



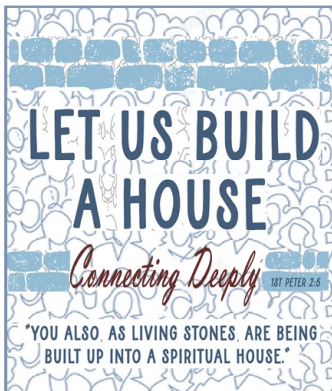
Worship

- In-person worship—**9:30 AM (new time)** Sundays
- Online worship continues, and is live-streamed to our [YouTube](#) and [Facebook](#) pages



Church Council 2024

Mike Boyack (vice pres.)
Laurie Brown (sec'y.)
Billie Chock
Tim Current (treas.)
Heidi Goldbeck
Luke Jeseritz
Lisa Krause
Natasha Werner (pres.)
Jon Wissink
Pastor Bruce Kuenzel



Contact us!

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(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



NourishingHOPE

Free Fresh Produce and Dairy

Monday, April 8th
4:00-5:00 pm

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

Hanover
Influence Church @ City Hall
11250 5th Street NE
Hanover, MN 55341

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

Maple Grove
Rice Lake Bible Chapel
8801 Rice Lake Road
Maple Grove, MN 55369

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

Monthly Food Distribution

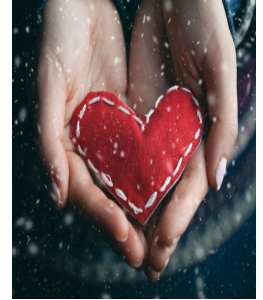
The next food distribution is on **Monday, April 8th**. Shifts are available at 10:00 AM to about noon at Our Father's Lutheran Church in Rockford, and 3:30 – 4:30 PM here at Light of Christ. Sign-ups are below:

- **10:00 AM** packing food boxes—[click here](#)
- **3:30 PM** distributing boxes of food right here in our church parking lot—[click here](#)



Caring Corner

(from Rachel Boyack of the Healing & Wholeness Committee)



Are We Asking Too Much of Our Teens? Part 2

How can we help our teens?

Recognizing the unique challenges faced by our teens regarding stress, it is crucial for us as parents, educators, and community members to provide them with the support and guidance they need. This includes:

- **Open Communication:** Encourage open and honest conversations with our teens, allowing them to express their feelings, concerns, and challenges.
- **Realistic Expectations:** Set realistic expectations for our teens' academic and extracurricular pursuits, recognizing that they are still developing and learning.
- **Unconditional Support:** Offer unconditional love, support, and acceptance, regardless of their achievements or failures.
- **Time for Relaxation and Connection:** Ensure that our teens have adequate time for relaxation, hobbies, and spending quality time with family and friends.
- **Teach Coping Skills:** Provide our teens with coping mechanisms to manage stress, such as mindfulness, deep breathing exercises, and seeking professional help when needed.
- **Advocate for Change:** Advocate for changes in educational and extracurricular systems that prioritize well-being and holistic development of our teens.
- **Religious Community:** Teens who are involved in a religious community may find that their faith provides them with a sense of belonging, purpose, and support. Religious communities can offer teens opportunities to connect with other teens who share their beliefs, as well as access to religious leaders and other adults who can provide guidance and support.
- **Rituals and Prayer:** Religious rituals and prayer can provide teens with a way to connect with something larger than themselves and to find comfort and strength in times of stress. Prayer can also be a way for teens to express their feelings and to seek guidance from God.
- **Service to Others:** Teens who volunteer or participate in service activities may find that helping others provides them with a sense of purpose and accomplishment. Service can also help teens to develop their social skills and to learn about the needs of their community.
- **Spiritual Mentorship:** Teens may benefit from having a spiritual mentor who can provide them with guidance and support on their faith journey. A spiritual mentor can help teens to explore their beliefs, to develop their spiritual practices, and to apply their faith to their lives.

By understanding the pressures faced by our teens and taking steps to support and guide them, we can create a more nurturing and supportive environment that allows them to thrive and reach their full potential. Consider praying for our youth; that God will guide them in choosing priorities and help them to cope, and their parents recognize early signs of stress and mental illness and find them support.

