



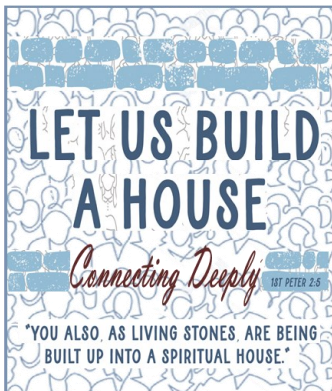
Worship

- **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



Contact us!

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[LightOfChristLutheran.com](https://lightofchristdelano.com)
Terri.Reuter@locdelano.com

Rally Sunday!

Join us on September 8th for Rally Sunday as we kick off our fall programming! We are incorporating the start of our Global Barnyard mission activity so will have a barnyard theme, along with some bluegrass music. All are encouraged to dress up in their country best! We will have fellowship and games following worship. All are welcome!

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>



Bibles

A tradition at Light of Christ is to present our 3-year-olds, and any child 4 years through 2nd grade, with a Whirl Story Bible during worship on Rally Sunday. If you would like your child to receive a Whirl Story Bible on September 8th, please complete the form at the link below by **September 1st**. (If you would like to help cover cost – suggested donation is \$20)

<https://lightofchristdelano.breezechms.com/form/1f4697>



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:

Ingledeu, Jami. "The Mental Workload Of A Mother." *HuffPost*, 24 July 2017, 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.



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. 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.

Help Pastor Kebin and his family

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 jpcconnection.jg@gmail.com.

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.



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**



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**

Women's Bible Study Resuming

Attention Women! As life and schedules get busy for the fall, please consider taking time out for yourself and joining us for the women's bible study starting in September. Participating in a bible study is a great way to dive deeper into the word and gain new insights that strengthen our faith.



The women's bible study **will meet the 1st and 3rd Monday of the month, 6:30 – 8:00 PM at LOC. The first Monday of the month we will meet in the Living Room. The third Monday of the month we will meet in room 106. If you need to leave by 7:30 that is okay. We will use the last 30 minutes for social time if people want to spend some time visiting. We will meet September – April 7. We will not meet in December. The first meeting will be September 16. If you can't make it every time that is okay! We want you to come when you can.**

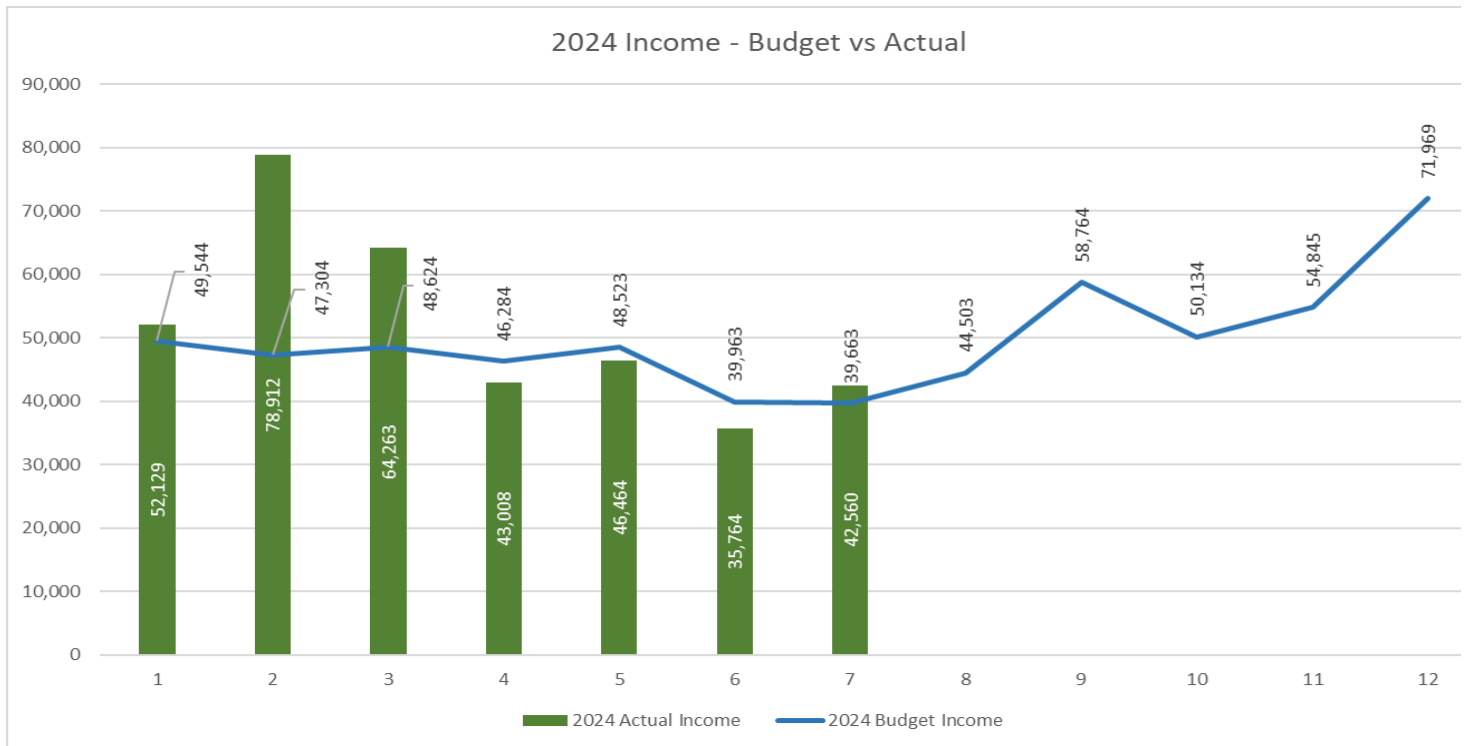
The study we will be doing for this session is "Meeting the Spirit" by Douglas Connolly. Below is a summary of the study. Source: [Meeting the Spirit, LifeGuide Topical Bible Studies: Douglas Connolly: 9780830830688 - Christianbook.com](#)

