



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!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Free Fresh Produce and Dairy

Monday, March 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.

These boxes of produce and dairy are for anyone and everyone! You, a neighbor, someone in the community. No qualifications. No questions. No cost.

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 **today, March 14:**

- 11:30 am at Our Father's for packing boxes (register at link below):
(<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- 3:30 pm here at LOC for distribution of the boxes (register at link below):
(<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.**

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 Lona Jose with the Healing and Wholeness Committee)



Obsessive-Compulsive Disorder

This mental health article is about Obsessive-Compulsive Disorder which is not as prevalent as other conditions we have written about and it can be difficult to understand for those who experience it as well as for their family members. I have a close family member who lives with OCD and that has given me the opportunity to learn more to help support her. It is characterized by repetitive, unwanted obsessions and irrational, excessive urges to do something. Those who experience this know their thoughts and behaviors don't make sense but they are often unable to stop them. About 1% of adults experience OCD and typically the symptoms begin during childhood or young adult years. Most people have some occasional obsessive-compulsive behaviors but with this disorder, the symptoms last more than an hour each day and that interferes with their daily life.

Examples of obsessions could include doubts about whether they have done something right such as turning off the stove, obsessive cleaning, unpleasant images or fear of saying something inappropriate in public or obsessive thoughts about someone. Compulsions might include repeated hand washing because of fear of germs, repeatedly doing the same behavior over and over such as checking to see if the door is shut or other repeated actions to attempt to relieve the anxiety they are feeling. OCD can cause you to feel bewildered, overwhelmed and distraught. The exact cause of this disorder is unknown but researchers believe that activity in certain portions of the brain is responsible. Genetics are thought to be an important cause since there is a 25% chance if one family member has it another could also have it.

A doctor or mental health professional will diagnose OCD and treatment can include psychotherapy (Cognitive Behavior Therapy) and medication which can help your life feel more normal. Though OCD cannot be cured, it can be treated effectively even though it may take time. There are related conditions that share similarities to OCD but are considered separate conditions such as hoarding, conditions where individuals are obsessed with their physical appearance, pulling out their hair/eye lashes or compulsive nail biting or teeth grinding.

While this disorder can take up a lot of your time, make it hard to concentrate and can leave you exhausted, it is important not to hide your thoughts and feelings from those around you. While this can be difficult to talk about, it is important to remember **you are not alone and it's not your fault**. In addition to seeking out professional help which is so important, share information about yours (or your loved one's) diagnosis to help others understand. An excellent website that includes many resources and education is the International OCD website, iocdf.org and it also has a faith link.

We want to reduce the stigma of mental illness. We want to do whatever we can to support those who are experiencing their challenges. As someone said, "You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition as long as you open up to somebody about it." And there are many verses in the bible that give support during these struggles such as Psalm 94:19: **"When the cares of my heart are many, your consolations cheer my soul."** It reminds us that no matter what breaks us down, He will help rebuild and strengthen us.

March Is Food Share Month

Every year Light of Christ designates March as Food Share Month for the Delano Food Shelf. LOC members are encouraged to donate items in need or monetary contributions are also appreciated. Items most needed include canned soups, tomatoes, meals, all personal care items, soap/cleaning and laundry supplies, coffee/tea, baking



items (sugars, soda, flour), spices, salt, pepper, sauces and condiments, gluten free pasta/flour, cereal, oatmeal, grocery bags and any other items are appreciated. Please do not donate outdated items. They can be dropped off at the Food Shelf on Thurs. 1-4, at church in the shopping cart inside the fellowship hall door or in the designated back pews at church. Thank you also for those who manage the Food Shelf including LOC's JoMarie Williamson and other LOC members who volunteer at the Food Shelf. Your service is so needed!

Online Auction Youth Fundraiser

You're invited to support this year's youth summer trip by bidding on our online auction fundraiser this year! *Bidding will go from 10 am on Sunday, March 13th through Saturday, March 19th at 7 pm.* You can view auction items through the QR code or link to the right. There are over 60 items to bid on (including many great gift certificates, baskets and goodies)! Thank you so much for supporting our youth in their faith journeys!

