



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 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**

Contact us!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Bible Camp

Bible Camp and HS Summer Trip Sunday!

Join us on Sunday, February 13th at 9 am for a camp-style worship (in person or online)! We will share info about summer Bible camp and then after worship we will have a HS Summer Trip Info Meeting in The Living Room at 10:10 am. Registration for the HS Trip will begin after the meeting (through an online form that will be emailed to all HS families). Hope to have you join us!



Free Fresh Produce and Dairy

Monday, February 14th
4:00pm–Until Gone

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

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 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

Food Distribution Volunteer Opportunities

Interested in helping folks in and around our Delano community by distributing fresh food from Second Harvest food bank and other food sources? Two ways to serve: helping to pack the boxes over at Our Father's Lutheran in Rockford in the morning; or by helping to distribute the boxes here at church later in the afternoon. The next scheduled distribution and need for volunteers is for **Monday, February 14:**

- 11:30 am at Our Father's for packing boxes
- 3:30 pm here at LOC for distribution of the boxes

⇒ **Special need for anyone who can pick up the trailer at Delano Rental and be the transportation point person.**

We also invite prayer requests from those we serve. Let [Tim Johnson](#) (email or call 952-472-1755) know if you would like to join a group to pray for special needs.



Caring Corner

(by Julie Wischmann with the
Healing and Wholeness Committee)



Positivity, healthy choices & spirituality for mental wellness

Finding positivity in life is tough when you have a mental illness. Positivity is not some magical feeling you wake up with one day. A wonderful website: www.healthyplace.com shares an article regarding 5 ways on how to create positivity with a mental illness, which I'd like to share:

- **Rewrite your story:** Your story of a life with mental illness is perfectly valid, but it's not the only story, and it doesn't define you. Therefore, it pays to not listen to your own narrative sometimes. Mental illness might make you feel worthless, unloved and weak, but chances are there is at least one person in your life who would disagree with this version of your tale. Listen to their stories as well as your own.
- **Show your mental illness compassion:** Just like you would if you had the flu or a broken leg, take care of yourself when you experience a mental health dip. Get to know your symptoms and triggers and commit to working on yourself and improving your mental health. You really are worth it.
- **Find good in the bad days:** Don't punish yourself for having a bad mental health day. Instead, do as many things as possible to build yourself back up. Take a hot bath while reading your favorite book or snuggle up to watch a feel-good movie. Cook your favorite meal at home or take yourself out to dinner. When you stop beating yourself up and start rewarding your resilience and courage, the bad days don't seem so bad.
- **Make positive life changes:** When you're feeling good, think about ways you could bring about a more positive lifestyle. This means building habits that see you through the bad times as well as the good, while helping turn your negative energy into something more productive. Meditative hobbies like writing, journaling, cooking or exercising are ideal.
- **Find your people:** Mental illness wants you isolated because that's how it thrives. Therefore, connecting with others who understand and empathize with your condition will loosen its hold over you.

In addition to positivity, healthy choices are helpful for those who suffer from mental illness. Below are common everyday things to enhance positive mental health:

- Exercise regularly. Along with weight management and physical health, exercise offers protective benefits to your mental health.
- Enjoy a healthy diet.
- Get enough quality sleep.
- Spend time with loved ones and build positive relationships.
- Make time to relax.

And last, but certainly not least, is the connection between spirituality and mental health. In the past couple of decades, a holistic approach to understanding individuals has paved the way for research to explore spirituality as one dimension of the cognitive, emotional, behavioral, interpersonal and psychological facets that make up a human being.

This interest in the relationship between spirituality and mental health is being explored in a number of ways. Researchers in a range of disciplines, including psychology, psychiatry, theology, nursing and gerontology, are exploring the connections between various elements of these two areas of human existence. Service users and survivors as well as those in various faith communities are also adding their voices to the evidence base and identifying the ways in which spirituality can contribute to mental health and wellbeing, mental illness and recovery.

To learn more about how faith and spirituality can benefit mental health, go to www.nami.org/faithnet.

Adult Education in February

The Holy Spirit—Then and Now – The Holy Spirit is probably the least understood person of the Holy Trinity. Yet the Holy Spirit is a vital, vibrant presence in our lives. So, how do we learn to be more aware, more awake, and more in tune to the presence of the Spirit within us and around us and between us? One way is to study the Book of Acts. The full title of Acts is *The Acts of the Apostles*, but it could also be titled *The Acts of the Holy Spirit*. In Acts, we see the Holy Spirit at work transforming lives, communities, and situations.

Pastor Bruce will be leading a four-week series on the Book of Acts. We will meet on **February 6, 13, 20, 27 at 10:15 AM in room 106**. We will be using the Bible Project videos for the basis for our learning and discussion. No need to register. Just come with your Bible and a mind and heart that is open to the transforming presence of the Holy Spirit.



Women's Bible Study

Attention Women!

Would you be interested in joining a monthly women's bible study? We would like to start a women's bible study at Light of

Christ that would be held weekday evenings or on the weekend. Times we are considering for the bible study to take place are:

- Tuesdays 6:30 or 7:00
- Thursdays 6:30 or 7:00
- Friday 6:30 or 7:00
- Saturdays 10:00 or 2:00

If you are interested in participating, please respond to Lindsay Lindall at lindsay.lindall@gmail.com with a time/s from above that you would be able to attend. If none of the above options work, please let us know what other options could work. Thank you!

