



Worship

Worship services will be recorded and posted on the church website. Online worship will continue until the restrictions for large group gatherings are lifted.



Church Council 2021

Wes Aylsworth
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Elizabeth Kohlhof
Tom Sebelien
Lisa Spencer
Stacy VanCura
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!

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In-Person Again

The vaccines are here, and hopefully, we are at the beginning of the end of this pandemic. As a result, the Church Council has adopted a plan for returning to in-person gatherings.

Worship

We will continue offering YouTube/Online services through the summer or until it is safe for everyone to gather in-person for worship.

At the same time, we will begin to hold outdoor worship services on April 18th at 3:00 PM. These Sunday afternoon services will run through May 23rd. Then we will begin worshipping at 9:00 AM, most likely still outdoors.

We are holding outdoor services because they are much lower risk than indoor services. In addition, we still need to practice physical distancing in the sanctuary, and therefore, we can only seat 70 people at any one time. However, with an outdoor service there is no limit to the number of people who can worship.

We are holding our services in the afternoon for a simple reason – it's warmer. In talking with our music leaders, they told us that playing an instrument outdoors when it is colder than 50 degrees is a challenge. It's hard to play wearing mittens or when your hands are numb!

We will also have the sanctuary open for prayer thirty minutes before our 3:00 PM service and thirty minutes after. We just ask that you sit six feet away from anyone not in your pod.

Sunday School

Sunday school will be held outdoors following Sunday afternoon worship, from 4:00 – 5:00 PM, April 18-May 23.

Spark (Wednesday afternoon program for elementary students)

We will also be meeting outdoors, 3:00-5:00 PM, from April 7th – May 26th. You can find the weekly schedule in the Beacon, on the website, or in your email.

Confirmation

Confirmation small groups will be meeting outdoors as we did last fall – either at the homes of guides or at church: 6:30 – 8:00 PM, April 7 – May 12.

Small Group Meetings

Small groups can meet in-person at the church, provided that they follow the small group protocols adopted last summer. The one change we have made is that small groups can have up to fifteen people rather than ten. This is in keeping with the latest guidance from the MN Department of Health.

We are thankful that we can begin meeting again in-person in a low-risk way, and we are excited to see one another “in the flesh.” And as has been the case throughout this pandemic, our protocols will be revised as the situation changes. If you have any questions or concerns about the plan for meeting in-person, again please don't hesitate to contact one of the members of the Church Council listed below.

Peace and joy,

Wes Aylsworth
Carmen Hanson *Secretary*
Jennifer Hinker
Jon Holzer
Derek Horeis

Elizabeth Kohlhof *Vice-President*
Bruce Kuenzel *Pastor*
Tom Sebelien *Treasurer*
Lisa Spencer
Stacy VanCura *President*

Love INC Needs Volunteers

Love INC's Fresh Start group is starting to meet again in person on Monday nights and is in need of adults to help watch children (ages approx. 4-10) while the group meets. Fresh Start is a class series designed to help adults learn new skills and set goals to break the cycle of poverty. Interested folks can contact Doug Stewart (the Executive Director) directly at director@loveincheartland.org.

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 - monetary contributions are also appreciated. Items most needed include personal items, cleaning supplies, cooking/ baking items although all items are appreciated. They can be dropped off at the Food Shelf on Thursdays 1-4, at the church Mon.-Thurs. 8:30-1:30 in the shopping cart inside the fellowship hall entrance, or at Jo Williamson's home at 536 Meadow Rose Ct in Delano. Thank you also for those who manage the Food Shelf including LOC's Jo Williamson and Sue Stahlke, and other LOC members who volunteer at the Food Shelf. Your service is so needed!



Caring Corner

(by Sue Fink with LOC
Healing and Wholeness Ministry)



The next few articles will bring information about some of the most common mental illnesses. Sometimes we are too close to the situation to recognize when we or someone we love is losing their mental balance. It is often easier to ignore or deny a concern than to talk about it honestly or seek care. But God promises to walk with us THROUGH the dark times so we need not fear taking the first steps toward a healthy life.

This pandemic year has exacerbated many emotional and mental illnesses, and one of great concern is eating disorders. Eating disorders are complex mental health conditions that often require the intervention of medical and psychological experts to alter their course. Although eating disorders can affect people of any gender at any life stage, they're most often reported in adolescents and young women. In fact, up to 13% of youth may experience at least one eating disorder by the age of 20.

Eating disorders clearly illustrate the close links between emotional and physical health. When a person struggles with anxiety, depression, tensions at home or school, OCD, low self-esteem, bullying, alcohol or drug abuse, they may begin to try to control their life by obsessing about what they eat, overdoing exercise, and be abnormally conscious of their weight and body. This can spiral out of control and can become life threatening if untreated.

