



## 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](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)

## Sisters of LOC November Event

Come out and join us (Sisters of LOC) for a fun night of painting & a pint at Lupine. Choose one of the projects to create for the night:

- 1) Decorative cutting board 9" x 14" \$39
- 2) Let it Snow snowman 9" x 12" \$32
- 3) Snowman JOY 6" x 10" \$32
- 4) Pair of Angels 7" and 9" \$29

The price includes all the supplies and a beverage of your choice. The class is taught by Annie Hayes of Studio527. There are a limited number of spots, (15) so sign up early! The link to sign up is on the LOC Facebook site or you can [sign up here](#).

**When:** Thursday, November 3<sup>rd</sup> from 6:30 PM until approximately 8:30 PM

**Where:** Lupine Brewing Company  
248 River Street North  
Delano, MN 55328

Hope to see you all there!

Kelly Harstad with Sisters of LOC

Please feel free to reach out to me for any questions. [kellyharstad8@gmail.com](mailto:kellyharstad8@gmail.com)



## We Want to Hear from You!

Your Vision Ideas responses are helping our Vision Team to get a clearer picture of some future priorities. Thanks, if you've filled out a Vision Response Form. We are collecting input on various Ministry Initiatives as well as Facilities Options.

On our [website](#), under the **About** tab and then under **Visioning for the Future**, you can watch Pastor Bruce's vision overview while also "voting" your sense of priorities on the Vision Response Form. You'll find these:

- Pastor Bruce's Vision Overview: <https://youtu.be/Es5IzXs2iCw>
- Vision Response Form

You can also fill out and put into the basket one of our green Response Forms found on the Welcome Center. Add to the already 60+ responses. We'll give up update in another week or two.



## Fifth Sunday Offering (October): Birthday Ministry for Love INC



Light of Christ works in collaboration with Love INC to provide birthday gifts and birthday party supplies to families of children ages 12 and under. Families selected are vetted by Love INC and meet all requirements for assistance. The Light of Christ Birthday Ministry Committee is responsible for securing items needed including gifts, gift bags, wrapping paper, plates, napkins, balloons, cake mix, frosting, etc. Committee members then assemble the birthday bags, which are picked up by Love INC for distribution to the families for a great birthday party!

The Birthday Ministry is fully funded by Light of Christ congregation members, and our October Fifth Sunday Offering has been selected to help support this important ministry.

You can donate to this ministry [Here](#) by clicking on the **"Donate now"** button under the *October Fifth Sunday offering* tile. **Please make your donation by Nov. 6<sup>th</sup>.**



## Monthly Food Distribution

The next distribution will be on **Monday, November 14<sup>th</sup>**. If you would like more information or would like to sign up to help, please reach out to Tim Johnson.... or click on one of the following links:

- **11:00 am at Our Father's** for packing boxes  
(register at this link:  
<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm here at LOC** for distribution of the boxes  
(register at this link:  
<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

Thanks to all who help in this ministry!



## Caring Corner

(from Sue Fink of the  
Healing & Wholeness Committee)



### Depression and Mental Health Screening

October is designated as *Depression and Mental Health Screening Month*, and while October is at an end for this year, your opportunity to learn more about this important topic is ongoing.

If you've had a physical exam, you likely have been asked by the nurse or doctor whether you are feeling sad, depressed or anxious. Then if you say "yes," they will give a paper screening form to complete where you are asked specific questions, and your answers are given a specific point designation. When totaled up, it will indicate whether you have depression or anxiety and the severity of your current feelings/symptoms. This then, hopefully, leads to a discussion with your doctor about your emotional health, which can affect your physical health, and then lead to either medication or therapy or both. Severe symptoms may require inpatient care. After a few weeks of treatment, your follow-up exam screening determines if treatment is being helpful or perhaps if a change in meds or therapy is needed.

In researching this topic, I found an amazing website for an organization called Mental Health America, [mha.org](http://mha.org). MHA was "founded in 1909 and is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all." The website contains a wealth of information in a well-organized, step-by-step format. Check it out!

