



## 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

## Graduate Recognition

Congratulations to our 2022 graduates! May you always feel wrapped in the love of God and love of our congregation!



Congrats  
2022  
Grads!



## Free Fresh Produce and Dairy

**Monday, June 13th**  
**4:00pm-5:00pm**

Boxes of fresh produce and dairy products will be available for drive through pickup on a first come, first serve basis at the following locations:

### Corcoran

St. Thomas Catholic Church  
20000 County Road 10  
Corcoran, MN 55340

### Rockford

Our Father's Lutheran  
3903 Gilbert Ave SE  
Rockford, MN 55373

### Hanover

Influence Church @ City Hall  
11250 5th Street NE  
Hanover, MN 55341

### Delano

Light of Christ Lutheran Church  
3976 County Line Road SE  
Delano, MN 55328

### Buffalo

Buffalo Covenant Church  
1601 Highway 25 North  
Buffalo, MN 55313

For assistance locating a specific site or for questions, please contact us at [nourishinghope.oflc@gmail.com](mailto:nourishinghope.oflc@gmail.com) or Facebook Messenger.

NourishingHOPE is a ministry of Our Father's Lutheran Church, in cooperation with four area churches. Our vision is to relieve area food insecurity and promote wellness in mind, body, and spirit for people East-Central Wright County. For information on you or your organization partnering with NourishingHOPE, please visit our website at [www.ourfatherschurch.org/nourishing-hope.html](http://www.ourfatherschurch.org/nourishing-hope.html)

## 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)

**Food boxes are for anyone at all! Please come by to get one. Or, pass on the information to someone else!**

## Caring Corner



### Warning Signs and Symptoms for Mental Illness:

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

### Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.

If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

### Receiving A Diagnosis

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A [mental health professional](#) will use the *Diagnostic and Statistical Manual of Mental Disorders*, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy, or other lifestyle changes.

### Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no “one size fits all” treatment. Treatment options can include [medication, counseling \(therapy\), social support and education](#).



## Visioning Forward

Our Light of Christ Vision Team continues to move forward and consider input and processes which will help us chart the next chapter of Light of Christ's mission and ministry. Thanks to all who gave input on our recent MAP and I-MAP surveys. A Report and Interpretation will be given by Tim Johnson after Sunday service on June 26<sup>th</sup>, in the sanctuary. Come to find out key themes and priorities for our church.

A site exploration group has started meeting to consider what building/facility needs might best serve our mission and ministry into the years ahead. We're calling this group the *Facilities Exploration Team*. This is Gary Prinsen, Scott Dallmann, Angela Fegers, Brandt Dinger, Pastor Bruce and Tim Johnson. They're looking at everything from the bathrooms to the kitchen to the front entrance/space as we enter the building, to security, to the outdoor worship area, and the like. Not to worry....your input is central to this. Watch for opportunities once a few ideas/options get drafted.

A Community Leader Gathering is scheduled for Monday, July 18<sup>th</sup> at 6:30 pm. This will be an opportunity for us to hear from area leaders and organizations about what they see to be pressing needs in the broader community. Be sure to put this on your calendar!



Our Vision Team is committed to hearing from you and involving you in the process. Please reach out to any of us at any time!

## Survey Results

Thanks to everyone who filled out our MAP and I-MAP surveys! There are some interesting things to learn about ourselves. And we want to invite you to listen in to a session that will contain a Report, Interpretation and Considerations, led Tim Johnson. Our Vision Team is sponsoring this process and is eager to have you "in the know."

Please mark your calendars for **Sunday, June 26<sup>th</sup> at 10:10 am** in the sanctuary. Together we'll continue to consider how the Holy Spirit is leading us!



**Monday through Thursday  
7:30 am – 4:00 pm**

## Food Distribution Volunteer Opportunities

Food Distribution is set for **Monday, June 13<sup>th</sup>**. Two shifts available for volunteers: 11:30 am at Our Father's Lutheran Church in Rockford, where we'll work with four other churches to pack all the boxes; and 3:30 pm here at the church parking lot to hand out the boxes.

- ⇒ To help pack boxes in Rockford, please click on [this link](#).
- ⇒ To help distribute boxes in church parking lot, please click on [this link](#).