The most common types are anorexia, bulimia and binge eating disorder. Anorexia causes a person to limit their caloric intake very irrationally, which can lead to heart failure, muscle loss, osteoporosis, loss of menstruation and overall fine body hair. The person will still see themselves as "fat" even when they become severely emaciated.

Bulimia refers to people who binge eat large amounts of food and then purge by forcing themselves to vomit or by overuse of laxatives. They are secretive and may not be noticeably underweight so it may require careful observation to recognize it. This behavior can damage the esophagus, tooth enamel, cause heart failure, rupture of the esophagus and pancreatitis.

People with binge eating disorder have episodes of binge eating in which they feel totally out of control and eat huge quantities to the point of great discomfort. They do not purge but feel very guilty. It is a chronic condition and can lead to severe obesity, diabetes, hypertension and cardiovascular disease. It can start in childhood.

Treatment is tailored to the individual need and likely will include a team of doctors, nutritionist, nurses and psychotherapists. Medicines such as antidepressants, antipsychotics or mood stabilizers can help treat the depression and anxiety that accompany the disorder.

Support can start through NEDA - National Eating Disorder Association

- ◇ For 24/7 crisis support text "**NEDA**" to 741-741
- ◇ Find resources and treatment options at: myneda.org/find-treatment
- ◇ Take a confidential screening at: myneda.org/screening
- ◇ National Eating Disorders Helpline: myneda.org/helpline-chat

Prayer of hope: *Break into my confusion, Lord. Help me to know who I am and what I am meant to be. Guide, uphold and strengthen me as I leave behind the world of limits and labels. Guide, uphold and strengthen me as together we create a world of infinite possibility.* Rev. Susan Gregg-Schroeder

STAYING CONNECTED



Please join us for our virtual Holden Evening Prayer Lent services, posted every Wednesday at 8 AM on our [YouTube](#) and [Facebook](#) pages. They will also include faith statements from our tenth graders.

2020 Contributor Statements

Your contributor statements are now available to print at your own convenience from the Light of Christ online member portal (click on **Member Portal** icon on the [church website](#)). Due to this electronic conversion, we will not be mailing out statements. If you have any questions, or do not have internet access, please contact the church office.



Stay Informed!

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

Connect and Converse during Zoom Bible Study

Sundays 5:00-6:00 p.m. via Zoom

Come to explore what God's Word says for life today. Each week we take a portion of Scripture. All are welcome!

To get your Zoom link for the study, email Tim Johnson at tdale57@gmail.com.

You may be as active in the discussion as you like. We all learn a little something from each other as we ponder the power and beauty and truth of God's Word.

Comments from current bible study attendees:

"I've often thought about joining a bible study but really haven't until now."

"Even though I have considered myself a Christian all my life, I have very seldom studied the Holy Bible during my adult years."

CHILDREN, YOUTH & FAMILY NEWS

Thanks for Your Support!

We want to say a huge thanks to everyone who attended and supported the Youth Mission Trip Fundraiser yesterday! We had a fabulous time virtually sharing some great food, drinks and awesome entertainment (**THANK YOU, MARCUS!**)! Because of you, 13 youth will receive much needed additional support for their trip to Denver this summer. We're still calculating our total but we believe we raised over \$1,600! Thank you so much for your support and a big thank you to Jennifer Grant and Marcus Hanson for all they did to help plan and organize this awesome time of fellowship!

Kids and families are a priority for us as a Light of Christ faith family. Your giving helps to ensure that we are a place that teaches, encourages and equips our young people to be about Christ's loving ways in their lives. Thank you for being generous and blessing our kids!



Spark Is Back!

Light of Christ's after-school program, Spark, is starting up again soon! The program is built to further the education of 1st-6th graders about the Bible and our Lutheran faith as well as prepare the children for important milestones in their faith journey. During Spark, the kids have a snack, play games, do a craft, and discuss important faith topics. Due to the current pandemic, Spark is running a little differently this year. First, we have had to combine some grades for scheduling purposes. Also, in order to hold the program outside where the risk of getting Covid-19 is low, we have had to rely on warmer weather. Each session takes place after school at church until 5:00 pm.

Here is the schedule for Spark's spring sessions, which will take place on the following Wednesdays (weather permitting):

- 4/07 & 4/14: 5th & 6th grades combined
- 4/21 & 4/28: 4th grade
- 5/05 & 5/12: 3rd grade
- 5/19 & 5/26: 1st & 2nd grades combined

Registration can be completed on Light of Christ's website or using the direct link: [LOC Spark for 1st-6th graders](#). For those who registered for Spark's fall session, there is no need to re-register. Thank you to all our LOC families for their flexibility, understanding, and support as we have had to make changes and adjustments to our children's programming this past year. Any questions concerning Spark may be directed to Catherine Borman at Catherine.Borman@locdelano.com.