"Who is the Holy Spirit? How does he change our lives? How does he work in the world? These ten studies will help you examine these and other critical questions. The Spirit of God is eager to work in your life and draw you to God. These studies cover the specific aspects of the Spirit, including "The Spirit Invades" and "The Spirit Transforms." Come and meet the Spirit."

If you are interested in participating, please respond to Lindsay Lindall at lindsay.lindall@gmail.com

We hope to see you in September!

LOC Monthly Income - Actual versus Budget



Year to Date Summary—July 2024:

- YTD Budget \$319,905
- Year to Date Actual Income \$43,195 better than Budget
- YTD Actual \$363,100



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 19th** 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 17th** 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 15th** each Sunday after church service (we'll skip September 29th 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!



**Become
Part of
Our
Church
Family**

If you or someone you know is interested in joining Light of Christ, please contact the [church office](#) for more information, or watch for information on our next reception of new members/partners later this fall.

Light of Christ is turning 40!

2025 is the 40th anniversary of Light of Christ. The Church Council is planning to appoint a 40th Anniversary Committee of four to six people to spearhead our celebration. We'd like to have an anniversary committee that reflects the make-up of the congregation: male and female, different ages, long-time members/partners and newer members/partners, and so forth. If you'd like to be considered to serve on this committee, please let a member of the Church Council know of your willingness to serve. Thank you!



Adult Choir Begins Soon!

Adult choir rehearsals begin September 10th! All levels are welcome. We rehearse every Tuesday, 6:30-7:30. Attendance at all rehearsals is not mandatory. We will sing Sunday, September 29th at Pastor Bruce's farewell service as well. If you are interested in being a part of choir in general or just that performance, come to the first rehearsal! Contact Katie with any questions.



Stay Informed!

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

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 12th St., Minneapolis
- * A light reception will follow the service

Fun at the Last Summer Youth Activity Night!

We had 24 youth at our final summer youth night on Monday, August 19th and had a lot of fun doing a photo scavenger hunt together! The groups of 3-6 youth found 18 photos throughout the church (and outside) and got really competitive. 😊 Thanks for your support of our youth so that we can provide these fellowship nights free of cost. See you in September!



Summer Youth Activity Night



August 19, 2024



Photo Scavenger Hunt August 2024

