quilts will be given as a gift to our grads on Graduate Recognition Sunday, June 5th.

We also want to say a huge thanks to the Endowment Fund for helping to cover \$500 of the cost for the quilts!

Reminder: grads, turn in your senior photo and info to Terri by **Tuesday, May 24th**! Thanks to everyone who helped make this special project happen!



Fifth Sunday Offering for May

Our Fifth Sunday offering for May will be for the Eastern Europe Response through the ELCA Lutheran Disaster Response. This agency is accompanying companions in Ukraine, Hungary, Poland and Slovakia as well as the Lutheran World Federation and Church World Service in their humanitarian responses to the crisis. These partners provide refugees with immediate support and supplies such as food, blankets, water and other needs. The funds donated are used 100% to provide support for people impacted by the conflict in this region. You can donate online from the [church website](#) and enter under "Designated Gift" or write a check to the **Lutheran Disaster Response**. Thank you for giving to those in dire need.



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.*

Caring Corner

(by Sue Fink with the Healing and Wholeness Committee)

May is designated as Mental Health Awareness Month to bring awareness, education, acceptance, and support while erasing the stigma associated with mental illness. Here are the most current facts related to mental health and why it's so important to keep talking about it and continuing to spread the word and advocate to increase the capacity of our medical system to treat mental illness.



- 2 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds of them receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 55% of U.S. counties do not have a single practicing psychiatrist.
- 1 in 5 young people report that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experience a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among U.S. adolescents.
- Three quarters of Americans (75%) say they are not content with the state of mental health treatment in this country. That is particularly true if they are diagnosed with a mental health condition (84%).
- 60% of Americans are concerned about the stigma around mental illness.
- Less than half (49%) of Americans consider themselves familiar with the U.S. mental health care system.

NAMI.ORG has shared a press release for Coming Together 4 Mental Health: <https://nami.org/Press-Media/Press-Releases/2022/Coming-Together-for-Mental-Health%E2%80%9D-Is-NAMI-s-Urgent-Appeal-During-May-s-Mental-Health-Awareness-Mon>

*May God bless all of us and our loved ones
who struggle with mental illness.*

*"Even though I walk through the Valley of Darkness, I will
fear no evil, for You are with me." (Psalm 23)*

Light of Christ's Annual Summer Picnic Tuesday, June 7th from 6:00-7:30 pm at church, hosted by Community Life

We will provide a boxed lunch of either fried or grilled chicken along with potatoes, gravy, coleslaw and bottled water. Gluten free options are available as well. We will sit outside, weather permitting, so please bring a lawn chair or blanket to sit on. Please [click this link](#) to sign up for the picnic and to choose your meal **by June 1st**. We will also be recognizing the newest members of Light of Christ that evening. Looking forward to seeing everyone there! If you have any questions or concerns, please feel free to contact Kelly Harstad at 763-227-8246 or kellyharstad8@gmail.com or Heidi Goldbeck at 612-418-0111 or heidigold100@gmail.com.



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 May. Brochures and pledge cards were mailed out, but you can also find them in the narthex; or you can pledge online at [this link](#). Thank you for your great generosity!



FYI

The church office will be closed on Fridays, starting May 2^{7th}, through August.

"Then you will call on me and come and pray to me, and I will listen to you." Jeremiah 29:12

Together we come to the Lord. Together we call upon the Lord. Together we pray to the Lord. And, what a promise...that the Lord will listen to us!

Join us on Sundays, both in-person and live-streaming via our [Facebook page](#). Or find Light of Christ on [YouTube](#). Either way, be sure to "call...and pray... and come to the Lord!"



Coffee and Sundays go hand in hand. Well, if you like coffee, that is ☺.

You may have noticed, we've been putting the coffee (and donuts, etc.) out on Sunday morning more and more.

Sometimes it's just because; sometimes a group may be raising money for their ministry. Either way, we'd love to encourage you to "take a Sunday," either as a ministry, a family, a team or committee, or as friends. And you can do it simply to create some good Sunday hospitality or to raise awareness.



We've got a couple of folks who will get the coffee brewing in the morning. But it's your call as to whether you'd like to pick up some donuts, muffins, cookies, whatever...and set them out. If it's a fundraiser, we'll invite your group to cover that cost. If it's just to provide Sunday hospitality, we'll cover the costs.

Click [HERE](#) to sign up. While you have more than one or two who will cover bases, each Sunday only has two slots. But recruit your servers as you'd like. If you have any questions, please reach out to our Shared Ministry Director, Tim Johnson, at (952) 472-1755.



Sunday Greeters are a wonderful way to serve! This ministry of welcome is one of the ways we communicate the Lord's open embrace of everyone--receiving us just as we are, whether things are going well in life or if they feel like they're turned upside down.

Greeters essentially communicate,

"You are welcome here. We're glad that you're here. This is the place to be!" Sunday Greeters arrive at church about fifteen minutes before the service begins. Putting on a name tag and stationing yourself at the front doors to the church, you're ready to extend a friendly smile, a handshake, and a good morning. This ministry is perfect for singles, couples, families, younger and older folks. To sign up, click on this [SignUp Genius link](#). Any questions at all, reach out to Tim Johnson @ Tim.Johnson@locdelano.com or 952-472-1755.

A Way to Connect; A Way to Serve

Ushers are needed for our worship services. Each time we gather, Light of Christ ushers help to greet and otherwise help members and guests to feel welcomed as they come to worship. We need three ushers for each service. Ushers are asked to arrive about 10-15 minutes early, pick up some bulletins and prayer cards, and then be at one of the three doors coming into the sanctuary. A warm greeting along with passing out



these worship helps will create for an important hospitality job to happen.

Please [click here to sign up](#) for any upcoming Sunday. Thank you! You help Light of Christ be a place of genuine warmth and welcome to guests and members alike!

Mark Your Calendars!

- ♦ **Incoming 7th Grade Confirmation Info Meeting:** We invite current 6th grade youth and parents to attend a short informational meeting on **Wednesday, June 1st at 6:30 pm** in the Sanctuary. Please attend if you are planning to start Confirmation this fall at Light of Christ or even if you would just like more information.
- ♦ **Grad Sunday, June 5th:** Light of Christ seniors... please mark your calendar for the blessing and celebration of our graduates at 9 am worship!



Opportunities for Children at Light of Christ

- **CLUB 5-6:** for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm **through May 25.**
- **SPARK:** **May 25** is the last Wednesday for 3rd and 4th grade Spark—sign up at <https://lightofchristdelano.breezechms.com/form/2b64f1>.
- **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://lwlbc.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.



HS Fellowship!

The Living Room is open EACH Wednesday night starting at 7:45 pm (if we have something scheduled or not) if you'd like to hang out, play games or chat about anything. There is Confirmation from 6:30-8:00 pm, so Kirsten is normally here (and often done by 7:45 pm)! We always have service project ideas, so if you need hours (for Confirmation or NHS), please let us know.

Here is the upcoming Wednesday schedule for HS:

- **May 25** = Living Room open (last night of Confirmation)
- **June 1** = **HS Bonfire/Volleyball/Gaga, 7:30-8:30 pm** (incoming Confirmation meeting at 6:30 pm)