



Worship

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



Free Fresh Produce and Dairy Monday, October 11th 4pm—5pm

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

Rockford

Our Father's Lutheran

St. Michael

Alleluia Lutheran Church

Delano

Light of Christ Lutheran Church

Buffalo

Buffalo Covenant Church

For assistance locating a specific site or for questions, please contact us at 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

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

Welcome to our new Shared Ministry Director, Tim Johnson!

Tim, his wife Erin, and family have been members here at Light of Christ for several years. You may recognize Tim, as he is our Stewardship Committee chairperson, and he helped to lead our New Day Capital Campaign. Speaking of...he is a church consultant with Kairos and Associates, after having served as a pastor for two churches here in Minnesota and a church in Arizona before that.

Tim says, "I am excited to help LOC folks get a bit better connected in this new and challenging time of being the church together. As well, I look forward to helping all LOC members to grow in their sense of where to best fit and contribute, using the skills and gifts God has given each of us. My predecessor, Jinnelle Weis, left me some important shoes to fill. Much work has been done to help people feel and find that unique contribution for our shared ministry. Thank you, Jinnelle and the many others of you who so faithfully make a difference for God's goodness and compassion through the work we share at Light of Christ!"



Contact us!

Light of Christ Lutheran
3976 County Line Road SE
Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

Please reach out for any reason. I enjoy helping people to discover their gifts and skills. I like helping to make the connection between one life, the Spirit's calling, or nudging, and what we can learn from Scripture. "For we know that in all things God works for the good of those who love him, who have been called according to his purpose," says Romans 8:28. We're all on this journey together. Please know I am eager to help you to explore faith and your uniqueness, purpose and fit here at LOC at any time!"

Caring Corner

(by Sue Fink with LOC Healing and Wholeness Committee)



Last week was Mental Illness Awareness Week. Our Healing and Wholeness Ministry feels led to continue to increase our awareness and education on various forms of mental illness. The more we understand about mental illness, the more we are likely to talk about it, recognize it, seek treatment and be more empathetic and supportive of those who suffer. Let us follow Jesus' example of accepting and caring for those with any kind of illness or challenge.

Depression in Older Adults

Being an "older adult" myself, it was interesting to research this topic. Depression is a common illness in older adults, but "clinical depression" is not a normal part of aging. As we get older, life can bring challenges such as a serious diagnosis, stroke, loss of a spouse or beloved friend, downsizing to a different home, etc. While these events can cause sadness and grief, most older people can adapt and move on to new ways.

Clinical depression occurs when symptoms persist for a few weeks and if not treated can lead to physical illness, loss of mental and physical function and prolonged suffering. Elders statistically misunderstand that depression can be dealt with "on your own" and think it is just a normal expectation of growing older.

What are common signs of depression? Persistent sad, anxious or empty mood. Feelings of hopelessness, guilt, being a burden to others. Irritability and restlessness. Loss of interest in once pleasurable activities. Decreased energy and fatigue. Difficulty concentrating, remembering and making decisions. Sleeping difficulties. Eating more or less than usual with unplanned weight gain or loss. Suicidal thoughts or attempts. (People over 65 comprise only 13% of the U.S. population, but account for 20% of all suicide deaths, with white males having nearly six times the usual U.S. suicide rate!)

What risk factors can lead to depression? Family or personal history of depression. Stress, including caregiver stress. Social isolation and loneliness. Lack of physical exercise or activity. Functional limitations that make participation in activities of daily living difficult. Addiction and alcoholism. Sleep problems. Medical conditions such as stroke, cancer, dementia or Parkinson's disease.

Depression in older adults may be difficult to recognize because they may have different symptoms than in younger people, perhaps just vague physical complaints and may deny feelings of sadness. They may be feeling more of a numbness or a lack of interest in activities. They may not be willing to talk about their feelings. Older people tend to be stoic and keep things to themselves.

If you suspect depression in yourself or an older loved one it is time to talk to the doctor and be candid about your suspicions. Doctors are not mind-readers. The good news is that clinical depression is very treatable and can lead to a return of a much better quality of life!!

How is depression treated? It is very individual based on the person's physical and mental condition, medications they're on, and the type of depression. The treatment may include medication for depression, sleep, anxiety; talk therapy, socialization or change in social environment, evaluating the current medication regimen and making adjustments, optimizing management of current chronic conditions, treatment for addiction or alcoholism. It's never too late!!!!

If you want further information and support, talk to your doctor or Google: *Depression in the Older Adult*. Please refer to help resources on our [church website](#) under **Support/Mental Health/Resources**.

Are you wondering what happened to that person or couple that sat behind you in church before Covid? Give them a call to let them know you miss them. And please, check on your loved ones often and provide a listening ear, prayer and maybe a loaf of banana bread. God bless our church family.