On the website you will find screenings for the most common major mental health conditions, including depression, mania, anxiety, PTSD, psychosis spectrum, eating disorders, and attention deficit hyperactivity disorder (ADHD). The test alone is an insufficient basis for determining an official diagnosis, but they may indicate your level of risk for a treatable condition and help motivate you to get a formal assessment. (as stated in a new book "You are not Alone" written by Dr. Ken Duckworth, the chief medical officer of the National Alliance on Mental Illness (NAMI)).

If you are concerned about yourself or a loved one, go to our [website for resources](#) (under *Support/Mental Health/Education/Symptoms*), try an online screening and see your medical provider. Much like diabetes, heart disease or cancer, early detection and treatment is essential as symptoms can worsen over time, and if diagnosed and treated early, your outcome is much better.

As my husband and I learned in the NAMI 'Family to Family' course when our son was hospitalized with PTSD and depression:

*It's not your fault. You are not alone.  
There is hope.*

## Light of Christ



We have many who partner in the work of serving our broader Delano/Wright Co. community and neighbors. These are organizations that seek to care for people in need, help in improving the quality of life, and simply invest in the fabric of this place we all call home.

Light of Christ's Gratitude Project is a way for us to express our thanks to the individuals – workers, staff, volunteers – of these community organizations for the work they do. In fact, we're starting this project by thanking the folks at Love INC. Their many services include providing back to school supplies,

Thanksgiving baskets, Christmas Store and Sharing, Birthday Ministry, clothing, personal items and even furniture.

What we're doing...

- Signing our big thank you card in the narthex over the next couple of weeks. Sign your name. Jot a message.
- Taking a small group of LOC folks over to Love INC here in Delano on Tuesday, November 22<sup>nd</sup> at about 9:30 a.m. to....
  - Bring and share our big thank you card
  - Bring and share coffee and breakfast pastries
  - Simply say thanks (This is their big monthly staff/volunteer meeting, so there will be a good number of folks there)
  - Serve, mingle a bit, clean up, and head back

How can you help? A number of ways:

- ♦ Sign the card
- ♦ Pray for their ministry and work
- ♦ Sign up to help on the 22<sup>nd</sup>
- ♦ Shop for the hospitality items we'll bring with us
- ♦ Be a "thanker"

### **Take the lead with another Gratitude Project**

- ⇒ Choose an organization to thank
- ⇒ Recruit a few volunteers to help
- ⇒ Reach out to the organization
  - \* Find a day and time that works to bring coffee/donuts (or whatever you choose)
- ⇒ Help host the card signing for a couple of weeks
- ⇒ Arrange for the purchase of hospitality items (we'll cover the costs)
- ⇒ Head on over on your arranged day/time and bring a word of thanks along with some treats for them.

Sign up at our Sign-up Genius:

- Love INC Project sign-up link: <https://www.signupgenius.com/go/30E0848A9A72AAAF85-gratitude>
- Future Gratitude Projects link: <https://www.signupgenius.com/go/30E0848A9A72AAAF85-gratitude1>

More information? Reach out to Tim Johnson at 952-472-1755 or [Tim.Johnson@locdelano.com](mailto:Tim.Johnson@locdelano.com)

## Advent Charcuterie Fundraiser- *Save the Date!*

**When:** Sunday,  
December 4<sup>th</sup>

**Time:** 5-7 pm

**Where:** LOC Fellowship  
Hall



**What:** Great food, fellowship, music (by Katie Kohler & Marcus Hanson), Advent hymn sing, small "youth services" live auction and optional wine/beer tasting!

