



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

Online Youth Fundraiser – Registration and Donations Due by 3/9!

If you can't attend the online charcuterie event (see details below), we invite you to **BID BID BID** at our online auction this year! *Bidding will go from 10 am on Sunday, March 13th through Saturday, March 19th at 7 pm.* But you can view items anytime through the QR code or link below... new items are being added every day! So far we have close to 50 items (including many great gift certificates, baskets and goodies)! We'd truly appreciate any donations you could provide (see [attached letter/form](#) for more info). **Donations are needed by this Wednesday, March 9th** (later than originally published). 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.com/locyouth>

New items added every day!



Join us on Sunday, March 13th for a repeat of the awesome event that we did last year... our online Charcuterie Youth Fundraiser! Our team will prep the charcuterie supplies at church (including meats, cheeses, fruit, olives, chocolate and drinks) and then deliver it to your house the day of the event. We will gather on Zoom at 7:30 pm for a short program put on by the youth (this year they'll come to you *live* from church) while you enjoy your food and drinks! It was so great last year to see all of the fun charcuterie arrangements (see photos above)! Then after the youth "program" and slide show, Marcus Hanson will grace us again with his gift of music and wine or beer tasting (*optional*). All money raised will benefit our youth attending our summer trips. We hope you'll join us for this great night of food and fellowship!

[REGISTER HERE by MARCH 9th!](#)

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!



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 for **Monday, 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.



You're invited!

Yes, we hope that all Light of Christ adult members will participate in one of our upcoming Table Talks. These 60–75-minute gatherings are a chance to connect, share a bit on how we're all doing, reflect upon the past couple of years, and then have some good conversation about the future direction for Light of Christ.



Over the coming many weeks, LOC leaders (council, staff, others) will host Table Talks at different times and on different days. Most gatherings will happen at church. The best place to see the various options is at this [SignUp Genius link](#).

To get a bit better sense of what Table Talks are all about, click on the link below for a brief video.

 [Table Talks Promo.mp4](#)

If you have any questions at all, or if you think you might like to lead a Table Talk gathering yourself, please contact Tim Johnson, our Shared Ministry Director - (952) 472-1755 or Tim.Johnson@locdelano.com



Women's Bible Study

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

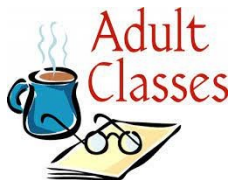
Living Room at church. We will be doing a bible study based on the movie *War Room*.

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.

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 on March 6, 13, 20, 27, April 3, and 10. There is no need to register. Please come with an inquisitive mind and an open heart.



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!



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.

Word for the Week from Katie Anne Kohler

A Musical Journey Through Lent, Week 1

I Want Jesus to Walk with Me

African American Spiritual (Text & Music: Unknown)

I Want Jesus to Walk with Me is an African American Spiritual with an unknown composer or author. This hymn is often associated with Lent. However, it is appropriate for most of the church season, because of its message regarding our life's journey. The tune that we sing this song to (walk with me) is most likely named after Sojourner Truth, (1797–1883) an enslaved woman and heroine of the Underground Railroad. Moses Hogan, (1957-2003) an African American and Julliard School of Music graduate, was known for creating an arrangement of this song that is sung today.

The song has three simple, yet powerful verses:

1. I want Jesus to walk with me...
All along my pilgrim journey
Lord, I want Jesus to walk with me
2. In my trials, Lord walk with me...
When my heart is almost breaking
Lord, I want Jesus to walk with me
3. When I'm in trouble, Lord walk with me...
When my head is bowed in sorrow
Lord, I want Jesus to walk with me

The fact that the author and composer are unknown is not surprising. Many African American spirituals have no known authors because they were often the spontaneous utterances of slaves. According to Gwendolin Warren, an African American author who reflected on this spiritual:

in the context of slavery, such a song gave slaves a sense of hope and courage. "Knowing that Jesus, who had already passed through the fiery trials and come out triumphant on the other side, was walking beside them gave them courage to go on."

And now, many years later, while our own life experiences are much different, this song reminds us that Jesus is there walking with us through our own trials and tribulations.

Most of the factual information for this article was from an article written by Rob Durocher of St. John's Lutheran Church, Salisbury, NC.



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](#).

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.





Every athlete admires the legends of their favorite sport. It's easy for kids to look at these great players and want to be just like them. It's important to show them that becoming a legend doesn't happen overnight. It takes perseverance, lots of hard work, and a good team.

MEGA Sports Camp Legendary gives kids tools to help them in sports and in life. Each day of camp, kids will take another step on the journey to achieving greatness, both in sports and in their faith. Kids will engage daily with the Bible in music, interactive Bible stories, and scripture memorization. Through action-packed sports training sessions mixed with interactive rallies, kids will have fun and meet the One who is beyond legendary - Jesus!

The camp runs Sunday, July 24th through Wednesday, July 27th from 5:30pm - 8:00pm at Light of Christ Lutheran Church!! Registrations now open. <https://lightofchristdelano.breezechms.com/form/859fd8>

Summer Bible Camp

WAPO Bible Camp registration is now open to all people. While we no longer have reserved spots at camp, people can register and attend any of the camps as long as Camp Wapo still has openings.



- We have designated the WAPO Youth weeks of **June 26-July 1 & July 31-August 5** as LOC camp weeks.
- We have also designated **June 24-26** as Light of Christ camp for Wapo Seeds (those who have completed grades 1-3).

Please note: while we have designated Light of Christ times, youth are welcome and able to register for any of the weeks. **Light of Christ will pay \$100 towards the cost of registration for Wapo Youth and \$50 towards the cost of Wapo Seeds. You can register at <http://lwlbci.com/lightofchrist>**



HS Summer Trip – Sign Up Today!

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 until 3/7 and then, depending on spaces, may open to friends of LOC. The cost is still being determined (based on numbers) but each youth will receive a \$100 scholarship from our congregation. Also, join us at our [Youth Fundraiser on 3/13](#) to raise money for your trip... you might be able to raise all of your funds! Talk to Kirsten if you have any question and sign up today!