

Worship

Through May 23, there will be outdoor worship at 3pm, weather permitting. Online worship will continue and will be posted on the church website 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!

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Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



2021 Earth Day Events in Delano!

Light of Christ members are invited to participate in several local events promoting earth day. We are specifically highlighting a **Spiritually Focused Nature Walk** that is being led by Paul Nelson, new member of Light of Christ. Everyone interested is encouraged to meet at Deerwood Trail, Rebecca Regional Park, shortly before 7:00 AM on Thursday, April 22nd. Earth Day events include –

- Kiss the Ground Film Showing, April 20th – 1 to 3 PM – Delano Senior Center
- **Spiritually Focused Nature Walk**, April 22nd – 7:00 AM –Rebecca Regional Park—**Meet Paul Nelson at the Deerwood Trail shortly before 7:00 AM**
- Earth Day Celebration, April 24th – 1 to 3 PM – Labyrinth Park in Delano (off Hwy 12) – join along the Crow River for time to enjoy outside activities and information on water
- Earth Day Presentation by John Barton, Clean Water Council, April 29th – 7:00 PM – virtual discussion on restoration efforts for the Crow River, a designated State Water Trail. Zoom Link: <https://us02web.zoom.us/j/86274764054>
- Farm Tours, May 22 – 10 am and 1 pm—Living Song Farm and Solar Fresh Produce Farm—Tour Living Song Farm (10 - 11:30) and Solar Fresh Produce (1 - 2:30) and learn about the ways farmers care for our Earth through regenerative farming practices! Registration required: <https://www.sfa-mn.org/crow-river/>

All sessions are free. All are welcome!

Food Distribution

Through the generosity of Second Harvest Heartland and in collaboration with Our Father's Lutheran Church Nourishing-HOPE, Light of Christ volunteers again distributed assorted food items to area residents. Food entrees were loaded for transportation to Delano with the help of Wes Aylsworth, Lowell Johnson, John McClelland, and Paulette Podratz.



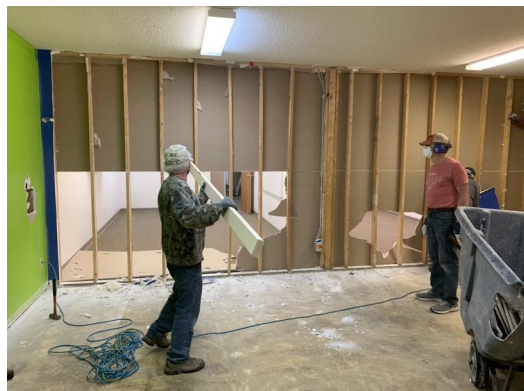
Distribution of food took place at Light of Christ on Tuesday, April 13th with nourishment being provided to approximately 75 families. Distribution was accomplished with assistance from Cheri Ashfeld, Wes Aylsworth, Wendy Caslavka, Paul Nelson, Butch Priester, Joyce and Cliff Specht, Dan and Sally Torfin, JoMarie Williamson, and Jinnelle Weis. The continued help of volunteers dedicated to this essential ministry is a blessing and very appreciated! We again had a chilly afternoon but still lots of smiles behind all the masks!

Light of Christ is grateful to be included in these efforts to assist area families in need. It is heartwarming to experience the willingness of so many to provide resources and assistance needed during this continued unsettling COVID time.

A huge thank you to our Light of Christ volunteers and to all that continue to support community members in so many ways!

Youth Room Remodel Project

Demo has started for our Youth room remodel!! We want to thank Brandt Dinger, Scott Dallmann, Gary Prinsen, Kirsten Kelly, Kim Wortz, Tara Olson, Bill Fink, Charlie Jose, Jonathan Ness, Sarah Ness, Paulette Podratz, Jake Olson, Randy Hildebrandt, and Gretchen Ness for all their hard work. Walls were knocked down, carpet pulled up, doors removed, and lots of sweat given by all. The space is going to be a great place for our youth and LOC members to come together for gatherings and fellowship. You are welcome to visit the room after Sunday's outdoor worship to see the progress. We ask that you wear a mask when entering the building, limit the number of people at a time, and socially distance. Check out these pictures and this video link for the progress so far! <https://youtu.be/JSOW-ijeo08>

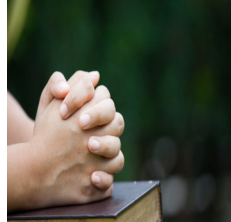


Love INC Needs Volunteers

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.

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. Contact the church office either by email, which is preferred (Terri.Reuter@locdelano.com), or phone (763-972-2400; please keep in mind office hours are currently limited to Wednesdays, 9:15-11:30 am) 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.



Caring Corner

(by Sue Fink with LOC
Healing and Wholeness Ministry)



Stress in Children and Teens

Children and youth are as likely to experience stress as adults, but are just on the start of their lifelong journey to learning skills to verbalize it and develop coping techniques. This past year has been especially stressful due to the fears and uncertainty with the pandemic, political unrest, and frequent changes in the way we are allowed to live our lives due to the pandemic guidelines. Kids need routine and expectations for security, so they are certainly affected with increased stress. Other stressors are too much media and technology; parents' concerns about job loss, money, or struggling relationships; divorce; a death in the family; moving; bullying; concerns with doing well in sports and school. Being a kid isn't all fun and games!

