



## 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!

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)

## The Great Thing about Giving Is... It Saves Lives



I have no medical training. Yet after every blood donation the Red Cross thanks me for "helping save three lives." Cool!

Do you recognize yourself as a life saver at Light of Christ?

- **Healing and Wholeness Committee** volunteers educate, support and uplift those with mental health challenges.
- **Prayer Chain** members create a powerful circle of faith around those in need.
- **Confirmation Mentors** invest in young lives, creating a lasting impact.
- **Fifth Sunday offerings** fund targeted outreach and ministry.
- **Sincere, caring conversations** touch deeply and make a difference.

And all our **medically trained professionals** literally save lives every day. Thank You!

*"So continue encouraging each other and building each other up, just like you are doing already." 1 Thessalonians 5:11*

God gives us life -- and opportunities to sustain others. Share your gifts. Give to meet others' needs. You are a life saver!

--Cheri Ashfeld  
Stewardship Committee

Here are Tom and Kay Klason with their virtual Flat Jesus in Stockwell, Indiana with family and friends on September 13<sup>th</sup>, honoring their hero/son-in-law, Sgt. Kyle B. Osborn who was killed in action in 2012.



## Caring Corner

(by Sue Fink with LOC Healing and Wholeness Committee)



### Mental Health and Suicide Prevention Resources

Mental health crisis services are available 24/7 for all adults and children across Minnesota. If you're in crisis, help is available and there are options to help you cope. Support is available if someone you know is thinking of suicide. Excellent resources are found on [NAMIMN.org](https://www.namimn.org) and MN Dept of Health websites.

During Suicide Prevention Awareness Month and beyond, NAMI offers free Question, Persuade, Refer (QPR) classes for the public. Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5-hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention.

- **Thursday, September 30, 11:30-1:00 PM**
- **Tuesday, October 12, 1:00-2:30 PM**
- **Friday, October 22, 12:00-1:30 PM**

The Minnesota Dept. of Health has published a very useful guide to resources, support and information. <https://www.health.state.mn.us/communities/suicide/whoweare>

### MN Dept of Health: Suicide Prevention in Action

Minnesota suicide prevention efforts are based on evidence that most suicides are preventable, mental illness is treatable, and recovery is possible. Suicide is a serious public health problem that can leave lasting effects on individuals, families and communities. Suicide is complex; there is no single cause of death by suicide. But most importantly, suicide is preventable.

Our goal is zero. The Suicide Prevention Program is working to reduce suicide in Minnesota by 10% in five years, and 20% in 10 years, ultimately working towards zero deaths. Our Minnesota State Plan calls for a comprehensive, public health approach that promotes health, wellness, resilience and connectedness in all communities. Key partners include schools, coaches, faith communities, law enforcement, tribal nations, and health and behavioral health care practitioners

### Crisis Resources

**If you, or someone you know, is in immediate danger, call 911.**

**National Suicide Prevention Lifeline 1-800-273-TALK(8255)** – The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**State Mobile Crisis Services** – Every county in Minnesota provides Mobile Crisis Services for both children and adults that may be experiencing suicidal feelings or mental health crisis. Crisis services are available within each county 24 hours a day, 7 days a week. County crisis teams are available for phone support as well as in-person crisis help. Find the number in your area.

#### Wright County: Buffalo 1-800-635-8008

Carver County: Chaska 952-442-7601

Hennepin County: Minneapolis Adult: 612-596-1223, Child: 612-348-2233

McLeod County: Glencoe 1-320-864-2713

**Crisis Text Line – Text MN to 741741.** The Crisis Text Line provides free crisis support 24/7 for any crisis.

## 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](mailto:katie.kohler@locdelano.com).



## Stay Informed!

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

## 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 7<sup>th</sup>** 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!



## Upcoming Food Distribution Dates:

- \* **Monday, October 11 @ 4pm**
- \* **Monday, November 8 @ 4pm**
- \* **Monday, December 13 @ 4pm**

Please contact JoMarie Williamson at [jmw2158@gmail.com](mailto:jmw2158@gmail.com) (note new email address) if you are interested in more information or in helping with any of these dates.



## 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 has been 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](#).





### Confirmation Fun!

Small groups are back together this fall for Confirmation and they're having a lot of fun reconnecting after the summer break. We had our first "Teaching Night" (about prayer) last Wednesday and we're enjoying being back together as a large group and being outside to play games, learn and grow together. 7<sup>th</sup> graders also received their new Lutheran Study Bible and are getting to know their new small groups. Thanks for your continued support for this important ministry...without you, Bibles, staff and materials wouldn't be possible. We also want to say a big **thank you** to our Guides who give so much of their love and time to lead our kids!



LARGE GROUP GAMES AT CONFIRMATION





## SPARK

It only takes a **SPARK** to make a world of difference. Spark for grades 1 & 2 will start October 6 and run for 3 weeks. Please [click here](#) to register if you are interested!



## 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>
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	