



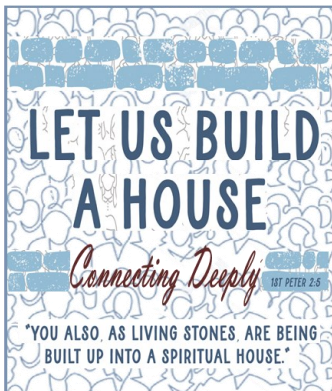
## Worship

- In-person worship—**9:30 AM Sundays**
- Online worship continues, and is live-streamed to our [YouTube](#) and [Facebook](#) pages



## Church Council 2024

Mike Boyack (vice pres.)  
Laurie Brown (sec'y.)  
Billie Chock  
Tim Current (treas.)  
Heidi Goldbeck  
Luke Jeseritz  
Lisa Krause  
Natasha Werner (pres.)  
Jon Wissink



## Gratitude Project

The Light of Christ **Gratitude Project** is a way that our congregation shows our appreciation to other organizations for their service to our community. This

quarter, the Mission and Evangelism Committee would like to recognize the staff at *The Estates at Delano* for the care and compassion that they give to our parents, grandparents, and neighbors. There will be an oversized "Thank-You" card in the gathering area at church for congregation members to sign. The committee will present this card to the staff of *The Estates at Delano* at their staff meeting on August 21<sup>st</sup>. We will also provide an ice cream sundae bar to show our appreciation for all that they do.

## Light of Christ



The church office will be closed on Monday, August 19<sup>th</sup>.

## Join us TONIGHT for the last



## Summer Youth Activity Night!

We'll have outdoor games and ice cream – all are welcome!

⇒ **Monday, August 19<sup>th</sup>**

⇒ **7-8 PM** = completed grades 6 & 7

⇒ **8-9 PM** = completed grades 8 and up (including college-aged youth)

Friends are welcome and these nights are free (thanks to the support of our congregation). Hope to see you there!

## 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)

## Caring Corner

(from Rachel Boyack of the Healing & Wholeness Committee)



### The Mental Load on Parents: Signs of Stress and Steps to Take as the School Year Begins

As the school year kicks off, parents often face an increase in their mental load, the unseen and often unacknowledged effort involved in managing a household and family responsibilities. This invisible burden can lead to significant stress and burnout. Understanding the signs of stress and knowing how to manage it is crucial for maintaining mental well-being.

#### *Understanding the Mental Load*

The mental load encompasses the planning, organizing, and overseeing of daily activities and future events. This includes remembering important dates, keeping track of appointments, managing schedules, and ensuring that everyone's needs are met. Often, this load falls disproportionately on mothers, though fathers can also experience it.

#### *Signs of Stress*

Parents carrying a heavy mental load may exhibit several signs of stress, including:

- **Fatigue and Sleep Disturbances:** Constantly feeling tired, even after a full night's sleep.
- **Irritability and Mood Swings:** Increased frustration, anger, or sadness.
- **Cognitive Difficulties:** Trouble concentrating, forgetfulness, and difficulty making decisions.
- **Physical Symptoms:** Headaches, muscle tension, and other stress-related ailments.
- **Emotional Exhaustion:** Feeling overwhelmed, hopeless, or emotionally drained.

#### *Steps to Manage Stress*

- **Prioritize and Delegate:** Identify the most critical tasks and delegate responsibilities where possible. Sharing the load can lighten the burden.
- **Establish Routines:** Create a consistent daily schedule for the family to reduce uncertainty and streamline activities.
- **Practice Self-Care:** Set aside time for self-care activities, such as exercise, hobbies, or relaxation techniques.
- **Seek Support:** Don't hesitate to ask for help from friends, family, or professional counselors. Support networks can provide emotional and practical assistance.
- **Communicate Openly:** Maintain open communication with your partner and family about your needs and feelings.

#### *Biblical Guidance*

The Bible offers wisdom and comfort for those feeling overwhelmed. Here are a few verses that provide encouragement and guidance:

- **Matthew 11:28-30 (NIV):** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
- **Philippians 4:6-7 (NIV):** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- **Psalms 55:22 (NIV):** "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

By recognizing the signs of stress and taking proactive steps to manage it, parents can better navigate the challenges of the school year and maintain a healthy, balanced life.