From an October 2020 Guide2Research study, consider the following:

- Seven out of ten teens in the U.S. (13-17 years old) have named anxiety or depression as a major problem among their peers
- 75% of U.S. high school students expressed boredom, anger, sadness, fear or stress while in school
- On a 10-point scale, where normal values for adults are 3.8, American teens rated their stress rate at an average score of 5.8
- Three quarters (75%) of American high schoolers and half of middle schoolers described themselves as "often or always feeling stressed" by schoolwork

Another study indicated that parents way underestimate the level of their child's stress so it is vitally important to tune in to signs your child is experiencing abnormal or chronic stress and talk with him about what worries or stresses him.

Signs of stress in a child may include:

- Lack of energy
- Change in eating or sleeping habits
- Irritability and anger
- Increased complaints of pain, stomach aches, headaches, etc.
- Difficulty paying attention or concentrating at home or in school
- Avoiding activities they enjoy or withdrawing from social interaction

Remind your children that stress can be beneficial in helping them to develop social skills, do well in school or sports, and gain self-confidence by working through and conquering fears and challenges. But help them learn ways to cope with stress such as:

- Help them to set limits on gaming and social media, reduce exposure to violent news and lead by your own example.
- Keep calm and express your anger in appropriate ways. Invite your child to talk, laugh, cry and express anger when he or she needs to.
- Help them problem solve ways to reduce stress, such as managing their responsibilities and time. It's okay to say no and cut back on a hectic schedule of activities.
- Teach children about consequences and let them learn responsibility, both good and bad.
- Provide them with some control, allow them to make decisions that affect them.
- Develop trust and let your child know that mistakes are learning opportunities
- Be a good listener and acknowledge your child's feelings. If he won't talk, share a similar experience and how you felt at the time.
- Have fun and play with them, no matter their age. Joke and laugh.
- Positive thoughts, deep breathing, exercise, relaxation techniques. (Find apps online)
- Encourage drawing or journaling about what they're feeling.
- Teach your children to pray - to turn their worries over to God.

Recognize when the usual tricks aren't working and get your child in to the doctor or psychologist or school counselor.

An excellent YouTube 7-minute video that is geared to kids and teens but appropriate for the whole family is called:

STRESS MANAGEMENT TIPS FOR KIDS AND TEENS, by Mylemarks.com. Click here for video: <https://binged.it/3n0YrSN>

STAYING CONNECTED



Light of Christ members ~

We are so excited to have the opportunity to roll out Breeze, an online member directory, to you. Members are invited to **create your member account by clicking here.** This will allow you to

view and update your own information, view your giving history, and more.

Additionally, you will be able to search the database to view general contact information for other Light of Christ members listed in the online directory. (If you would prefer that other members not see your contact information, please go to the **Contact** section of your profile, click to edit section, scroll down to "Opt into Online Directory," click the "No" button and then click "Save." If you have children, you will also need to go to their profiles and repeat this process.)

After creating an account, you can conveniently access our church's Breeze account by bookmarking this link: **lightofchristdelano.breezechms.com** and then can log into your account at any time.

We are so excited about this new journey at Light of Christ, and are thrilled to be able to release this to you! Here is a great **Member Tutorial video** that may be helpful as you learn this new tool!

Connect and Converse during Zoom Bible Study

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

More comments from current bible study attendees:

"The leader is doing a good job!!"

"My experience attending a Missouri Synod Lutheran elementary school taught me that the bible should be taken literally; in some cases I tend to disagree and I'm not sure that is the right thing to do."

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.

"No one has ever become poor by giving," said Anne Frank. Indeed. In fact, the opposite happens. We give...and yet we receive. Odd math. And yet this is the way God works. Thank you for your giving to Light of Christ! You help this miracle of faith and goodness happen, not only in our church's life, but in your own as well.

stewardship

Start Your Day with Prayer & Music

Devotions are posted on Wednesdays. If you would like to request a song to be featured in devotions, please email Katie at **katie.kohler@locdelano.com**.



JOB VACANCIES

Light of Christ Lutheran Church is seeking a Director of Children and Family Ministry to work in close collaboration with the Director of Youth and Family Ministry in providing a dynamic vision that leads this program forward. If you can see yourself working with our congregation to equip children and families to understand and live out their role as beloved children of God, please contact JoMarie Williamson (**lohvil@msn.com**) with your interest or for more information. The full job description is available through the church office (**terri.reuter@locdelano.com**), or on the **church website**.

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 giftedness and passion, please contact Jo Williamson at **lohvil@msn.com** with your interest. The full job description is available through the church office (**terri.reuter@locdelano.com**), or on the **church website**.

Upcoming Sunday School Lessons

4/25—The Road to Emmaus

5/2—The Great Commission

5/9—The Ascension

In-Person Sunday School Through May 23rd!

- It will take place outdoors immediately following 3:00 pm worship, approximately 4:00-5:00 pm, 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.

- ◇ Outdoor Sunday school sign up for **4/25**:
<https://lightofchristdelano.breezechms.com/form/sundayschool98>
- ◇ Are you new to Sunday school or didn't sign up last fall and want to join in on the fun? **Please register here first before signing up:**
<https://lightofchristdelano.breezechms.com/form/de815b>

Spark Is Back!

Although the original start date for Light of Christ's after-school program was postponed for 2 weeks due to cold weather, Spring Spark is finally starting up again this week! 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. Each session takes place after school at church until 5:00 pm.

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

- **4/21: 6th grade**
- **4/28: 5th grade**
- **5/05: 4th grade**
- **5/12: 3rd grade**
- **5/19: 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.