



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

Contact us!

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The church office will be closed the week of July 25th due to Terri being on vacation. There will not be an August 1st issue of the Beacon.

The Great Thing About Giving....is living to 100

I saw ["31 Surprising Signs You'll Live to 100"](#) and had to click.



"Centenarians—folks who make it into the triple digits—increased 51% from 1990 to 2000. Why? Because besides advances in health, education and disease prevention, seemingly unimportant everyday habits can influence how long and how well you'll live.

Reason #30: You attend religious services at least once a week

Those who do so have a 20% reduced risk of death, regardless of whether they smoke, drink alcohol, or exercise, found a recent study of more than 92,000 by Yeshiva University and Albert Einstein College of Medicine. Researchers credit the *emotional support and respite from stress* that going to regular services can provide."

So give yourself a healthy gift by joining us at Sunday worship!
-- Cheri Ashfeld, Stewardship Committee

Monthly Food Distribution

The next scheduled distribution and need for volunteers is for **Monday, August 8.** Sign-up links for both volunteer opportunities are below:

11:30 am at Our Father's for packing boxes (register at this link: (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>))

3:30 pm here at LOC for distribution of the boxes (register at this link: (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>))

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



Help Support July Fifth Sunday Cause

July 31st is a "Fifth Sunday." Donations made this month specifically designated for *Fifth Sunday* offering will be supporting the ELCA missionary Karen Anderson and her work in Chile. Please note on your check or envelope "*Fifth Sunday*" or use one of the special Fifth Sunday envelopes found at the usher station.



KIDS HOPE USA

Thank you to all of those who have signed up to become a mentor for Kids Hope at Light of Christ. Your service is so needed and will be a joy as you see the difference it makes in a young child's life. We hope there will be other Light of Christ members who will hear the calling and join our team. We are also looking for a prayer partner for each child the mentor works with. If you want more information about volunteering with our Kids Hope program which will be starting in late September, contact Lisa Spencer or Lona Jose, check out the table in the narthex or visit the [Kids Hope USA website](#) to learn more about this amazing service to young children. **Your commitment will be meeting with one elementary child for only one hour/week during the school year. Please consider joining our team. We'll make it work into your busy schedule. Thanks!!**

Love INC Back to School Bash – August 17th

Hosted by West Pointe Church
for our neighbors in need with children ages K-12.

Families will receive backpacks filled with supplies and have the chance to enjoy family-friendly activities like face-painting, cotton candy, grilled food, and more!

Please support these families by [donating online](#) by **August 1st**. Contact Love INC at 763-972-6547 for more info or to volunteer.



Caring Corner (for the month of July)



8 Tips for Talking About Mental Health

(Source: the Mental Health Foundation Website)

1. Set time aside with no distractions

It is important to provide an open and non-judgmental space with no distractions.

2. Let them share as much or as little as they want to

Let them lead the discussion at their own pace. Don't put pressure on them to tell you anything they aren't ready to talk about. Talking can take a lot of trust and courage. You might be the first person they have been able to talk to about this.

3. Don't try to diagnose or second guess their feelings

You probably aren't a medical expert and, while you may be happy to talk and offer support, you aren't a trained counsellor. Try not to make assumptions about what is wrong or jump in too quickly with your own diagnosis or solutions.

4. Keep questions open ended

Say "Why don't you tell me how you are feeling?" rather than "I can see you are feeling very low". Try to keep your language neutral. Give the person time to answer and try not to grill them with too many questions.

5. Talk about self-care

Talk about ways of de-stressing or practicing self-care and ask if they find anything helpful. Exercising, having a healthy diet and getting a good night's sleep can help protect mental health and sustain wellbeing.

6. Listen carefully to what they tell you

Repeat what they have said back to them to ensure you have understood it. You don't have to agree with what they are saying, but by showing you understand how they feel, you are letting them know you respect their feelings.

7. Offer them help in seeking professional support and provide information on ways to do this

You might want to offer to go the GP with them or help them talk to a friend or family member. Try not to take control and allow them to make decisions.

8. Know your limits

You will have your own limits to the support that you can provide. And it's important to take care of yourself too. Give yourself time to rest and process what they have told you or what's happened. Try to help them create a support network of other friends, relatives and mental health professionals who can help them too.

Unmet Needs....What's Hopeful?



What's at the heart of your organization?

Where do you see the most pressing needs/challenges in people's lives?

What has changed in your work in the past two years?

How do you best partner with other organizations? Where are volunteers most needed?

