

## Worship

- **Indoor worship—9am Sundays**
- **Outdoor worship—6:30pm Wednesdays, weather permitting**
- **Online worship will continue and will be posted on the [church website](#).**



## 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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Delano, MN 55328  
(763) 972-2400



[LightOfChristLutheran.com](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)

## The Great Thing About Giving...

Like many children, my children love to have lemonade stands, snow cone stands, you name it! They often have something small in mind they would like to buy with the money they make. So today when I was asked if they could have a lemonade stand, we brainstormed ideas of places or people we could give the proceeds to. We decided on raising money to buy a goat through ELCA's Global Barnyard. After looking at their website further, it also motivated my husband and me to purchase a second goat. *Natalie Dinger—Stewardship Committee*

2 Corinthians 9:6-8

*Whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.*



We encourage you to take a few moments to watch the video, found at the link below, which discusses donations that Light of Christ has made to the Delano Public Schools to help families in need during this past challenging year. Your contributions are making a difference in the lives of many people. We are very thankful for your generosity!

[https://youtu.be/KbyfLF\\_f5Hk](https://youtu.be/KbyfLF_f5Hk)

## Enjoy the Convenience of Electronic Giving

Light of Christ wants to remind you that we offer electronic giving as a way to automate your regular weekly offering. Electronic giving offers convenience for individual congregation members and provides much-needed donation consistency for our congregation, especially during the summer months when people are traveling.

- **Credit & Debit Card Giving** lets you make offerings automatically on a pre-determined schedule using a credit or debit card.
- **Online Giving** lets you go to the [church website Give](#) page at any time to set up an automatic donation plan, change your donation plan, make a one-time donation or view your online donation history. Just click on **"Click here to Give"** which will bring you to the online donation page.
- Use your smartphone to scan the **QR code** to the right to bring you directly to our online giving page.



As you contemplate future contributions, please consider electronic giving. Authorization forms and additional information are available from the church office.

## Caring Corner (by MJ Pearson with LOC Healing and Wholeness Committee)



This past month the Healing and Wholeness Committee observed Mental Health Awareness month with a mile walk honoring those who experience mental illness. While we do not all have mental illness, we all have mental health and varying degrees of wellness.

Mindfulness is a helpful way to bring attention to areas of your overall health that you may have otherwise neglected or overlooked. A simple way to check in with ourselves on a daily basis is by remembering (and perhaps even writing down in a visible location) the 3 B's. Our Brain, our Body and our Breath. Practicing mindful awareness of all 3 of these parts of self on a regular basis can help reduce stress and increase feelings of peace and overall satisfaction. All 3 elements are also crucial in understanding our Creator on an even deeper level. Yes, even mindfulness (or Holy Noticing as described in Charles Stone's book about Christ-centered mindful awareness) can be an act of worship!

If God created our mind he cares about our mental health. If God created our body he not only cares about our physical health but also the connection between our bodies and our minds. One way that we can notice and mindfully engage the mind-body connection is by engaging in breath work.

Science shows us that when we have a big emotional response to a stressful experience or thought we feel flooded with stress chemicals (cortisol, adrenaline) for 90 seconds. After 90 seconds, it's our own brains and thought rumination that can keep us either feeling horribly or instead release us from our own distress by choosing not to dwell on the details of the upsetting event. In the breath practice below, you will practice 10 deep breaths. This breath practice below will give you the 90 seconds you need to pause before responding to the stressful triggers that may arise this week.

**Breathe-** "For the Spirit of God has made me, and the breath of the Almighty gives me life." Job 33:4

Find a comfortable spot to relax either sitting or lying down. Begin to breathe in and out and notice the quality of your breath. Is it shallow or deep? Rapid or slow?

Take 10 deep breaths in through your nose and out through your mouth. Send breath to any areas of tension you may feel in your body. You may also enjoy saying a breath prayer. For example, "Holy Spirit (on the inhale), breathe on me (on the exhale)." You can also use an anchor verse of your choosing to bring you back to present awareness when your thoughts have wandered.

**Brain-** "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2

Observe and submit your thoughts.

