



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



## Free Fresh Produce and Dairy

**Monday, April 11th**  
**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

### Delano

Light of Christ Lutheran Church  
3976 County Line Road SE  
Delano, MN 55328

### Rockford

Our Father's Lutheran  
3903 Gilbert Ave SE  
Rockford, MN 55373

### 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](mailto:nourishinghope.oflc@gmail.com) or Facebook Messenger.

**Food boxes are for anyone at all! Please come by to get one. Or, pass on the information to someone else!**

## April Food Distribution

Food Distribution is set for Monday, April 11<sup>th</sup>. Last month we served almost sixty households with produce, dairy and other items. There are two shifts for each food distribution:

- **11:30 am** over at Our Father's Lutheran Church in Rockford, where we'll work with four other churches to pack all the boxes (click on [this link](#) to sign up for the Rockford shift)
- **3:30 pm** here at the LOC parking lot in order to hand out the boxes (click on [this link](#) to sign up to help at LOC at 3:30)



NourishingHOPE

## Caring Corner

(by MJ Pearson (MSW, LICSW, RPT) with the Healing and Wholeness Committee)

### Maternal Mental Health



This week our Healing and Wholeness Committee is covering the topic of Maternal Mental Health.

Depression and anxiety during pregnancy and after the birth of a baby is more common than most people know. An estimated 20% of birthing women report experiencing postpartum mood and anxiety disorders but experts believe this number to be much higher. Many women suffer in silence often because of societal pressures to manage their own health and the health of their infant on their own.

Some symptoms of depression during pregnancy and postpartum period include sadness, irritability, exhaustion, fears and worries that won't go away, difficulty with sleeping and eating, and a feeling of overwhelm. Although most mothers experience sleep deprivation and hormonal fluctuations that impact mood, when symptoms persist and make it hard for the individual to function in their everyday life and persist beyond the first two weeks postpartum, it is imperative to seek professional help sooner rather than later.

What to do if you are struggling with perinatal (pregnancy or postpartum) mood or anxiety symptoms:

- Reach out to your healthcare provider and consult about medication options, check thyroid and iron levels that could be contributing to mood changes, or ask for a referral to a therapist with expertise in PMADs (perinatal mood and anxiety disorders).
- If you are looking for confidential support where you can remain anonymous, contact Postpartum Support International. They have a warmline (soon to be hotline with 24/7 support) you can call to receive confidential support and help navigating what to do next.
- Reach out to your friends and family for support. If you are feeling isolated and in need of prayer support or delicious meals from your LOC family, call the church office to be connected with one of our support ministries!
- Get fresh air and movement! Nourish your body whenever possible.

Get help before your symptoms become a mental health crisis.

Postpartum Support International: 800.944.4PPD [www.postpartum.net](http://www.postpartum.net)



### Quilt Dedication

Pictured here are some of the quilts that were dedicated during the April 3<sup>rd</sup> worship service. The quilts were made by one of our LOC quilters over the course of the pandemic and are being given to nursing homes in the area as well as the girls' residential program in Annandale.



### EASTER AND HOLY WEEK

#### Join us for our Holy Week Services!

**Maundy Thursday**, April 14<sup>th</sup> at 6:00 pm  
Worship with Holy Communion and First Communion recipients.

**Good Friday**, April 15<sup>th</sup> at 7:00 pm  
“Service of the Nails,” a Tenebrae service with scripture, prayer, meditation, and music.

**Easter Sunday**, April 17<sup>th</sup> at 9:00 & 10:30 am  
A blend of classic and contemporary worship featuring a variety of music and plenty of celebration!



### A Way to Connect; A Way to Serve

Ushers are needed for our worship services. Each time we gather, LOC ushers help to greet and otherwise help members and guests to feel welcomed as they come to worship. We need three ushers for each service. Ushers are asked to arrive about 10-15 minutes early, pick up some bulletins and prayer cards, and then be at one of the three doors coming into the sanctuary. A warm greeting along with passing out these worship helps will create for an important hospitality job to happen. Beginning on Easter, ushers will begin passing the offering plates once again, receiving people's gifts of financial contributions as well as prayer (card) offerings. These will be brought forward during the offertory music.

**SIX – 6** – is the number of ushers we need for next week, for Easter. Can you help? Three for each of our two services, at 9:00 am and 10:30 am.