**Who:** Adults 21 and up

**Registration:** Coming soon!

**Proceeds:** Benefit the youth going to Belize

## Stay Informed!

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



## MEETING MINUTES

## Why Pledge?

There are a few really good reasons that people pledge or make a financial commitment to the church's ministry. Here are a few:

- Pledging helps us embrace the discipline of giving. If we think that giving is a good thing to be about, then creating a discipline helps that to become a part of the fabric of our lives. They go hand in hand.
- Pledging feels good. We all have important intentions to be about the things that are good in life. Pledging ensures that our giving happens. And this feels good when we follow through.
- Pledging makes a difference in other's lives. Pledging helps us prioritize our giving. And this is not somehow because the church needs our money, but it is because our faith needs to be put into action. And that's what ministry is. Giving fuels ministry!

Pledge cards are at the Usher Station. Or you can go online to our website [at this link](#).

Reflecting with  
*gratitude...*

**2023 Faith Commitment Card**

Name(s): \_\_\_\_\_

I (we) plan to give \_\_\_\_\_ dollars to Light of Christ's ministry at this frequency:  
(Please circle your choice)

weekly / semi-monthly / monthly / quarterly / semi-annually / annually / one-time gift

The total amount of my/our commitment for 2023 will be: \$ \_\_\_\_\_

Please place this card in the envelope and seal it, then place in the  
Sunday offering or mail to 3976 County Line Road SE, Delano, MN 55328

## 2023 Pledges & Online Giving

If you need to change your automatic contribution amount due to your 2023 pledge, please log in to your [MyVanco account](#) or contact Terri in the church office to make the change. Your pledge card does not authorize the church to make these changes.



## Light of Christ Quilt Group

Quilters meet on Mondays  
at 10:00 am at church.  
No previous quilting  
experience necessary!

A Light of Christ member has donated a brand new, still-in-package, boys' size small white baptism suit. If you or someone you know could use this, please contact Terri in the church office.





The Youth & Family Ministry Team has been talking for awhile about hosting more events for our youth that are focused on connecting and fellowship. So we're excited to share with you that we'll be having our first "HS Friday Night Lights" event in November! We will be going to River City Extreme (in Monticello) for a fun night of laser tag, bowling and arcade games and then we'll head back to church for night games, a movie, maybe some karaoke and then a sleepover at church. You won't want to miss it! [Click here](#) to sign up!

Here are other details:

- **Who:** 9<sup>th</sup> – 12<sup>th</sup> grade youth and friends
- **What:** Overnight fellowship event to connect and have fun!
- **When:** 7 pm, 11/18 – 8 am, 11/19
- **Where:** Light of Christ and River City Extreme
- **Register:** By Sunday, November 13<sup>th</sup>
- **Cost:** \$45 (scholarships available - talk to Kirsten)

## 2023 HS Service Trip

We are so excited to announce that our HS Service Trip in Summer 2023 will be going to Belize!! Registration for youth (grades 9-12) and adults is now open [at this link](#). A few notes:

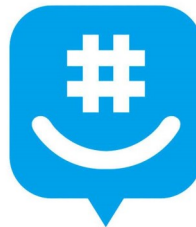
- Youth registration deadline = **Wednesday, November 16<sup>th</sup>**
- Adult Leader/Participant registration deadline = **Wednesday, November 30<sup>th</sup>**
- Tentative dates for the trip are **July 29-August 5, 2023**

Reach out to Kirsten if you have any questions. Thank you for your prayers as we plan for this incredible adventure!



# Social Media

Ever wonder what all the youth at LOC are up to? Interested in seeing updates of all the fun, their growth and amazing adventures they are sharing together (and also know about upcoming events)? Please take a moment to "follow" our Light of Christ Youth Instagram page (username is **locyouth**)!



Kirsten has set up a new **GroupMe** for HS youth at Light of Christ. This will be a great way to share updates and let youth know about upcoming events! If you have a youth in grades 9-12, have them use the link below to get added to the group today!

You're invited to my new group 'LOC HS Youth' on GroupMe. Click here to join:

[https://groupme.com/join\\_group/90191124/2r92PZW9](https://groupme.com/join_group/90191124/2r92PZW9)