



## 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!

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



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



## Word for the Week from Pastor Bruce

### Lord

Jesus doesn't want what is mine. He doesn't want it. He doesn't need it. He wants something else, something far more important. He wants me.

The story of the rich young ruler makes that clear. Here was a pious, upstanding, spiritual young man. He came to Jesus seeking spiritual wisdom. Jesus looked at him and loved him. And Jesus could see that there was one thing keeping this young man from following him – his money.

So, Jesus told him to go, sell everything he owned, give the money to the poor, and then come and follow him. But when the young man heard this, his face fell, and he walked away from Jesus filled with great sorrow, because he had great wealth. (Mark 10:17-22)

He loved his wealth more than he loved God. His possessions had first place in his heart and in his life. He put them before God. So, that was the one thing Jesus asked him to surrender. That's what the Lord always does.

Jesus always asks me to give him the thing I love more than him. I may say: Lord, you can have everything else. But this one thing I want to keep for myself, to have as my own, to keep under my control. When I do that, he always asks for that one thing. It may be my money, like it was for this rich, young ruler. But it could be something else entirely. It can be almost anything.

No matter what it is, that is the one thing Jesus asks me to give because he wants all of me, not just most of me, or some of me. He wants all of me, because if he doesn't have all of me, he really doesn't have me at all. If there is something else that is more important, more influential than him, something I love more than I love him, then he is really not Lord of my life.

Jesus wants to be my Lord and yours because he is the Lord of Love. He wants to give us his love in all its fullness and richness and doesn't want anything to stand in the way. He doesn't want anything to diminish his love. He wants us to live in his love, and rejoice in his love, and give his love away. He wants to be our first and best love, for time and for eternity.



## Feed My Starving Children Event



The Community Life committee invites you to join them for fellowship as they gather together to pack life-saving meals at Feed My Starving Children on **Tues-**

**day, December 7<sup>th</sup> from 7:00 PM-8:45 PM.** We will meet in the church parking lot at 6:00 PM for those who choose not to drive and would like to carpool. This is a great opportunity for everyone, especially high school kids if you need some volunteering hours for confirmation or for school. If you have any questions, please feel free to contact either Kelly Harstad at 763-227-8246 or Heidi Goldbeck at 612-418-0111. We hope to see you there! <https://www.signupgenius.com/go/9040A4AA5A62CA64-feed>

## Help Friends 4 A Cause this Christmas

Light of Christ will be pairing up with **Friends 4 A Cause** for the 2<sup>nd</sup> year, to help spread Christmas joy to local families who may be going through tough times. They are a local nonprofit with the mission statement "To teach others that giving is greater than receiving through the power of friendship and community." Friends 4 A Cause will be helping over 200 families, mostly from Delano, as well as some from Wright county. Please click [here for the sign up genius link](#).

If you would like to donate money but are unable to shop or have any questions, please reach out to Kim Wortz at 952-457-9253 or [kimw1517@gmail.com](mailto:kimw1517@gmail.com).



## Food Shelf Donations

This Christmas season, the Light of Christ Worship and Music Committee is asking for donations to the Delano Helping Hands Food Shelf, in lieu of poinsettias. You are invited to dedicate your donation in memory or in honor of a loved one. Please complete the form below **by December 20<sup>th</sup>.**

<https://lightofchristdelano.breezechms.com/form/Christmas2021>

## Caring Corner

(by Lona Jose with LOC Healing and Wholeness Committee)



### Co-Occurring Substance Use Disorder & Mental Illness

The Healing and Wholeness Committee at Light of Christ hopes to continue offering support, resources, prayer and encouragement to those experiencing mental illness. We hope our Caring Corner can provide that.

A very difficult challenge in life for some people is co-occurring substance abuse along with mental illness. A substance use disorder (SUD) is a mental disorder that affects a person's brain and behavior leading to a person's inability to control their use of substances such as legal or illegal drugs and/or alcohol. According to the National Institute of Mental Health, research has shown that half of those experiencing SUD will also experience in their life time a co-occurring mental health disorders such as depression, anxiety, PTSD, bipolar disorder, personality disorder and others. Although current research shows one does not necessarily cause the other. It suggests three possibilities where they may occur together. Common risk factors:

- They can both run in families thus genes may be a factor. Environmental factors such as stress or trauma can cause genetic changes that can be passed down through generations.
- Mental health disorders can contribute to SUD: studies have found that people with mental health disorders such as those listed above may use drugs or alcohol for self-medication. Also, some experience brain changes and they get rewarding effects from substances and thus continue to abuse.
- Substance abuse can contribute to mental health disorders over time triggering changes in brain structure and function that can make a person more likely to develop a mental health disorder.