*"Lord I submit these thoughts to you. I praise you that I am not my thoughts. You are my rock, my fortress, my strength, my truth. I have never been hidden from you."*

**Body-** "Present your bodies as a living sacrifice holy and acceptable to God which is your spiritual act of worship." Romans 12:1

Take a moment to listen to your body. What sensations do you notice? Are you holding stress or tension in a certain spot in your body? What signals is your body sending you? You may feel low on energy, hungry for your next meal or maybe just thirsty for alone time with your Creator.

Our body and our brain are giving us information about our experience every waking moment of every day but we rarely slow down to listen. We challenge you to pause this week to notice your brain, your breath and your body and in so doing deepen your connection with your Creator.

New Light of Christ member, Paul Nelson, has shared the information below for an upcoming event. He is thinking of attending and would be willing to drive if anyone else from LOC would like to attend. If you are interested, please contact Paul at [pnnelspa@gmail.com](mailto:pnnelspa@gmail.com).

*"When you pass through the waters, I will be with you." Isaiah 43:2*

The Ecumenical Water Initiative is hosting a family friendly, community event to share stories about water and watersheds in our lives. Join us **July 11 from 3:00-4:00 pm at Redeemer Lutheran Church** at 1800 Glenwood Avenue, Minneapolis, MN 55405 or on Facebook live at MN Ecumenical Water Initiative as we celebrate and are refreshed by the water we all share.

We ask that you wear a mask at this event and bring your own chair if possible. Questions can be directed to Madeline Troyer ([m.troyer@mpls-synod.org](mailto:m.troyer@mpls-synod.org)).

## Upcoming Food Distribution Dates:

- \* Monday, July 12 @ 4pm
- \* Monday, August 9 @ 4pm
- \* Monday, September 13 @ 4pm
- \* Monday, October 11 @ 4pm
- \* Monday, November 8 @ 4pm
- \* Monday, December 13 @ 4pm

Please contact JoMarie Williamson at [lohwi@msn.com](mailto:lohwi@msn.com) if you are interested in more information or in helping with any of these dates.

## Youth Room Remodel Update

The big happenings this past week for our remodeling project have been:

- Finished grinding and polishing the concrete floor in the main space (half of this space will be grey, polished concrete and half will be carpet)
- John McClelland (assisted by Harry Grant) began installing our new (used) kitchen cabinets - **THANK YOU SO MUCH, JOHN!**
- Couch purchased and delivered to church (*thanks to the Grant family for their work picking up and delivering this to church!*)

**Thank you to Mike Klaphake, Carter Tool and the Grant family for their help getting the cabinets carried into the new space!**

We appreciate your continued prayers and support!



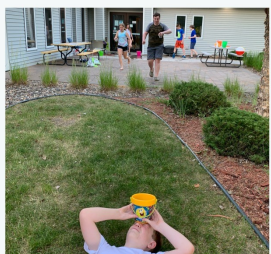
## Stay Informed!

Church Council meeting minutes can be found on the [church website](#).



We are asking for our Light of Christ members to help us come up with a new name for the youth room! The vision for this room, once it is completed, is to be a community room for us all to use. If you have any great name ideas, please send them to Kirsten at [Kirsten.Kelly@locdelano.com](mailto:Kirsten.Kelly@locdelano.com). We are excited to hear the creativity from our members!

# CHILDREN, YOUTH & FAMILY NEWS

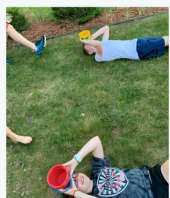


## 6<sup>th</sup> Grade Summer Fun!

Pastor Bruce and Kirsten met with some 6<sup>th</sup> grade youth (going into 7<sup>th</sup> and starting Confirmation in the fall) to talk a little bit about why we do Confirmation and also to play some games and have fun!! It was great to reconnect and enjoy time together in fellowship. See the schedule below for other Summer Fun days!



## Water Relays 6/9/21



## Summer Fun Days!

Youth are invited to join us after Wednesday outdoor worship on specific days for some time of fun and fellowship! When we meet we'll have games, snacks and a bonfire. We hope your child/family will also join us for worship on these days (and each Wednesday this summer)! Below is the schedule. Youth do not need to sign up in advance and friends are always welcome...hope you can join us!