#### *Content sourced and adapted from:*

Inglede, Jami. "The Mental Workload Of A Mother." *HuffPost*, 24 July 2017, [https://www.huffpost.com/entry/the-mental-workload-of-a-mother\\_b\\_59765076e4b0c6616f7ce447](https://www.huffpost.com/entry/the-mental-workload-of-a-mother_b_59765076e4b0c6616f7ce447). Accessed 6 August 2024.

Legg, Timothy J. "Mental Load: Examples, How to Talk About It, & More." *Healthline*, 8 March 2021, <https://www.healthline.com/health/relationships/mental-load#vs-emotional-labor>. Accessed 6 August 2024.

Ratini, Melinda. "The Effects of Stress on Your Body." *WebMD*, 29 February 2024, <https://www.webmd.com/balance/stress-management/effects-of-stress-on-your-body>. Accessed 6 August 2024.

## Attention LOC Gardeners!

If your garden is overflowing with goodness, the Delano Helping Hands Food Shelf is happy to take any extra produce off your hands! You can drop off produce at the Food Shelf between 5-6 on Tuesdays or 9-11 on Thursdays. If those times don't work for you, call us at 763-972-4455 and leave a message. We will get back to you to schedule another drop off time. Or, text Jo Williamson at 602-501-7903 to make arrangements.



## School Supply Drive



LOC member, Taylor Berscheid, has teamed up with the local food shelf to work on her National Honor Society project to collect school supplies. She plans to deliver all the school supplies donated **by the week of**

**August 19<sup>th</sup>**. She has set up an Amazon wish list of items needed (see link below) but will also accept **cash donations and gift cards** to purchase supplies. [https://www.amazon.com/hz/wishlist/ls/28P7893P554LV?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/28P7893P554LV?ref=wl_share) (Please make any checks payable to **Taylor Berscheid**)

## September Fifth Sunday Contributions

For the Fifth Sunday in September, we will be collecting contributions to help buy a van for Pastor Kebin's church in Belize. Pastor Kebin and his family will be visiting our church in August, and he will provide a slide show for us to see what the needs are for his congregation and community. We look forward to their visit, to having our church dinner with them on August 21<sup>st</sup> and for him to share his ministry with us at the August 25<sup>th</sup> 9:30 service. We have set up a link on the [online giving page](#) for you to contribute to the September Fifth Sunday offering, or you can designate your offering for the van in the offering plate, or you can also send a check to Terri at the office. Thanks for supporting all the efforts Pastor Kebin and his team do to support those in Belize.



## KIDS HOPE USA



Light of Christ has been partnering with an exciting program called KIDS HOPE USA and Delano Elementary the last two school years and it has been VERY successful. We are excited to have most of last year's volunteer mentors return and are also hoping to add a few more mentors. Volunteer LOC mentors spend **one hour mentoring one child, one day a week at the elementary school during the school year and we do our best to work with your schedule.** Delano Elementary staff selects the students. The primary goal of this one hour is **building a friendship relationship with the student, having fun, and to help the child feel more comfortable in their school setting.** We are happy to tell you more about the program if you are interested in joining us. This very successful program has been helping kids for over 25 years and is located in more than 40 states including MN. We look forward to talking with you about Kids Hope. If you are interested, please talk to Terri at the LOC office and she will connect you with us. Thank you!

## Golf Tickets - Love INC Heartland

Our annual golf fundraising tournament is on Monday, September 16, at Albion Ridges Golf Course. Purchase your team ticket today! Team ticket includes lunch, a bucket of balls, and a swag bag for each person. *The winning team will receive a foursome at Albion Ridges Golf Course.* **View details or purchase your team ticket at [bit.ly/golfforloveinc](http://bit.ly/golfforloveinc)**



## Building Community at Love INC Heartland

Build community by serving (or financially sponsoring) a meal at our Fresh Start Program beginning in September! Fresh Start is a series of life skills courses we offer to our neighbors in need. Before each class, we serve a meal to promote a sense of family. **Sign Up Today: [bit.ly/fsmealtrain](http://bit.ly/fsmealtrain)**





## THE HOOT

### Coming events for we "Older, Wiser Lutherans." Please join us!

Fall is coming and along with it, opportunities for crisp air and colorful scenery. Sooooo -

- \* **September 19<sup>th</sup>** we are going to the Hemker Zoo in Freeport, a 1 hour 20 minute drive up I-94 west. It is a really special, up close and personal zoo with a huge variety of animals, including giraffes and rhinos! We will meet at LOC at 9am and carpool. Afterwards we'll stop half-way home at Silver Creek and have lunch at the "Up the Creek" Grill and Bar.
- \* **October 17<sup>th</sup>** will be lunch at the Carlson Orchard near Winsted. They have new owners and the restaurant is reopening in September. Their pies are to-die-for, and you can get your supply of fresh apples and cider too.
- \* **BIBLE STUDY resumes on September 15<sup>th</sup>** each Sunday after church service (we'll skip September 29<sup>th</sup> for Pastor Bruce and Cynthia's farewell reception). We continue with the "Growing Older and Wiser" book, lesson 5.

