



Worship

- **In-person worship—9:00 am Sundays—masks required**
- **Online worship continues, and will be posted on the [church website](#) and [Facebook](#) page**



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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Dear Light of Christ community,

Life in this pandemic has been a series of pivots and adaptations as circumstances change. Once again, we need to make a pivot on Sunday mornings. **Beginning on Sunday, October 24th, we will return to one in-person worship service at 9:00 AM.** We are making this adaptation because we don't need a second service right now. We can all be together at one service and still space out in the sanctuary. If you are not comfortable worshipping in person, or cannot make it to the in-person service, please join the service online. We will be live streaming our Sunday morning service each Sunday.



We will still hold our Education Hour. **Sunday School and Adult Education will begin at 10:10 AM each Sunday** and end at 11:10 AM. We plan to stay with this Sunday morning schedule through the end of the year. In December we will evaluate where we are in our worship life and make any changes, if necessary.

This also means that our **special Congregational Meeting on October 24th will be held at 10:10 AM rather than 9:30 AM as originally planned.** So please make that change to your schedule and join in-person or on Zoom. We will be voting on approving the construction and financing for a Light of Christ Columbarium.

Thank you so much for your flexibility and graciousness as we live through this pandemic. It is greatly appreciated! Peace and joy be with you all,

Pastor K

Upcoming schedule:

- **October 24**
 - * 9:00 AM Worship
 - * 10:10 AM Congregational Meeting (no Sunday School due to MEA)
- **October 31**
 - * 9:00 AM Worship
 - * 10:10 AM Education Hour resumes

Reminder about online worship:

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/1anev70XtAeDYFasj6iaaydL8mTaEulqws/view?usp=sharing>

Click [here](#) to "like" our Facebook page for livestream notifications.

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.

Please note: the church office will be closed on Thursday, October 21 and Friday, October 22.



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 10:10 am (note time change)**. 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>



"Remember that the happiest people are not those getting more, but those giving more." H. Jackson Brown, Jr.

How true! Have you ever run into a generous person who is grumpy? Not likely. And yet stingy people are seldom happy and free. One reason to grow in giving is to grow in one's joy in life. Thank you for joining us in being a church of joy-filled people!

Support Light of Christ Lutheran Church.

When you shop at **smile.amazon.com**, Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile

Food Distribution

THANK YOU to all who helped pack and distribute food at Light of Christ for the monthly food distribution last Monday, Oct. 11th. Your help means much to those who benefit from the food. Also, **thank you** to JoMarie Williamson for arranging these volunteers. The next monthly distribution will be November 8th.

THANK YOU also to those who pick up donated food every Thursday morning from Delano's Coborn's and Kwik Trip. Food is donated every week for the Delano Food Shelf, the Senior Center and others in need in the Delano area. JoMarie Williamson coordinates this effort also. She has a need for two volunteers to assist one Thursday morning in each of the upcoming months of January and February to pick up this donated food and distribute to the above locations. If you are available to volunteer for either of these efforts, please email JoMarie at jmw2158@gmail.com or contact Terri in the church office for her phone number.

Volunteers are needed each Sunday morning

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





Trunk or Treat Is Back!

We invite you to attend our 2nd Annual Trunk or Treat at the Light of Christ parking lot on Saturday, October 30 between 9:30-11:30 am! Put on your costume (kids of all ages) and come join the fun! We are also looking for volunteers to host trunks and donate candy. Please click on the link to sign up. Hope to see you there!

<https://lightofchristdelano.breezechms.com/form/af91bc>



CLUB 5/6: An amazing group of 26 young people discovering what it means to be a club where everyone is included, developing leadership skills, and, in this picture, doing an exercise in learning the importance of giving good details and directions when communicating.



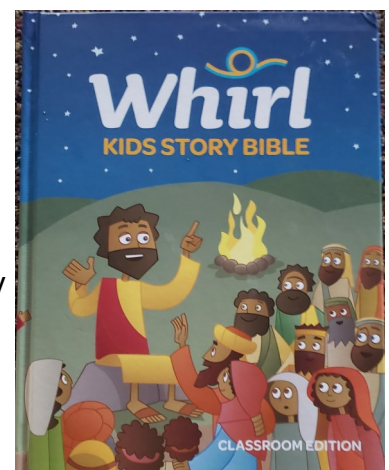
SPARK Grades 1 and 2 - learning it only takes a **SPARK** to make a world of difference. On October 6th we focused on Australia - with shell painting.

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*



Donations Needed for Homeless Kits

In the month of November, Confirmation youth will be assembling bags for those experiencing homelessness. Items that we are looking for include:

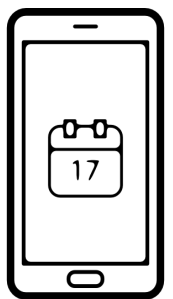
- Socks
- Hand warmers
- Gloves
- Chapstick
- Combs
- Lotion
- Wet wipes
- Bandages
- Toothpaste
- Toothbrushes
- Flashlights
- Gallon Ziploc bags
- Mini waters
- Granola bars
- Trail mix
- Nuts
- Beef jerky
- Crackers



If you can make a donation (or give a cash donation to purchase items) please drop it off at the church office **no later than Monday, November 1st**. Thank you!

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>
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	