Starting April 18th, we will be holding Sunday school in-person after outdoor worship from 4-5pm for all grades. More information to come soon!!



Children's Message

Do You Enjoy Spreading God's Love to Children?

We are looking for help with worship Children's messages. It's only a short 5-minute video lesson that can make a big

impact to our LOC children. Please contact Kirsten, Kim, or Catherine if you're interested.

Upcoming Sunday School Lessons

3/28—Jesus is Crucified

4/3—NO SS - Easter

4/11- The Easter Story

Sunday School

Sunday school continues to be available online. The 3yr-2nd grader lessons are on YouTube and the 3rd-6th graders are using Wakelet. The lessons are available all week and can be viewed when it works best with your family schedule. Going away for the weekend? Great car ride activity! Even though we cannot meet in person, we would like to stay connected as much as we can with your children and help them grow in their faith. We want kids to know that God's love for them is everlasting. If you are not signed up for Sunday school and would like to receive these links, please contact Kim at Kim.Wortz@locdelano.com.



Sunday School Packet Pick Up

March SS materials will be available for pickup. The church doors are open Mon-Thurs from 8:30-1:30. Contact Kim at Kim.Wortz@locdelano.com with any questions.

HS Mission Trip

We currently have 13 youth registered for our HS Mission Trip to Denver, CO through **Service Learning Camps!**

Assuming it is safe to travel, the trip will take place July 10-17 and we plan to fly.

Registration is open to youth currently in grades 8-12 and we have 20 spaces total. Registration and more info can be found online [through this link](#). Please contact Kirsten with any question and **sign up soon!**



10th grade Confirmation Fellowship Event

On Wednesday, May 12th (time TBD) we are going to have a fellowship event for all 10th grade youth who will be getting confirmed this spring. We will meet in the parking lot for a bonfire and grill some brats and hotdogs. We'll hang out, play some games and also get a group photo of this year's Confirmation class... don't miss it! Note: in case of bad weather, we'll move it back to 5/19.

Don't Let It Expire!

We still have plenty of fair trade coffee, chocolate, tea and hot cocoa mix for purchase to support our summer youth trips! Items purchased can be delivered to your home, picked up at church or even purchased as a gift and then we will deliver it for you (within our community)! We hope to sell these items soon so that we don't have to worry about the expiration date. Go to our [online store](#) for more

information on what's available. Thanks for your support (of our youth and the farmers)!



Register for Summer Camp!

Lake Wapogasset Lutheran Bible Camp (<https://lakewapo.org/>)

All church “blocks” have now been released to the public. We currently have 14 LOC youth registered for camp: 7 for the week of June 27th and 7 for the week of July 25th. There are only 4 spots left for the week of July 25th, but there are 30 spots left for the week of June 27th.

- June 27-July 2- completed grades 4-HS
- July 21-23 (Wed-Fri)- Wapo Seeds, completed grades 1-3 Use this link to register: <http://lwlbc.com/loc> for these camps. If these dates are not available, find a friend and pick a week that works best for your family.



Green Lake Lutheran Ministries (<https://www.gllm.org/>)

- We did not reserve any spots specifically for LOC this summer. Youth are welcome to register for any week that works for them. Currently, we do not have any LOC youth registered for this camp.

We will offer scholarships to any youth who attends Bible camp. \$100 will be given to those who attend week-long camp and \$50 for those who attend an “abbreviated” camp. Families are encouraged to register for the camps even if it means getting on a wait list since they are hoping to open up more spaces for each week at camp as it gets closer to summer. Please contact our staff with any questions you have.



EVERY MEAL FIGHTING CHILD HUNGER

Sunday School Offering Project

Over 200,000 children in Minnesota do not always have access to the nutrition they need to learn and grow. Without reliable access to food – such as free and reduced meal programs at school – the risk of hunger is very real. Every Meal focuses on the weekend food gap, summers, and extended breaks when children are not able to receive meal programs at school.

STUDIES SHOW:

- One third of students have shown better grades as a results of backpack programs.
- About two thirds of participating students appear less worried about food and healthier.
- Over 50% of students demonstrate high self-esteem after receiving food from a backpack program.

Our Sunday school offerings will be collected from now until the end of the school year to help support Every Meal Fighting Child Hunger (formally Sheridan Story). ***Their mission is to help stop child hunger across Minnesota.*** Children can find a container to use at home, print this label [SS Offering project printable](#) and attach it to your container. Throughout the next couple of months, we will have drop off dates to bring your offerings to church. More details to come. If you have any questions, please contact Kim or Catherine.

Click here to learn more about Every Meal Fighting Child Hunger- <https://vimeo.com/282676484>