



Worship

All worship services will be recorded and posted on the church website so you can watch and stay connected each week. Online worship will continue until the restrictions for large group gatherings are lifted.



Church Council 2020

Kylee Amdor
Wes Aylsworth
Carmen Hanson
Jennifer Hinker
Jon Holzer
Elizabeth Kohlhof
Dan Langner
Tom Sebelien
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
lochrist@frontiernet.net



Free Fresh Produce and Dairy

Sponsored by NourishingHOPE Food Drop and Second Harvest Heartland

Boxes of fresh produce and dairy products will be available for drive through pick up on a first come, first served basis
All are welcome

Tuesday, September 1st 3pm -until gone

Locations for pick up

Corcoran

St. Thomas Catholic Church parking lot

Delano

Light of Christ Lutheran Church parking lot

St. Michael

Colonial Mall

Montrose

Montrose United Methodist Church parking lot

Rockford

Our Father's Lutheran Church parking lot

Buffalo

Buffalo Covenant Church parking lot

Appropriate distancing and covid mitigation practices will be employed

Congregation Connects with One Another and Nature at Outdoor Worship

Light of Christ members safely joined together once again at an in-person worship service on August 23.

See more pictures from the outdoor worship service on page 4 of newsletter.



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 lochrist@frontiernet.net. 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.*

Parent Support Group

Many parents are experiencing feelings of anxiety and uncertainty as we plan for the upcoming school year. If you would like to learn more about Light of Christ's Christ-centered parent support group starting this fall, please email our facilitators, MJ Pearson (mjpearson.msw@gmail.com) and Catherine Borman (catborman@gmail.com). This group will follow social distancing protocol and will meet outside. We will meet in our outdoor worship space so that parents of young children can utilize the playground during our meetings. Please let us know your preference for meeting time whether it be a specific evening during the week, every other Saturday morning or Sunday afternoon.

Be a Star!

Our staff continues to welcome kids, youth, families and/or adults of all ages to help us with our video recording for worship!

Parts of worship that we've been looking for include the Lord's Prayer, Apostle's Creed and First Reading. Confirmation youth can use this for Service Hours and HS youth could use this for NHS hours. Contact Kirsten Kelly or Katie Kohler if you'd like to participate and submit a recording!



CARING CORNER



Created by Light of Christ Healing and Wholeness Ministry

We pray for and applaud all you Light of Christ parents who are doing the very best you can in the midst of the pandemic and the societal unrest. This week's "Mental Health Wellness Tips for Quarantine" are for you. (unknown author is a PhD from NY who specializes in School and Clinical Psychology)

1. Find something you can control and control the heck out of it! In moments of big uncertainty and overwhelm, control your little corner of the world. Organize a book shelf, purge your closet, rearrange the furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.
2. Engage in repetitive movements and left-right movements. Research has shown that repetitive movements like knitting, coloring, painting, clay sculpting, jump roping, etc. and right-left movement such as running, drumming, skating and hopping can be effective at self-soothing and maintaining self-regulation in moments of distress.
3. Reach out for help - your team and church family are there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up with your medications and therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children's teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult duty of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents and neighbors to feel connected. There is help and support out there, any time of the day - although we are physically distant, we can always connect virtually.

Remember to cast all your cares upon the Lord, pray in all circumstances and expect good things. Reach out to your church family. We ARE all in this together, with God's help.

Save the date:
Sunday School
Blessing and Kick-Off
Celebration on
September 20th
at 4:00 pm.



Come join us outside as we celebrate the start of a new school year. We will explain how Sunday School will look this fall. Watch for Sign Up Genius and more information coming soon.

Change for Children

Our children and youth are organizing the 2nd Annual Change for Children to raise money for the [ELCA Global Barnyard](#). (Watch a short [video about the Global Farm Challenge!](#))



Last spring, this project exceeded our expectations and we raised \$1,447.97! This allowed us to purchase 2 cows, 3 goats, 3 pigs, 100 chicks and 4 sets of seeds and gardening tools (which are given to families around the world to create sustainability and food for their families). To learn more about the ELCA [Good Gifts program](#).