<u>Date</u>	<u>Time</u>	<u>Completed Grade</u>	<u>Notes</u>
Wednesday, June 30 <sup>th</sup>	7:30-8:30 pm	7 <sup>th</sup> & 8 <sup>th</sup> grade	We'll have a short service project also so you'll get an hour of service too!
Wednesday, July 21 <sup>st</sup>	7:30-8:30 pm	6 <sup>th</sup> grade	We'll have a short service project also so you'll get an hour of service too!
Wednesday, August 11 <sup>th</sup>	7:30-8:30 pm	6 <sup>th</sup> & 7 <sup>th</sup> grade	We hope to have Confirmation groups formed to share with incoming 7 <sup>th</sup> grade!



## Summer HS Fellowship/Bonfires

This summer we'll have a monthly fellowship event for HS youth on Wednesday nights (schedule below). Hope you can join us for a bonfire, volleyball, food and fun!

- Wednesday, June 30<sup>th</sup>, 8:30-9:30 pm
- Wednesday, July 21<sup>st</sup>, 8:30-9:30 pm
- Wednesday, August 11<sup>th</sup>, 8:30-9:30 pm (this night will be a "welcome to HS" event for incoming 9<sup>th</sup> graders)

## Where Is Jesus?

Where has your Flat Jesus gone? LaDonna's was worshipping at Light of Christ with friends from the Hundred Acre Wood.

**Remember—take pictures and send them our way!**



## There's Still Time to Register for VBS!

- ♦ **LOC's Preschool VBS** is for children who turn 3-years-old by July 20<sup>th</sup> up to those entering kindergarten in the fall of 2021. The theme for this camp is "Through Life's Ups and Downs, Jesus' Power Pulls Us Through." This program will run daily from 4:00-5:00 pm Tuesday, July 20<sup>th</sup>-Thursday, July 22<sup>nd</sup> and will be led by LaDonna Ekern & Kirsten Kelly. More details can be found and registration may be completed at [LOC Preschool VBS](#). There are currently 18 children enrolled.
- ♦ **LOC's VBS led by Shetek Lutheran Ministries** is for children who will be entering grades 1<sup>st</sup>-5<sup>th</sup> in the fall of 2021 and will be led by Shetek Lutheran Ministries. The theme for this camp is "Dwell Faithfully" based upon the bible verse John 15:9. This program will run daily from 9:00 am-2:30 pm Monday, July 19<sup>th</sup>-Thursday, July 22<sup>nd</sup>. More details can be found at [LOC VBS led by Shetek Lutheran Ministries](#). There are currently 26 children enrolled for this program.



## A Rewarding Opportunity

July 18-21, there is the opportunity to show hospitality to two camp staff from Shetek Bible Camp. They will be here at Light of Christ leading our VBS day camp and need a place to sleep and get refreshed for the next day. The reward is hearing the excitement and what is happening at camp locally that week as well as camp ministry throughout the year. For more information or to say "**YES, they can come and stay at our place**" email [LaDonna](#). Thanks so much! God's blessings, LaDonna

## Register for Summer Camp!

Join us at camp this summer! We encourage you to invite a friend and sign up for *any* week that works for your family!

**Lake Wapogasset Lutheran Bible Camp**  
(<https://lakewapo.org/>)

So far, we have 15 youth signed up to attend Wapo this summer. Wapo is welcoming church staff to visit kids for at least a day. So, if that helps you feel more comfortable to register your child, know that we will be there at least one day to check in and give you an update!

- **June 27-July 2:** completed grades 4-12
- **July 25-30:** completed grades 4-12
- **July 21-23 (Wapo Seeds):** completed grades 1-3

## Green Lake Lutheran Ministries

(<https://www.gllm.org/>) - Currently, we do not have any LOC youth registered at GLBC.

LOC will offer scholarships again to any youth who attends Bible camp (\$100 for week-long and \$50 for the "abbreviated" camp). Families are encouraged to register for the camps even if it means getting on a wait list since they are hoping to open up more spaces for each week at camp as it gets closer to summer. Please contact our staff with any questions you have.