Content sourced and adapted from:

The Liv Project. "Under Pressure: Are we asking too much from our Teens?" *The Liv Project*, 20 December 2022, https://thelivproject.org/under-pressure-are-we-asking-too-much-from-our-teens/?mc_cid=86f13ea3b0&mc_eid=951d5b0e61. Accessed 5 March 2024.

THANK YOU!

Thank you!

I would like to extend a heartfelt thank you to the musicians and volunteers who helped with the Holy Week services. I'm beyond blessed to be a part of a congregation with so many amazing people willing to share their time and talents!

Peace,
Katie



THANK YOU to all who made for a wonderful **Kick-off Celebration** this past Saturday evening! We enjoyed great fellowship, some fun and huge laughs, tasty desserts, and some inspiration as we kick-off our capital appeal. Everyone who was here also received their Appeal Packet of Information, complete with a full-color brochure. Please watch for your personal **Appeal Packet** in the mail if you haven't already received yours.

THE HOOT

Hello, OWLS!! Just a reminder for upcoming events:



Bible Study: "Growing Older and Wiser" - Sundays after church, 10:45-11:45 AM, April 14th, 28th and May 5th. All are welcome any time, come when you can. Preparing ahead of time will make for better discussion and understanding. Will have extra books available if you need, cost is \$8.00.

Gathering of OWLS on Thursday, April 18th at 1:00 PM in the Living Room. Ideas welcome.

OWLS outing to Minneapolis Art Institute (MIA) for "Art in Bloom" exhibit on Thursday, April 25th. We will make a plan for meeting at church, carpooling and stopping for lunch afterwards.

As a church, we are continuing to work to **Deepen Our Connections**, with God and with one another. Our vision for growing our ministry is both in terms of how our **mission** can best serve this objective and also how our **facilities** best help us connect. We invite you to pray about how you might make a gift and/or 3-year pledge over and above your regular ministry giving to this capital appeal. **Response Packets** will be distributed in a couple of weeks. Thank you for considering how you can help us with these important projects!

New Member/Partner Sunday—April 21st

We will be receiving new members/partners on Sunday, April 21st. If you are interested in more information about joining Light of Christ, please contact the church office **before April 10th** at terri.reuter@locdelano.com.



Dad's Night Out

Calling all dads -- young dads, old dads, in-between dads, granddads, gonna-be dads, and any other dads. Pastor Bruce is leading a small group for dads of every kind. The goal of the

group is to connect more deeply with Christ and with one another. Our next gathering is **Tuesday, April 9th** from 7:45 - 8:45 PM at the Brickside Grill. No need to register. Simply come as you are. If you have any questions don't hesitate to contact Pastor Bruce.

Donate from Your Smart Phone

Light of Christ offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's QR code reader or go to the [church website](#) and locate the online giving page.



CHILDREN, YOUTH & FAMILY NEWS



The Voyagers group loves listening to and interacting with our Readers Theater (and vice versa).

Can you find the adult child of God?



When the wind is cool and have only one coat, friends share!

WHERE YA HEADED?

WHAT: SESSION ON "VOCATION" (POST HS PLANS)

WHO: CURRENT 10TH-12TH GRADE YOUTH

WHEN: SUNDAY, APRIL 14TH

TIME: 5-7 PM

WHERE: LIVING ROOM AT LOC

COST: \$5 FOR PIZZA

LED BY PAUL NELSON AND KIRSTEN KELLY

All are welcome at this event! We ask that you **sign up in advance**, if you are able so we can have enough food. But we also welcome walk-ins!

<https://lightofchristdelano.breezechms.com/form/WYH2024>



Light of Christ Lutheran Church
Children & Family Ministry Team
presents

EARTH DAY

NEIGHBORHOOD CLEAN UP



Join us Sunday, April 21, 2024 to celebrate this year's Earth Day.

Clean up location: Light of Christ property & road side area

Please bring your family (all ages welcome), wear green,
and help us celebrate Earth Day on April 21st at 11:15am!