

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](#).



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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We Welcome Our New Director of Children and Family Ministry

Dear Sisters and Brothers at Light of Christ,

On behalf of the Church Council and the Personnel Committee, I'm pleased to announce that Pastor LaDonna Ekern is our new Director of Children and Family Ministry. LaDonna comes to us with a long and extensive background in children's ministry and will be an excellent addition to our staff. She began work last week and will be working an average of 20 hours per week. In addition to serving as our Director of Children and Family Ministry, LaDonna will also preach and preside at worship when I am on vacation or out of the area and will also be on call for pastoral emergencies. So, please take a moment to introduce yourself when you meet LaDonna and welcome her into our community of faith here at Light of Christ.

Yours in Christ,

Pastor Bruce Kuenzel



I was born on July 5, 1958. I was raised on a farm outside of Perham, MN. I have an older sister and an older brother (Yes, baby of the family).

I was married on June 12, 1982 to Jewel Ekern. We have 2 daughters, Hope and Dawn. Hope is married and has blessed us with 2 grandchildren. We moved to Watertown in November of 2020 and enjoy being closer to our children and grandchildren.

My passion has always been working with children – whether it was as a daycare teacher, Christian Education Director, or in Children, Youth and Family Ministry. Children bring me energy and inspiration. I totally understand what Jesus meant when he said, “And a child shall lead them.” While my journey has taken me into the realm of ordained ministry—yes, I am a Pastor—I am excited to return to the area of ministry that is my passion, namely, Children's Ministry. I look forward to being inspired by the children and families here at Light of Christ.

May Is Mental Health Awareness Month

Bring your family and friends to our first annual “Walk for Mental Health” on Sunday, May 23rd at 1:45pm for an event to bring awareness about mental health. NAMI (the National Alliance on Mental Illness) has a tradition in May called “Walk a Mile in My Shoes” so we will plan to walk a mile, wear red because it's also Pentecost Sunday, and return before the 3pm outdoor service to self-serve snacks and drinks. Let's erase the stigma of mental illness and support one another through mental health challenges.

We will have resources available including excellent books/resources regarding mental health. There are also excellent articles and resources on our [LOC website](#) to provide support and education regarding mental health. We will also be collecting donations for NAMI in MN. They provide so many services regarding mental health that are easily accessible on their website. Your donations can be made that afternoon or can be made on our website under [Support/Mental Health/Resources/NAMIMN](#). Join us on May 23rd! We look forward to seeing you!



Fifth Sunday Offering (May 30th) Holy Trinity Lutheran Church in Minneapolis

Our Fifth Sunday offering in May will be going to support the Justice Fund at Holy Trinity Lutheran Church in Minneapolis. Since its founding in 1904, Holy Trinity has been a church deeply rooted in the diverse, immigrant-rich Longfellow neighborhood, in an appreciation for learning, in traditional worship, and in a commitment to social justice.

Holy Trinity is located just east of the Minneapolis 3rd Police Precinct, and its neighborhood was where protests sprang up in the hours and days following George Floyd's death. Since that time the Church has seen an increase in the amount of people needing assistance. Pastor Ingrid Arneson Rasmussen has said they are most in need of donations to their Justice Fund to continue its work in the neighborhood. To find out more you can visit <https://htlcmpls.org/>

Ways we as a congregation can help:

- Donate through Light of Christ [Here](#) to enter your **Designated Gift** and mention *Holy Trinity Lutheran Justice Fund Fifth Sunday*
- Donate to Holy Trinity Lutheran Church directly at the following link: <https://htlcmpls.org/donate/> - select *Justice Fund* in the Fund dropdown



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.

Caring Corner

(by Julie Wischmann with LOC
Healing and Wholeness Committee)



As part of May Mental Health and Awareness month, I'd like to share some thoughts on self-care and mindfulness. When you fly on an airplane, the flight attendant instructs you to "put your oxygen mask on first," before helping others. Why is this an important rule for ensuring survival? Because if you run out of oxygen yourself, you can't help anyone else with their oxygen mask. This is an important metaphor for those who spend a great deal of their time taking care of others (mothers, fathers, caregivers, doctors, nurses, pastors, teachers). Taking care of others can easily deplete the caregiver. There are the obvious self-care techniques of eat right, get plenty of sleep and exercise. But self-care goes deeper than that – find what you love. It can be something you've done for years or trying something completely new. In my own personal journey, I discovered yoga. For you, it might be a good book, a walk, bird watching, family games, a hot bath, writing in a journal, prayer, a conversation with a friend, listening to music or anything that brings you joy.