Note: Winners can pick up their items from church on Sunday morning, March 20 (before or after 9 am worship) or before/after 7 pm Lent worship on Wednesday, March 23.



Use the QR code above to access the online auction. You can also access the auction at this link:

[https://
www.32auctions.co
m/locyouth](https://www.32auctions.com/locyouth)

THANK YOU!

We want to say a huge **thank you** to all those who attended our Youth Fundraiser yesterday as well as those who made a donation or bid at our online auction! We will have more info about money raised and auction donors in our newsletter next week. We truly appreciate your support of our youth ministries!



Dear Light of Christ Lutheran Church,

Thank you so much for your generous donation to My Quiet Cave! Because of you, more people will experience hope and belonging in the midst of mental health struggles. We are grateful for you and the partnership of Light of Christ!

God bless,
Kimberly

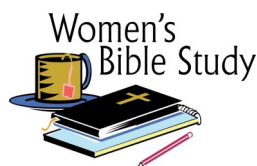
Dear Friends,

Thank you for your generous donation of \$100. We are so glad to be able to provide resources for your congregation. Your gift helps to further the INMI (Interfaith Network on Mental Illness) mission of increasing awareness and understanding of mental illness among clergy, staff, lay leaders and members of faith communities, and helping them more effectively develop and nurture supportive environments for persons dealing with mental illnesses and their families. Your support is greatly appreciated.

With gratitude,
Keri Wray
INMI Administrator

Are you looking to get more involved in worship?

We are looking for new Altar Guild members!! As we are transitioning back to "normal" communion, we are in need of more help. It is a low commitment and a great way to volunteer at church. If you would like to become a member, please contact [Terri](#) in the church office or Kim Wortz at kimw1517@gmail.com.



Light of Christ will be starting a **women's bible study** on Thursday, March 17. We will meet the third Thursday of the month from 6:30 pm – 8:00 pm in the Living Room at church. We will be doing a bible study based on the movie *War Room*.

The War Room Bible Study includes five scriptural lessons and inspiring movie clips found in the new Kendrick Brothers' movie "War Room." This short series provides a variety of heartfelt or humorous movie scenes and Bible study sessions.

Session topics include: Dealing with Spiritual Lukewarmness, Christian Accountability, Grasping Grace and the Gospel, Engaging in Spiritual Warfare, and Trusting God in Prayer. Written by Stephen and Alex Kendrick (Source: [War Room Bible Study - Kendrick Brothers](#)) If you have any questions and would like to join us please contact Lindsay Lindall @ lindsay.lindall@gmail.com.

You're invited!

Bear one another's burdens.
Encourage one another.
Pray for one another.
Love one another.
Be devoted to one another.
Serve one another.
Bear with one another.



The Bible goes on and on about what the church is supposed to look like. We're supposed to connect, to do life together, to share our ups and down, joys and challenges. When we do this, we not only please God but we build up our community. We strengthen our ties. We become closer. We know we're not alone. And we can experience all of the "one anothers" listed above.

Table Talks are about these one anothers. Connecting with one another. Getting caught up or perhaps getting to know one another. Dreaming a bit with one another. Table Talks are 60-75 minute get-togethers with 4-8 LOC folks, led by a church leader or member. Different days and times. Most of these are at church.

Check the [website](#) for a bit more info or [click this link](#) to see days and times available. BTW, more to come.
Welcome! Let's talk!



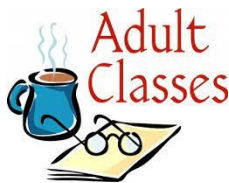
Wednesday evenings during Lent

7:00 pm In-person Worship in the Sanctuary or via livestream. Worship will incorporate the Holden Evening Prayer service and feature the 10th graders' faith statements.