"Let everything that has breath praise the Lord. Praise the Lord."
Psalm 150:6

Worship is at the heart of our Christian life. Know that you are always welcome here in-person and of course on-line, streaming via our [Facebook page](#). As the Psalm reminds us, together, let us praise the Lord!



Word(s) for the Week from Pastor Bruce Table Talks

Let's talk. Let's talk soon. Let's talk soon, because I don't know about you, but I don't feel as connected to you as I did two years ago, in February of 2020, just before COVID-19 arrived on U.S. soil.

I don't feel as connected because so much of what we've done in these last two years has either been moved online, or we haven't done it as often, or we haven't done it at all. This has certainly been the right thing to do. Not infecting others has been one way in which we have shown our love for each other. But "living online" has taken its toll on us as a community of faith. I know that I'm not feeling as connected as I once did, and maybe you are feeling the same way, too.

So, let's talk. In the next month or so you'll be invited to talk. We plan to do something called Table Talks. The name is taken from something Martin Luther did. Martin and his wife, Katie, always had guests at their house because Martin was a celebrity, famous throughout Europe. People were always coming to visit him. Often, Martin's theology students would also join them for dinner.

So, Katie would host and serve everyone dinner. And then they'd stay at the table and talk. They'd talk about their lives, about their families, about the church, about the Bible, and about God.

Luther's writings were collected and published. The German edition of *Luther's Works* runs to over one hundred volumes. The English edition of *Luther's Works* is about fifty volumes. The last volume is called *Table Talk*. The guests at Luther's table wrote down what he said. What they wrote down was collected into this last volume. You can get a copy and read what Luther said in these informal, after dinner, conversations.

We want to do our own version of "table talks" here at Light of Christ. We are envisioning groups of 4-6 people, meeting in person or online, or both, for 60-75 minutes. You may want to meet at church, in someone's home, at a coffee shop or a restaurant, if you're comfortable with that. Or you may want to meet online.

The topic for these "table talks" is simple. What has the pandemic been like for you? How has it affected you and your family? How has it affected your spiritual life? How has the pandemic affected us here at Light of Christ? But we also want to look forward. So, what do you hope for as we emerge from the pandemic? For yourself, for your family, for Light of Christ?

These "table talks" are the first step in our next strategic planning process. We are calling this process, at least for now, All Things New. It will be a process of listening, learning, and discovery in first half of 2022. Then in the second half of 2022, we will move into visioning, dreaming, strategic thinking and planning. Once this plan is in place, we hope to launch our next major capital campaign in February of 2023. More details about our "Table Talks" and "All Things New" will be coming soon.

So, let's talk soon and forge a stronger connection not only with each other, but also with our Lord.

BIBLE CAMP: Registration Now Open!

Light of Christ has spots reserved on a 1st come, 1st served basis for the following camps/dates. These spots will be held until **February 15th**!



[Seeds Summer Camp \(Grades 1-3\)](#) – JUNE 24-26

The perfect introduction to summer camp for our youngest campers, Seeds camp is filled with fun and safe opportunities to learn and grow.

[Wapo Youth Camp \(Grades 4-8\)](#) – JUNE 26–JULY 1 AND JULY 31-AUGUST 5

An action-packed week of fun activities and new friendships that will stretch campers to new heights of joy and growth.

- Follow this link for more information about the camp: <https://lakewapo.org>
- Follow this link to register: <http://lwlbc.com/lightofchrist>

Bible Camp Sunday—a worship where you can learn more and get a taste of camp is on **February 13th**, in person and on-line.

Online Store—Support Our Youth

We invite you to visit our Equal Exchange (fair trade) table in the Narthex or click [HERE](#) for our online store for some great gift options! Items for sale include:

- Chocolate
- Coffee
- Tea
- Cashews
- LOC coffee mugs
- LOC masks



All sales support our summer youth trips as well as small farmers around the world! These items make great gifts for teachers or friends. Our Light of Christ kids shirts are also available for \$10 each and would make a great gift for your kids, if they don't already have one! Items can also be delivered for free around the Delano area and you can include a note and even gift wrapping. Thanks for your support of our LOC Youth!

HS Summer Trip – Save the Date!



Since the ELCA Youth Gathering has been cancelled, we are working on a Plan B for our HS Summer Trip... but we do know that the dates for the trip will still be around July 23-29. So save the dates and attend our HS Summer Trip Meeting on **Sunday, February 13 at 10:10 am** to learn more!

High School Ministries

- **Donuts & Discussion** – We have started a new Bible study for HS youth called Donuts & Discussion (D&D). We will meet once/month on Sunday mornings, typically the first Sunday of the month, at 10:10 am in the newly remodeled space (The Living Room). We had originally planned to join the Sunday Morning Adult Bible Study group but changed this and now will be meeting just as a HS group. These mornings will be a chance to hang out, talk about our highs and lows (faith and life) and have donuts. We hope you can join us for this great opportunity!

- ⇒ **Sunday, February 6th, 10:10 am**
- ⇒ **Sunday, March 6th, 10:10 am**

- **HS Fellowship** – Each week our 9th-12th grade youth will meet as a group on Wednesday nights from 7:30-8:45 pm (but come when you are able) in the new Living Room space to share time with friends, have food, fellowship and fun! Bring a friend and enjoy some time in a safe space where all are welcome!