Covid has taught us volumes about being mindful of others, our space, what we touch, of being patient. There is an endless, relatable list that we have all had to endure. Mindfulness, the practice of being fully present in the moment—noticing thoughts and letting them go, without judgment, honor that moment. When being mindful, one of the most poignant places to focus your attention on is your breath. By engaging with our breath, we intrinsically engage with our body-mind. We have a direct line of communication between the body and brain that allows us to attune and attend to what we need most at that moment. You can do breathwork anywhere... sitting, standing, or even lying down on your back. One example: place one hand on your heart and the other on your belly. Simply notice, feel, and become aware of your breath and body. Starting from the bottom of your body, bring your awareness to your toes, and take a breath in and out. Work your way up the body, engaging in a cycle of breath as you mindfully scan each body part from your feet to your head. You can do this for as long as you like or set a timer for one to five minutes. Do this often to cultivate a deeper connection to your body-mind. Mindfulness can help you make the most of your self-care practices. With this shift in mindset, the benefits of your self-care routine will be amplified, and you'll see a boost in your mood as well. Mindfulness is the secret to self-care.

Philippians 4:6-8 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Youth Room Update

The youth room project is continuing to make progress. Partial sheetrock has been hung where some doors used to be and electrical is almost done. The next few steps are inspections and picking out carpet. We would like to thank the Youth Room Task Force for all of their time and commitment to this project. Those members are Brandt Dinger, Scott Dallmann, Gary Prinsen, Kirsten Kelly, Kim Wortz, Catherine Borman, Jennifer Grant, Brenna Durick, Jenna Bunker, Gretchen Ness, Andrew Ihde, Erin Green, and Pastor Bruce.



May Food Distribution

Through the generosity of Second Harvest Heartland and in collaboration with Our Father's Lutheran Church/NourishingHOPE, 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 and Maxine Johnson, and Paulette Podratz.

Distribution of food took place at Light of Christ on Tuesday, May 11th with nourishment being provided to approximately 75 families. Distribution was accomplished with assistance from Cheri Ashfeld, Wes Aylsworth, Kathy Behm, Wendy Caslavka, Steven Dickey, Charlie and Lona Jose, Butch Priestler, Dan Torfin, JoMarie Williamson, and Jinnelle Weis. The continued help of volunteers dedicated to this essential ministry is a blessing and very appreciated!



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 who continue to support community members in so many ways!

And a very special thank you to **Wes Aylsworth** for his lead role in this ministry since the beginning of Light of Christ's participation. Wes has given many hours in coordination, communication, and hands-on support with loading and distribution. Light of Christ and all who have benefited from this program are extremely grateful to Wes for his leadership and his commitment to serve - Wes will be greatly missed by everyone! We wish both him and Jessie many blessings as they move to the next chapter in their lives!

STAYING CONNECTED



On **May 30th** we begin our summer Sunday worship at **9:00 am**.



Light of Christ Annual Summer Picnic

Tuesday, June 8th 6:00 PM – LOC Parking Lot

This is going to be tailgate style, so please bring your own lawn chairs. All food will be catered, and beverages and dessert will be provided. **Please RSVP no later than June 1st** at this [SignUp Genius link](#), indicating your choice of boxed lunch. You'll have a choice of a 2-piece fried chicken dinner, a 2-piece grilled chicken dinner, a vegetarian or a gluten free option.

Free-will donations will be collected to be used for the youth mission trip. We will also be assigning prayer partners with the youth group as well.

We hope you can make it, so pray for good weather! If you prefer not to RSVP via SignUp Genius, you may RSVP to Heidi Goldbeck at heidigold100@gmail.com or you may call her at 612-418-0111.

"We make a living by what we get. We make a life by what we give." Most of us know these words spoken long ago by Winston S. Churchill. While he was not, he well could have been a theologian. Thank you for giving! Thank you for helping LOC to be a beacon of hope, a place of vibrant faith! Your offerings, your gifts, help make us be who we are together!



Free Items!

As we remodel the Youth Room space, we have several items that are available for free if you, or anyone you know, are interested. Currently, we have two heavy doors (interior) and a small TV stand. If you would like more information, please contact Kirsten Kelly.