Order Your Easter Flowers

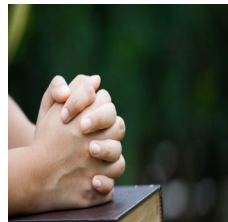
Honor or remember a loved one with Easter flowers and help decorate the sanctuary for our Easter services. Click [here](#) to place your order. Deadline to order is **March 27th**. Thank you for beautifying our church!

The Holy Spirit in the Bible and in Our World Today. This Sunday begins a six-week series on the person and power of the Holy Spirit, both in the Bible and in today's world, led by Pastor Bruce. We will be using videos from the Bible Project to explore this facet of our spiritual lives in a deeper way. We will be meeting from 10:10-11:10 AM in Room 108 Sundays through April 10. There is no need to register. Please come with an inquisitive mind and an open heart.



Call on the Light of Christ Prayer Chain

If you or someone you know is in need of prayer, please feel free to engage the Light of Christ Prayer Chain. [Email the church office](#), which is preferred, or call 763-972-2400 with your request, which remains confidential. The LOC Prayer Chain will pray for you as requested. Feel free to call on this team in your time of need. Anyone wishing to join the Prayer Chain should contact the church office.



Word for the Week from Katie Anne Kohler

A Musical Journey Through Lent, Week 2

Jesus, Keep Me Near the Cross

Text: Frances (Fanny) J. Crosby (1820-1915)

Music: W. Howard Doane (1832-1915)

Jesus Keep Me Near the Cross was first published in 1869 by Fanny Crosby, a prolific hymn-writer who wrote more than 8,000 hymns, befriended several presidents, and was an important advocate for the U.S. blind community. The text was set to the tune, *Near the Cross*, composed by William Howard Doane. Doane was a successful hymn composer in his own right and had collaborated with Crosby in the past.

Fanny had an incredible ability of painting a vivid scene through her text. This was a talent many found amazing since she was blinded at six-weeks old due to a mistreated eye infection. *Jesus Keep Me Near the Cross* showcases this talent. The lyrics are as follows:

1. *Jesus, keep me near the cross,
there's a precious fountain;
free to all, a healing stream
flows from Calv'ry's mountain.*
- Refrain
*In the cross, in the cross
be my glory ever;
till my ransomed soul shall find
rest beyond the river.*
2. *Near the cross, a trembling soul,
love and mercy found me;
there the bright and morning star
sheds its beams around me. Refrain*
3. *Near the cross! O Lamb of God,
bring its scenes before me;
help me walk from day to day
with its shadow o'er me. Refrain*
4. *Near the cross I'll watch and wait,
hoping, trusting ever,
till I reach the golden strand
just beyond the river. Refrain*

Some hymnals have slightly different versions of the refrain. The Evangelical Lutheran Worship hymnal uses the words, "*till my ransomed soul shall find...*" in the third line of the refrain. However, some hymnals use, "*till my raptured soul shall find...*" Regardless of the phrasing, the meaning of the song is clear. Without the cross, we have no hope or salvation. We must trust Jesus and follow his path if we wish to "*reach the golden strand just beyond the river.*"



During the season of Lent our Sunday school students will be collecting money for God's Global Barnyard. Global Barnyard recognizes how an animal can make a world of difference for a family in need, providing food to eat, fertilizer to grow crops, or milk, honey or eggs to sell at the market.

Students will be provided barnyard boxes to collect money. If you would like to help by providing a box at your place of employment or within your community, please feel free to take one. There will also be boxes at church for you to contribute to as well.

On Palm Sunday we will determine how much our young people raised and they will be able to choose what animal(s) they would like to purchase for a family or community in need.



"Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands."
Psalm 63:3-4

When we're most deeply in touch with God's amazing grace and love, we know that this is in fact "better than life." Our response? To glorify and praise God, to lift up our hands....to worship!

Join us on Sunday mornings at 9:00 am or online streaming by going to our [Facebook page](#).

Opportunities for Children at Light of Christ

SUNDAY SCHOOL: for children 3-years through 4th grade – Sundays from 10:10-11:10 am

Note: Sunday school will not meet March 27, April 3, April 17

CLUB 5-6: for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm

There is no Club 5-6 during Lent. We resume April 20 and go through May 25.