If ignored and no treatment is received, the condition is likely to get worse. It is recommended that it is better to treat these two together rather than separately to assure therapies and medications are tailored to an individual's specific combination of needs. Research has found that there are several excellent therapies and medications now that can help the person regain their life. This co-occurring diagnosis can also be very difficult for family and friends of the person as well. There are excellent resources and services such as the websites NAMI (National Alliance on Mental Illness) and My Quiet Cave (a spiritual and wellness website) that can help provide support for the person struggling as well as loved ones during and after the recovery process. The LOC website has several links for help during this difficult time under the Support link. The LOC library also has several excellent books on this topic.

LOC members, we are there for you and want to support you in this journey. You are not alone. Things can be done to conquer this to get on the road to recovery and reclaim lives back. There is always HOPE! **YOU ARE GOD'S BELOVED. As Jeremiah 17:14 says, Heal me Lord and I will be healed; save me and I will be saved for you are the one I praise.**



## Stewardship Campaign

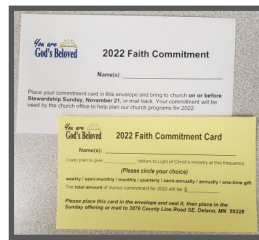
If you haven't already, please **complete** your 2022 pledge online at <https://bit.ly/LOC-Campaign-2022>

OR

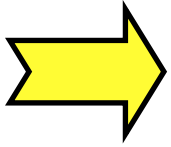
**Drop off** your yellow pledge card with Terri in the church office

OR

**Mail** your pledge card to the church office at 3976 County Line Road SE Delano, MN 55328



**“Like” us on Facebook to get news, info and updates.**



[Click here](#) to visit our Facebook page.

## A Service of Lessons and Carols!

Join us for a joyful service of Lessons and Carols on **December 5!** The service consists of scripture passages from the Christmas story mixed with music provided by Light of Christ musicians. The service will be held in-person and live-streamed at 9:00 AM. We can't wait to see you there!



2021 Annual Reports are due **before December 10<sup>th</sup>**. Please submit them to [Terri in the church office](#) when ready. Thank you!



## Stay Informed!

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



## Columbarium Update

Now that the Columbarium has been approved by the congregation, the Columbarium Committee has now moved on to Phase 2, which includes working with our identified suppliers to prepare for construction to begin in the spring and beginning pre-sales of niches.

If you are interested in learning more, and/or purchasing a niche, please contact Amy Bigot at 763-443-3750 or [amybigot@gmail.com](mailto:amybigot@gmail.com). She can answer any questions you may have and can help you initiate the purchase process. The cost to acquire a niche is \$3800, and one niche can hold up to two urns. A pre-sales discount price of \$3610 is available for niches purchased through **12/31/21**.

We look forward to having a space at Light of Christ to honor our loved ones who have gone before us.





# CHILDREN, YOUTH & FAMILY NEWS



grateful  
**THANKFUL**  
blessed

**Giving thanks  
with a  
grateful heart**

Thanking God for VBS, Rally Day, SPARK, Outdoor Sunday school, Indoor Sunday school and CLUB 5-6. I am thanking God with a grateful heart for all the Light of Christ families. Thanking God that in the midst of the pandemic we can still be connected and safe!





### We've got the JOY!

Finishing touches are being done on our newly remodeled space... decor has been purchased, stuff is going up on the walls, and signs are being made. Mark your calendar for **Sunday, January 23** when we will have a reception and celebration of this new space and thank all those who helped along the way. Before then, stop by and check it out... Things are updated weekly! Thank you for your continued prayers and support.



### 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, December 5th, 10:10 am
  - ⇒ Sunday, January 9th, 10:10 am
- **HS Fellowship** – Each week our 9<sup>th</sup>-12<sup>th</sup> 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!

