

Worship

- Indoor worship—8:15 & 10:45 am Sundays—masks required
- Online worship will continue and will be posted on the [church website](#).



Church Council 2021

Steven Dickey
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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September 13th Food Distribution



Nourishing Hope food packing begins with a massive production and assembly line at Our Father's Lutheran Church. Volunteers from several participating churches work together. Wendy Caslavka and Lona Jose (left photo) and Paulette Podratz (right photo) were three Light of Christ workers in September.



Volunteers distributing food boxes in the LOC parking lot on Sept. 13 were (left to right) Butch Priester, Marcie Ludwig, Charlie & Lona Jose, Jo Williamson, Jewel Ekern, and Sally Torfin. A special thank you to Charlie & Lona Jose, and Lowell & Maxine Johnson for handling logistics (truck, bags/boxes) in addition to packing and distribution!

Caring Corner

(by Sue Fink with LOC Healing and Wholeness Committee)



September is Suicide Prevention Month

I recently purchased a newly published book for our Healing and Wholeness Library called "Depression, Anxiety, and Other Things We Don't Want to Talk About." It was written by Ryan Casey Waller, a licensed psychotherapist, lawyer and pastor who also has suffered from depression and anxiety. He speaks of Christ's love for us, and how it is the church's responsibility to minister to those of us who suffer mental illness in ourselves or a loved one. People who have mental illness can get lost - even if they have great faith and loving families.

I want to share, in brief, what I learned on "the epidemic and problem of suicide."

FACT: Two-thirds of people who die by suicide talk about their intentions beforehand, even if in vague terms like, "I won't be around much longer."

FACT: One in five college students will consider suicide in a 12-month period.

FACT: Feeling suicidal is almost always a temporary feeling. Research shows that suicide attempts are up to 30 times more common than completed suicides, indicating that the person often has very mixed emotions about the act.

FACT: Talking or asking about suicide will not put the idea into the person's head, it's already there and they are likely desperate to talk to someone about their thoughts, feelings and life circumstances. **Bringing up the topic is far more likely to save a life than take one!!**

FACT: Thousands of individuals who seriously contemplate or even go so far as to attempt suicide recover and go on to live healthy, happy and productive lives!

What should you look for in someone whom you're worried about their mental health?

- ◇ Changes in personality- for example becoming more quiet or more boisterous and risky.
- ◇ Changes in a person's typical behavior. Lost interest in things that they had previously enjoyed.
- ◇ Changes in a person's day-to-day attitude. Complaining and negative, sullen.

What can you do to help?

- **ASK, ASK, ASK:** Are you feeling suicidal? **BE BLUNT!**
- **LISTEN, LISTEN, LISTEN:** When in doubt just sit with them and listen without judgment or answers. Let them know they are not a burden to you, you're glad to have them in your life, they matter and you are here for them.
- Offer to help them make an appointment and get in to the doctor or therapist.
- Keep at it: the suicidal person is often in a fluid situation that can change day by day or moment by moment. Check on that person every day!

A quote from this chapter by Christian writer, Henri Nouwen: "The friend who can be silent with us in a moment of despair or confusion, who can stay with us...who can tolerate not-knowing, not-curing, not-healing and face with us the reality of our powerlessness, that is the friend who cares."

Please see resources for mental illness on our [LOC website](#), [under Support](#), [under Mental Health](#), [under Resources](#).

Lifeline, first call for help:

1-800-273-TALK (8255)

or text START to 741741

Adult choir rehearsals have begun!

The choir will rehearse outdoors on the patio every Monday at 6:30 PM, weather permitting. Rehearsals will be about an hour. All musical levels are welcome! Bring a chair and your singing voices! If you have questions, please contact Katie at katie.kohler@locdelano.com.