Please [click here to sign up](#) for next week ... or any of the following Sundays, as well. Thank you! You help Light of Christ be a place of genuine warmth and welcome to guests and members alike!

# THANKYOU!

### Youth Fundraiser – Thank you!

After receiving a few more donations and getting the final totals from our auction and charcuterie event, we have our final total raised... \$3,387.28!!! This money will help our 16 youth attending our summer trip to the North Shore this July and we can't thank you enough! Because of you, many will see God's love demonstrated through the work of our youth on this trip and our youth will learn and grow so much in their faith! These trips would not be possible without your support. **THANK YOU!**

We would like to thank our Light of Christ family for their prayers, donations and the charcuterie boxes as we move forward from our devastating house fire. The kindness and generosity from you and the entire Delano community has filled us with so much gratitude as we count our many, many blessings. Thank you, Leah, Pat, Gabe, Dax and Laci Custer

*thank you*



A special **thank you** to Lowell & Maxine Johnson and Mary Ann McKay for all their time and work of cleaning, organizing, and doing some updates in the church kitchen and storage room over the past couple of weeks. Thank you for sharing your gifts!



**Table Talks** are an important way to connect with other LOC folks and to help build community. Table Talks are small group gatherings of 4-8 people for just over an hour. A wonderful opportunity to get to know others a bit more deeply. Plus, we'll take some of this time to share ideas about LOC's future priorities as a congregation. Click this [link](#) or sign up in the Narthex.

### Fueling the Fire

Growing our impact; growing our reach. You're invited to help fuel our ministries forward by making a special gift -- a contribution that is a "second mile gift" above and beyond what you planned to give in 2022. Delano is growing. Our staff has grown to meet this growing opportunity. But resourcing our shared ministry has plateaued. And so this is an invitation to help fill that gap through a gift or increased pledge for this year. Please prayerfully consider what you might be able to do. And respond by filling out and returning a Fueling the Fire pledge card at anytime through the month of April. Brochures and pledge cards were mailed out last week, but you can also find them in the narthex; or you can pledge online at [this link](#). Thank you for your great generosity!



### Our Vision

What is God calling LOC to accomplish?

In what ways can we best serve the surrounding Delano community and beyond?

What priorities should be central to our ministry?

Might you sense a call to serve on our newly forming Vision Team? A group who will help to gather input, to engage our congregation, and to give shape to answering questions about the shape of ministry into this next chapter of life here at LOC. If you are interested in learning more or serving on this Team, please reach out to Pastor Bruce or to Tim Johnson.

This Team will meet about once a month throughout 2022.

Watch for more info.....



**New Members will be received on Sunday, May 1<sup>st</sup>.** If you are interested in joining Light of Christ or would like more information, please contact [Pastor Bruce](#) or [Terri](#) in the church office.



**Become  
Part of  
Our  
Church  
Family**



The church office will be closed on Good Friday and Easter Monday.

### Words for the Week from Katie Anne Kohler

The Lenten musical Words for the Week are also posted as videos on the [Light of Christ Daily Devotional YouTube page](#). Feel free to use these videos as a part of your Holy Week devotions!

### Confirmation Retreat

We have decided to go ahead with our Confirmation Retreat scheduled for April 30-May 1 at Lake Wapogasset Lutheran Bible Camp in Amery, WI! We are so excited to be able to do this trip and have time to connect and grow together in faith! This will be the first retreat we've been able to take since Kirsten started working with our Confirmation and HS youth. We know the dates won't work for everyone, but we know that those Confirmation youth that attend will have so much fun! We are also looking for adult leaders so contact Kirsten if you are interested in attending. Confirmation families, watch your email for more details.



## Opportunities for Children at Light of Christ



**SUNDAY SCHOOL:** for children 3-years through 4<sup>th</sup> grade – Sundays from 10:10-11:10 am

*Note: Sunday school will not meet April 17*

**CLUB 5-6:** for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm. *We resume April 20 and go through May 25.*

### SPARK:

- 1<sup>st</sup> and 2<sup>nd</sup> grade resumes **April 20** for 4 weeks. This is an afterschool program from 3-5 pm. [Click here to register.](#)
- 3<sup>rd</sup> and 4<sup>th</sup> grade Spark will meet for an 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 4<sup>th</sup> grade runs **July 24-27** 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**. Register at this link: <http://lwlbc.com/lightofchrist>

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