How might a faith community like Light of Christ serve or support you?



These were some of the questions discussed at last Monday evening's *Community Leader Gathering* here at church as a part of our Strategic Visioning Process. In all, we had eleven area leaders here to discuss and share perceptions and needs of those in our Delano/Wright County community, things often "under the radar," challenges for those sometimes more on the periphery or the edge of things.

A few take-aways:

Needs have continued to grow, especially over these past couple of years. Everything from loneliness and relationship needs, to affordable housing challenges, to how lethal street drugs have become, to economic/money issues.

Many, even most, workers on the frontlines of all service organizations feel the squeeze. There are often fewer resources, more needs than can be met, growing discontent and divisions in society, and simply being present with and serving people in need can tax your energies.

Some of the things that are most needed through these organizations are mostly the things that are simplest to provide. An hour to visit or play a game of cards with someone at The Legacy of Delano; extending an invitation to have someone join you for lunch at the Senior Center; praying for protection for our law enforcement; expressing gratitude; sorting clothes at the Thrift Shop; helping review or prepare someone's taxes; extending patience to workers whenever you're doing business anywhere, being mindful of how often they might be short-staffed; donating money to help make food programs go farther, assistance programs meet more needs; the list goes on...



We were privileged to have representatives from Love INC – Heartland; Delano Schools Better Together; Delano United Diversity Task Force; Wright County Community Action; The Legacy of Delano; Wright County Health & Human Services; Wright County Sheriff's office.

Light of Christ is committed to serving as Jesus has shown us and to loving our neighbors as if they were ourselves. As we envision our path forward, we know that growing our compassion and involvement is key.

A conversation about "what's hopeful" gave all of us encouragement and reminders about the importance of faith, of love put into action, of being connected with one another. Watch for more discoveries!

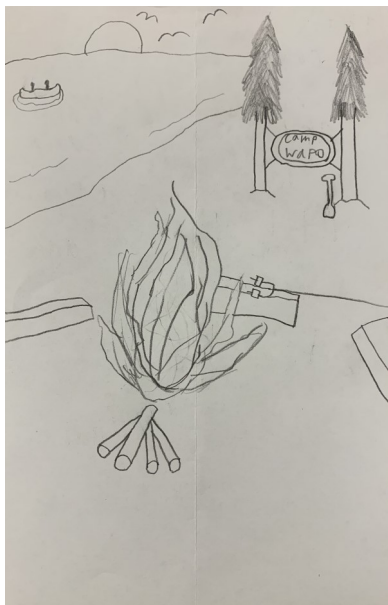
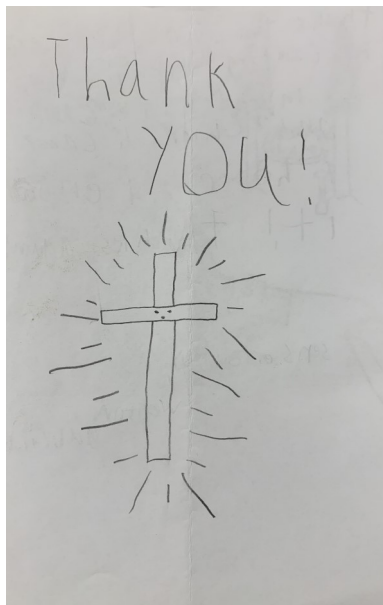
2023 Offering Envelopes

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 5th**. Email [Terri in the church office](#) or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget. Thank you!



THANKYOU!

Thank you for sponsoring my camping trip!
This is my first summer camp and church camp. I hope I enjoy it! Thanks again!
Sincerely, *Weston Gabrick*



(Weston will be going to Lake Wapogasset Lutheran Bible Camp in August with a group from Light of Christ. Each summer, our church gives a \$100 scholarship for each youth that attends summer Bible Camp or the HS Service-Learning Trip. Thanks to generous donations from members, we are able to make the cost a bit less and help families that are sending kids on these life-changing experiences! If you would like to make a donation to the Youth Scholarship Fund, please contact Kirsten Kelly. Thanks for your support and prayers for our summer ministries!)



Youth Summer Activity Nights

- ◇ **One last night! Monday, August 8th**
- ◇ 7:00-8:30pm
- ◇ No cost or need to RSVP
- ◇ Join us for a variety of activities such as spike ball, sand volleyball, bean bags, gaga ball and more!
- ◇ Open to youth who have completed grades 6-12— friends welcome!
- ◇ Snack and drinks will be provided - please bring your own water bottle.