Announcing – Faith, Earth and Living Sustainably Discussion Group



Everyday there is more disturbing news about the health of our common home – earth. In Genesis we learn that God created the heavens and the earth and saw that it was good. We are called to steward the earth and it seems that we're failing. The press is good at reporting negative news, but not at what to do about it. So, if you're confused and don't know how to become better stewards you are not alone. This discussion group is being formed to give members who want to do more a place to share and learn – not only about the problems, but also about the steps we can each take to live more sustainably while being rooted in faith. 12 Thursday night sessions are planned, **starting on October 7th** and ending in January. The discussion group will be led by new Light of Christ member, Paul Nelson. Paul is a trained facilitator and spent his career in the environmental field. For more in-depth information regarding the discussion group, please [click here](#). To register for the group, email your contact information to the [church office](#).

2 Volunteers needed each Sunday morning

Please click [HERE](#) to sign up for greeter/usher duties for Sunday morning worship!



stewardship

Proportional Giving. For many, our giving is not from what's left over. Rather, it is intentional and as a percentage of what God has entrusted to us. Whether to the church or elsewhere, consider intentional proportional giving as a spiritual practice.

Birthday Ministry Needs

The Birthday Ministry, in conjunction with Love INC, provides a bag of party supplies and a birthday gift for children of neighbors-in-need. Our inventory is stocked through donations, both monetary and supplies, so we can provide these birthday bags to local children. Items currently needed for our inventory include cake mixes (*Funfetti is a favorite*), frosting, dessert-sized plates in primary colors, napkins, banners, balloons, candles, tissue paper, gift bags or gift wrap. Donations may be dropped off at the church office. Monetary donations are also helpful and can be given through the offering plate or as a designated gift on our [online giving page](#), marked as "**Birthday Ministry**."

We are also welcoming anyone who wants to join this ministry. The time commitment is low—just an hour or so every couple of months. Volunteers shop for supplies for our "store" and then assemble birthday bags with party supplies and small gifts, based on a questionnaire completed by Love INC for each child. If you're interested or would like more information, please contact the [church office](#).



Blessing of the Backpacks

Blessing students and backpacks at the start of the school year is a good thing. Will you join me in holding students and their families in prayer throughout the school year?



Rally Day 2021: Renewing and Energizing

It was an amazing day of praising God and playing together. Thank you to all who helped! Thank you to all who participated! Great start to a new year of learning! We currently have 103 students registered, 3-year-olds through 6th grade! ***God is good -- all the time!***





Thank you to Taylor, Ryan and Anna Tool for donating their time to put up our new basketball backboard and hoop! We are so excited to have this new hoop up just in time for fall youth activities...it'll be used every week!! Thanks, Tool family!



Fall Youth Schedule

From now through MEA, our youth ministries will be meeting entirely outdoors. On Wednesday nights, Confirmation (grades 7-9) will take place from 6:30-7:45 pm in the lawn/parking lot at Light of Christ with HS Fellowship from 7:15-8:45 pm around the bonfire pit. HS youth (grades 9-12) will begin by helping to lead large group games for the end of Confirmation time (from 7:15-7:45) and then end with bonfire, discussion, food and fellowship. Unit #1 for Confirmation is "Learning to Pray." Our HS will have various discussion topics each week (see below). Friends are always welcome! Here is the fall schedule:



<u>Date</u>	<u>Confirmation</u>	<u>HS Fellowship</u>
22-Sep	Lg/Sm Gp Night (Prayer 1)	Bonfire at Church (Topic: Prayer)
29-Sep	Lg/Sm Gp Night (Prayer 2)	Bonfire at Church (Topic: Service)
6-Oct	Lg/Sm Gp Night (Prayer 3)	Bonfire at Church (Topic: Trust)
13-Oct	Lg/Sm Gp Night (Prayer 4)	Bonfire at Church (Topic: Rest)
20-Oct	No Confirmation	No HSF
27-Oct	Feed My Starving Children Service Event, Chanhassen (meet at LOC at 6 pm, return at 9:30 pm) must RSVP	