This year we are setting our goal a bit higher and hope to raise \$1,500 over the summer months! We encourage families to make a Change for Children jar at home and later in the summer we will share details about how you can drop off your donation. Donations can also be made [online on our giving page](#) (make sure to indicate "**Change for Children**"). Thanks for your support as we collect change and come together to make "Change for Children"!

How You Spend Your Money Makes a Difference!

Do you drink coffee or tea? Eat chocolate, nuts or dried fruit? Did you know that the Light of Christ high school youth sell Equal Exchange products, even during COVID? If you've never heard of Equal Exchange (EE), here is a [short video](#) about why EE purchases are important. Each purchase supports small farmers around the world (and now more than ever, we need to be supporting these small family-owned farms, which are struggling to survive) as well as our youth right here at Light of Christ! Order through our [online store](#) and have them delivered to your house **FOR FREE** (or to a friend to brighten their day)! You can make difference with your purchases!



Important Confirmation Dates and Information

Although Confirmation will look very different this year, we are planning to do the best we can while keeping our youth, Guides, and staff all safe. We will be meeting with the Wellness Task



Force to talk about how we can conduct Confirmation, SS, and Spark in a low risk fashion. That being said, we appreciate your flexibility, understanding, and grace as we navigate this school year. For safety reasons (and space restrictions), we are not planning to do any "in person" large groups this year with all 3 grades. Instead, Pastor Bruce and Kirsten will record their large group teaching, and then videos will be shared in the small groups. We may have some grade-specific events once we have a chance to assess how the school year has started. Small groups will meet outdoors each week (weather permitting at various locations) beginning the week of September 14 through MEA. We are still looking for adults to be Confirmation Co-Guides (co-lead a small group of 6-8 kids), so please contact Pastor Bruce or Kirsten if you are interested! Here are some important dates to put on your calendar:

- **Guide Training** (planning to meet outside at church) = Wednesday, Sept. 9, 6:30-7:30 pm
- **Orientation** (for 7th-9th grade parents and youth - via Zoom) = Sunday, Sept. 13, 7:30-8:30 pm
- **1st Night of Small Groups** = Evenings the week of September 14 (day/time determined by Guides/families)
- **Outdoor weekly small group fellowship meetings taking place until MEA**
- **More info to come about after MEA once we get underway with the school year**

Confirmation youth should continue to work on Worship Notes and Service Hours and complete the [online forms on our website](#).

Please feel free to contact us with any questions, ideas, or feedback. We are all in this together and we appreciate your partnership!



STAYING CONNECTED

More pictures from the Aug. 23 Outdoor Service



We were blessed that Karen Anderson, ELCA Missionary to Chile, could join us to share information on her ministry.



CYF Director, Kirsten Kelly, shares the Children's Message.

Call on the Light of Christ Prayer Chain

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

Are you in need of a prayer during these difficult days? Do you know someone else in need of prayer? If so, please feel free to engage the Light of Christ Prayer Chain. The process is simple and 100% confidential. All you need to do is contact the church office either by email, which is preferred—(lochrist@frontiernet.net), or phone (763-972-2400; please keep in mind office hours are currently limited to Wednesdays, 9:15-11:30 am) with your request. The church office then contacts the group of LOC members ready to 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.



Snap a Family Picture for the Online Directory

Light of Christ

Members: don't forget

about pictures for the online Church Directory! While we are all spending more time at home, this may be a great time to gather the family members and take a picture of the gang. All you have to do is email your picture to [Terri at the church office](#) who will coordinate adding it to our directory.



Connect and Converse during Tuesday Bible Study

Tuesdays 7-8:00 p.m. via Zoom

The Tuesday evening bible study group is now studying the book of James. It's the perfect time to join!

Email Tim Johnson tdale57@gmail.com for a Zoom link. Everyone is welcome!

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.

Start Your Day with Prayer & Music



Our weekly devotion schedule is now three days a week – **Monday, Wednesday, and Friday.** Members' favorite hymns will be featured in the Friday devotions. If you would like to submit your favorite hymn

and how it has affected your faith journey, email Katie at (locworshipmus@gmail.com). You can watch the latest video featuring members' submissions [here](#).