2022 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 1st**. Email Terri.Reuter@locdelano.com or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget. Thank you!



We are asking for our Light of Christ members to help us come up with a new name for the youth room! The vision for this room, once it is completed, is to be a community room for us all to use. If you have any great name ideas, please send

them to either Kirsten or Kim at Kirtsten.Kelly@locdelano.com or Kim.Wortz@locdelano.com. We are excited to hear the creativity from our members!



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 of giftedness and passion, please contact Jo Williamson at lohwil@msn.com with your interest. The full job description is available through the church office (Terri.Reuter@locdelano.com), or on the [church website](#).

Sunday School Year End Celebration

It is hard to believe that we are at the end of our Sunday school year. This year has given us many challenges and obstacles. The pandemic has taught us how to think outside of the box and how to be flexible. We started the school year with live Zoom Sunday school lessons, then switched to YouTube and Wakelet lessons, to finally being able to hold in-person outdoor Sunday school. The CFM staff wants to thank all our families for their grace during this journey. We would like to finish this year with a little celebration and also say goodbye to Catherine and Kim. Join us after worship on the 23rd for fellowship, games, treats, and crafts to take home for the summer. Please sign up here, so we can plan accordingly.

<https://lightofchristdelano.breezechms.com/form/73461b>

3rd & 4th Grade Spark Recap

Spark concluded for 3rd & 4th graders on the first two Wednesdays of this month. The Bible verse that we focused on was "I cling to you: your right hand upholds me" (Psalm 63: 8). As a way of focusing on the fact that we cling to God when we are facing challenges in our life, we played a game using blind folds, clothespins, and ping pong balls. There were two teams and one person at a time took turns being blind-folded while trying to pick up as many clothespins on the ground as they could while members of the opposing team threw ping pong balls at him/her. The winning team was the one who had the biggest pile of clothespins. The second game that we played involved clothespins again, but this time there could only be 1 winner. The kids started by clipping clothespins to the back of each other's shirts. Then they ran around trying to grab each other's clothespins while trying to avoid getting their own knocked off. By the time 2 winners were declared, they were ready to rest and do their own cross crafts made out of pony beads and fuzzy sticks. Lastly, they got a kick out of Pastor Bruce's demonstration of how when we get tired of clinging to God during times of despair, He upholds us when we can no longer hold on. Overall, the kids had a great time and we look forward to seeing 1st & 2nd graders for Spark this coming Wednesday, 5/19.





Affirmation of Baptism

This spring, sixteen 10th graders are affirming their baptism and confirming their faith in Christ. Families will participate in a special worship at home and then come to church for individual blessings and laying on of hands by family and friends. We celebrate with these youth as they take the next step in their faith journey: McKenna Allen, Kohlton Beck, William Brown, Chase Christenson, Andrew Ihde, Ashlynn Kley, Samantha Krampf, William Wagner, Kaitlyn Malo, Natalie McClelland, Corbyn Menz, Hailey Ness, Ava Reiersen, Alexis Rothstein, Nora Slipka, Nicholas Truax. God bless and guide you all the days of your life.

(Not pictured below: McKenna Allen, Chase Christenson, and Ava Reiersen)



EVERY MEAL
FIGHTING CHILD HUNGER

Sunday School Offering Project

Our Sunday school children have collected **\$175.48** so far to help support Every Meal Fighting Child Hunger (formerly Sheridan Story).

- Every Meal focuses on the weekend food gap, summers, and extended breaks when children are not able to receive meal programs at school.
- They help Minnesota students in 300 schools; since the pandemic they have doubled this program to 550 schools.
- \$250 can provide meals to one child for an entire year!
- 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.

Unwanted School Supplies

I was having a conversation recently with some parents about what they do with leftover/extra school supplies. I know we all have a lot of opened or partially used supplies at home that could still be used instead of thrown away (notecards, markers, pens, colored pencils - however, we **do not need** any crayons). Please keep us in mind and email our CYF staff if you have something that you think could be donated. Thanks for your partnership in ministry! -Kirsten Kelly





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**. There are currently 12 children enrolled.

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**. There are currently 18 children enrolled for this program.

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 15 youth signed up to attend Wapo this summer. 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
- **July 25-30:** completed grades 4-12
- **July 21-23 (Wapo Seeds):** completed grades 1-3



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.