SPARK:

- 1st and 2nd grade resumes **April 20** for 4 weeks. This is an afterschool program from 3-5pm. [Click here to register.](#)
- 3rd and 4th grade Spark will have meet additional 2 weeks on **May 18 and 25** – sign up link coming soon.

MEGA SPORTS CAMP: our Vacation Bible School for children 3-years through 4th grade runs **June 26-30** from 5:30-8 pm. [Click here to register.](#)

WAPO BIBLE CAMP: While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. <http://lwlbc.com/lightofchrist>

- There is a Wapo one-day camp on **August 3** for those who completed K-4th grade to experience what camp is like.



HS Summer Trip – Registration still open!

Join our high school youth for a great service-learning trip to the North Shore this summer from **July 23-29!** We will serve at some social-justice agencies in/around Two Harbors for 3 days and then have time for fellowship and adventures on the North Shore. Registration is open to current 9th -12th grade LOC youth and friends. The cost is still being determined (based on numbers) but each youth will receive a \$100 scholarship from our congregation. Talk to Kirsten if you have any question and [register today at this link!](#)



CHILDREN AT LIGHT OF CHRIST

(This has been around but yet so very true and definitely worth sharing)

Dear parents with young children in church:

You are doing something really, really important. I know it's not easy. I see you with your arms overflowing, and I know you came to church already tired. Parenting is tiring. Really tiring.

I watch you bounce and sway trying to keep the baby quiet, juggling the infant car seat and the diaper bag as you find a seat. I see you wince as your child cries. I see you anxiously pull things out of your bag of tricks to try to quiet them.

And I see you with your toddler and your preschooler. I watch you cringe when your little girl asks an innocent question in a voice that might not be an inside voice let alone a church whisper. I hear the exasperation in your voice as you beg your child to just sit, to be quiet as you feel everyone's eyes on you. Not everyone is looking, but I know it feels that way.

I know you're wondering, is this worth it? Why do I bother? I know you often leave church more exhausted than fulfilled. But what you are doing is so important.

When you are here, the church is filled with a joyful noise. When you are here, the body of Christ is more fully present. When you are here, we are reminded that this worship thing we do isn't about Bible study or personal, quiet contemplation but coming together to worship as a community where all are welcome, where we share in the word and sacrament together. When you are here, I have hope that these pews won't be empty in 10 years when your kids are old enough to sit quietly and behave in worship. I know that they are learning how and why we worship now, before it's too late. They are learning that worship is important.

I see them learning. In the midst of the cries, whines and giggles, in the midst of the crinkling of pretzel bags and the growing pile of crumbs I see a little girl who insists on going two pews up to share peace with someone she's never met. I hear a little boy slurping (quite loudly) every last drop of his communion wine out of the cup determined not to miss a drop of Jesus. I watch a child excitedly color a cross and point to the one in the front of the sanctuary. I hear the echoes of Amens just a few seconds after the rest of the community says it together. I watch a boy just learning to read try to sound out the words in the worship book or count his way to Hymn 672. Even on weeks when I can't see my own children learning because, well, it's one of those mornings, I can see your children learning.

I know how hard it is to do what you're doing, but I want you to know, it matters. It matters to me. It matters to my children to not be alone in the pew. It matters to the congregation to know that families care about faith, to see young people — and even on those weeks when you can't see the little moments, it matters to your children.

It matters that they learn that worship is what we do as a community of faith, that everyone is welcome, that their worship matters. When we teach children that their worship matters, we teach them that they are enough right here and right now as members of the church community. They don't need to wait until they can believe, pray or worship a certain way to be welcome here, and I know adults who are still looking to be shown that. It matters that children learn that they are an integral part of this congregation, that their prayers, their songs, and even their badly (or perfectly timed, depending on whom you ask) cries and whines are a joyful noise because it means they are present.

I know it's hard, but thank you for what you do when you bring your children to church. Please know that your family — with all of its noise, struggle, commotion and joy — are not simply tolerated, you are a vital part of the community gathered in worship.