October Fifth Sunday Offering



The Dwelling Place

Our Fifth Sunday offering will be sent to Dwelling Place Shelter in the north metro. This is a Christ-centered ministry that began in 1998. It provides healing and hope for women and children who are and have been in abusive situations. They now have 8 single family homes that can house up to 57 residents for up to 18 months as well as an emergency shelter. Staff and volunteers serve to meet the residents' physical, emotional and spiritual needs. Thank you for your donations to this service that is critical for those who are experiencing this trauma. Contributions can be made to Terri at the church office, at Sunday service or on the [LOC website](#) (please designate your contribution as "**Fifth Sunday Offering**"). We will be providing a video with more information on this importance mission.

Columbarium News and Notice of Congregational Meeting

Light of Christ's Columbarium Committee has been working diligently for many months planning for the creation of a Columbarium and Memorial Garden at Light of Christ. Please see the video link below to view information on the plans to date, and also information on an upcoming Congregational Meeting scheduled for **Sunday, October 24 at 9:30 am**. The purpose of the meeting will be for Light of Christ members to vote on the construction and financing plan for the columbarium.

<https://youtu.be/iHtauTacBk4>



There's Still Time to Sign Up for Faith, Earth & Living Sustainably Discussion Group

This discussion group is being formed to give members who want to share and learn about the steps we can each take to live more sustainably while being rooted in faith. 12 Thursday night sessions are planned, which started last Thursday, and will end 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](#).



Online Worship Update!

Our online worship has moved from pre-recorded YouTube services to livestream services via Facebook live. Please click the video link below for information from our Director of Worship and Music, Katie Kohler.



<https://drive.google.com/file/d/1anev70XtAeDYFasj6iaydL8mTaEulqws/view?usp=sharing>

How to access Facebook livestream:

One of the easiest ways to find our Facebook live videos is to go directly to our [Facebook page](#)! The videos will be on our timeline. Those of you who have "liked" our Facebook page should also receive a notification that we have started a livestream video. For other ways to find live videos and for more information regarding Facebook live, click this link: <https://www.wikihow.com/Watch-Facebook-Live-Video-Broadcasts#:~:text=Go%20to%20https%3A%2F%2Fwww.Watch%22%20in%20the%20video%20feed.>



"Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."

— Danny Thomas

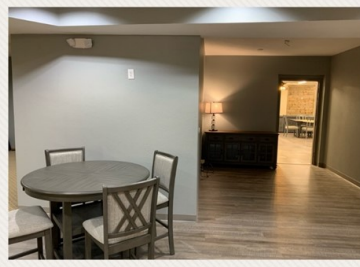
Volunteers are needed each Sunday morning

- Click [HERE](#) to sign up as a greeter/usher.
- Click [HERE](#) to sign up as a lector



Youth Room Remodeling Update

After a short break (due to the start up of school and fall ministries), we are back working to finish things up in the new space. This past week we did lots of clean up, assembled some furniture and the ping pong table, and are starting to get everything in place. Our goal is to have most everything done by the end of the month. Thanks for your continued support!



Trunk or Treat Is Back!

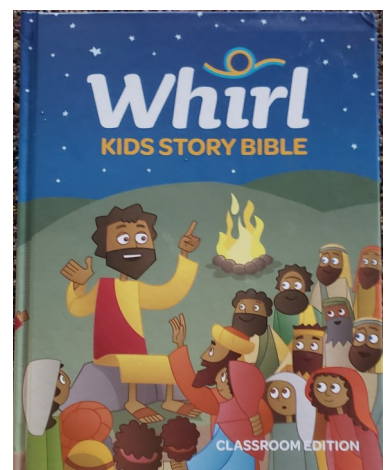
After a successful first event last October, we decided to hold Trunk or Treat again this year at Light of Christ! The fun/fellowship will take place in the parking lot on **Saturday, October 30 from 9:30 to 11:30 AM**. We encourage you to not only attend but also to find a way to volunteer...we need people to host trunks and also to donate candy/handouts. Please click on the link below to sign up!
<https://lightofchristdelano.breezechms.com/form/af91bc>

The B-I-B-L-E, Yes That's the Book for Me!

An invitation to help our young people connect with the whole church family and the Book that is so central for our lives...

Recently our young people received Bibles. I'm working on a project that hopefully helps them see why this book called the Bible is so important. If you would be so kind as to share your favorite Bible passage and briefly state why this verse is so important, I would greatly appreciate it. You can [email it to me](#), text or call me (320-212-2583), or put it in the basket by the Bibles in the church entry way.

Thanks much!
LaDonna



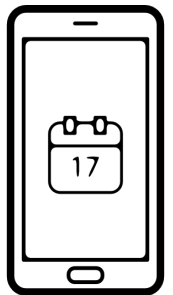
Confirmation - Faith, Fellowship, Food and Friends!

This fall, it has been great to be back together for Confirmation at Light a Christ! Each week we have a pizza dinner (new this year), teaching about prayer, small group and game time. Thanks for your continued prayers and support for this ministry and our youth!



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>
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	