If you have any questions or ideas to offer, feel free to call Sue Fink at 612-270-0172. We can always plan some extra events, such as a cruise on Lady of the Lake in Excelsior or a trip to the Arboretum. I'd love for us to attend a holiday concert or play!



### Fellowship night with Pastor Kebin & family

Come join us for a night of fun and fellowship with the Rosa family from Belize. Save the date for **Wednesday, August 21<sup>st</sup> at 6:30 PM** at LOC. We will be outside, weather permitting, so please bring a lawn chair. If it rains, we will move inside. A meeting will be hosted in the Living Room at 5:30 PM prior to the gathering if you are interested in finding out more about our mission trip to Belize on March 1<sup>st</sup>-8<sup>th</sup>, 2025. Please [click here](#) for more details and to sign up for this event.

We have asked Pastor Kebin what his family needs are, and we have included below what donations they could use for his family and church. We will also take monetary donations. Please specify your donation is for **Pastor Kebin/Church of San Iglesia, Bella Vista, Belize.**

- ♦ **Church needs:** laptop, live translator device, monetary donations
- ♦ **Pastor Kebin's family needs:**
  - Summer clothes
  - Ladies' pants size 6, dresses small, shoes size 6, shirts small
  - Men's pants 30x28, shirt small or medium, shoes size 8
  - Children's shoes size 5 and size 9, clothes 2T and 5T or larger
  - Monetary donations for his family to purchase a house by his church

There is a bin in the Narthex to place donated items. If you have any questions **please contact Jennifer Grant @ 612.226.8181 or email [jpconnection.jg@gmail.com](mailto:jpconnection.jg@gmail.com).**

### The Minneapolis Area Synod invites you



to a Festive Service of Holy Communion and the Installation of The Reverend Jen Nagel as Bishop of the Minneapolis Area Synod ELCA

- \* Saturday, September 21 at 10:30 AM
- \* Central Lutheran Church, 333 South 12<sup>th</sup> St., Minneapolis
- \* A light reception will follow the service



### Bridge Pastor Intro

We'd like to introduce you to our bridge Pastor, Mary Kaye Ashley. She started at Light of Christ on Monday, August 12<sup>th</sup>, and her first Sunday preaching will be September 8<sup>th</sup> (we will have guests until then). She

comes to us with over 30 years of experience in a variety of settings and roles. She also was an Early Childhood/Family Education teacher (recently retired). We welcome her to the Light of Christ family and look forward to seeing her at committee meetings, congregational activities, and more over the weeks to come. If you see her at Light of Christ, make sure to say hello and introduce yourself! She is eager to get to know you.

## Register Your Youth for Fall Ministries!

- ⇒ **Voyagers** (1<sup>st</sup>- 3<sup>rd</sup> grade; 2024-25 year): <https://lightofchristdelano.breezechms.com/form/Voyagers.20216689919>
- ⇒ **Pathfinders** (4<sup>th</sup>-6<sup>th</sup> grade; 2024-2025 year): <https://lightofchristdelano.breezechms.com/form/Pathfinders.202161654>
- ⇒ **Confirmation** (7<sup>th</sup>-9<sup>th</sup> grade; 2024-2025 year): <https://lightofchristdelano.breezechms.com/form/Confirmation2024-25>



## IT'S ALMOST TIME! RALLY DAY IS SEPTEMBER 8th!

On Rally Day we rally together to kick off another year of Children's Ministry activities. This year we are also incorporating the start of our Global Barnyard mission activity. We are busy planning games and finding prizes – here's where you can help!

While the children love the various games, they love getting prizes even more. We compiled a list of specific items we could use. See the SignUp Genius link below. There is also a place on the sign-up for adults/youth to volunteer to help with the games on Rally Sunday. Thank you – your support of our Children's Ministry means the world!

<https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-50585841-rally>