## Share Your Talents

Each of us has a contribution to make, a role to play, a ministry to share. Each Sunday morning, we have opportunities to serve as greeters, ushers, those who help Holy Communion happen (altar guild), sound board, singers, coffee/refreshments makers, live-stream monitoring, readers, and more.

And to make many more ministries express the hope and light of Jesus, we have various teams and committees. Not only do these many opportunities make use of your gifts or talents, but they help you to have a deeper experience of the church, and, of course, you help make important ministries happen.

Pray about where you might serve. Or reach out to our Shared Ministry Director, Tim Johnson at [tim.johnson@locdelano.com](mailto:tim.johnson@locdelano.com) or 952/472-1755.



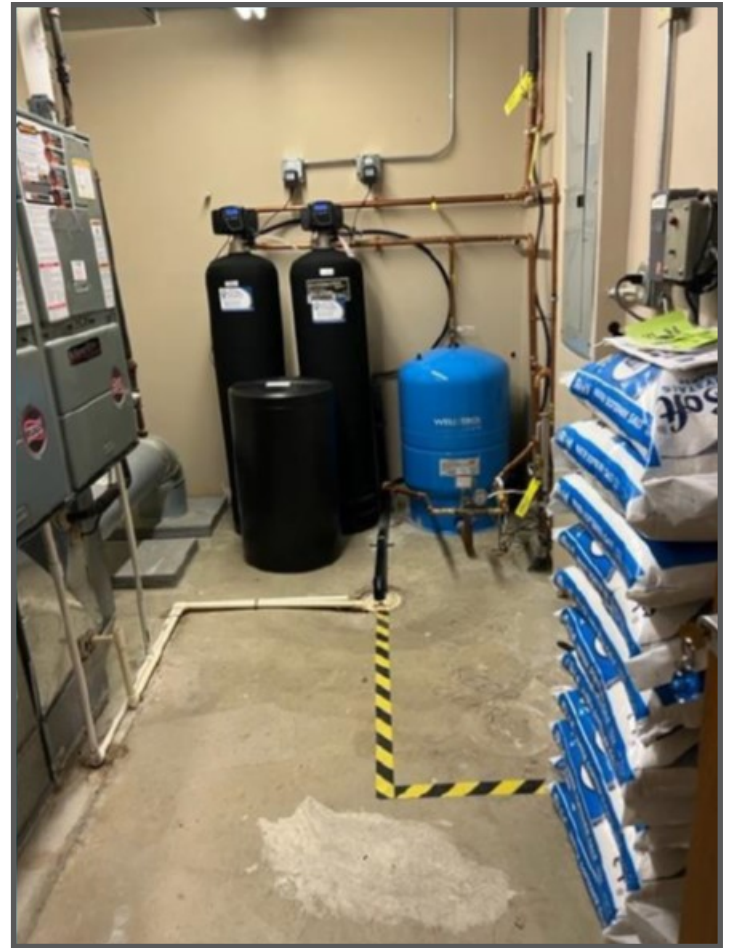
## Brand New Water System at Light of Christ

The LOC Property Committee recently partnered with City View Plumbing in Long Lake to update our water system.

- We added softened water to the entire building and special equipment to ensure continued clean water
- We replaced the original water softener and well pressure tank, adding two additional water cleaning filters
- We modified and labeled pipe plumbing for shared knowledge and visual controls

The system will remove the occasional "well water smell" we sometimes experienced.

The cost of this system was approximately \$15,000 and the life expectancy is anticipated at 25-30 years.



## Opportunities for Children at Light of Christ

- **Mega Sports Camp:** our Vacation Bible School for children 3-years through 4<sup>th</sup> grade runs **July 24-27** from 5:30-8 pm. [Click here to register.](#)
- **Wapo Bible Camp:** While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. <http://lwlbci.com/lightofchrist>

\* There is a Wapo one-day camp on **August 3** for those who completed K-4<sup>th</sup> grade to experience what camp is like.



## 2023 Offering Envelopes

A growing number of members contribute weekly or monthly using electronic giving methods. However, we understand that many prefer placing an offering envelope in the plate. To eliminate the ***purchased-but-unclaimed*** envelopes that are wasted, we're asking each family that ***wants*** pre-printed envelopes to request them from the church office by **AUGUST 5<sup>th</sup>**. Email [Terri in the church office](#) or call 763-972-2400. This "**OPT IN**" method will greatly benefit the office supplies budget. Thank you!

