



## Worship

- **In-person worship—  
9:00 am Sundays—  
masks required**
- **Online worship  
continues, and will be  
posted on the [church  
website](#) and [Facebook](#)  
page**



## Church Council 2021

Steven Dickey  
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**

## Join us as we celebrate the birth of Christ!

We will offer three worship services on Christmas Eve: **2:00, 4:00, and 10:00 pm**. The 2:00 and 4:00 services are "family-friendly" and will incorporate traditional Christmas Eve elements, along with elements geared toward children. This service will host a variety of music styles as well; from boisterous organ music to our children singing beloved Christmas carols. Please note, while the service may be more family friendly, there are elements that everyone can enjoy!

The 10:00 service is a candlelight service. This service will have a more meditative atmosphere but will still bring the absolute joy of Christmas. All services will be livestreamed on our Facebook page for those who choose to worship with us online. Christmas blessings to all!



## Sunday School Christmas Program

Eyes that sparkle. Hearts full of love. Voices filled with praise. And a child shall lead them. Shout out to the 43 young people who shared God's love for us, by sending Jesus to be our Lord and Savior, during the Sunday school Christmas program shown during the December 19<sup>th</sup> worship service.



## Last day for food shelf donations

The Light of Christ Worship and Music Committee is asking for donations to the Delano Helping Hands Food Shelf, in lieu of poinsettias. You are invited to dedicate your donation in memory or in honor of a loved one. Please [click here](#) to complete the required form **before the end of today.**

## Niche Discount Price Deadline

To those who may be interested in purchasing a Columbarium niche, this is a friendly reminder that the special price of \$3610 **expires on 12/31/21**. After the new year the niche price will be \$3800/niche. If you have any questions, please contact Amy Bigot at [amybigot@gmail.com](mailto:amybigot@gmail.com).



## 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

(by Sue Fink with LOC Healing and Wholeness Committee)



### Caring for the Caregiver

Caring for others is a gift of love and sometimes a calling. We may work in a caring profession as a social worker, medical professional, teacher, counselor, pastor and others. We all become caregivers of family members. So often we are caring for so many people at once it can become overwhelming. Or maybe we are caring for someone over the long haul with a chronic or debilitating condition. When it becomes necessary to care for a loved one fighting cancer, recovering from a serious physical illness like a stroke or surgery, or a mental illness such as dementia, depression or other serious mental diagnosis, we often find ourselves juggling all our roles and trying to stay afloat. "God never gives us more than we can handle" is a common saying but it's more helpful to hear that "God is with us through the hardest times."

As a personal example, since August, our youngest adult son moved home, my sister had a heart attack, my close cousin in California has been fighting breast cancer and her elderly mother has dementia and broke a hip when she fell (I flew out there for a few days to be of support), another close cousin was recently diagnosed with a rapid form of ALS, all while organizing, cleaning, and caregiving for my 96 year old father who is still in his own home. As a retired home care and hospice nurse you'd think that supporting all these loved ones would come naturally, but I found myself feeling very tired and stressed and sad at times. Grounding myself with daily devotion, Bible reading and prayer gave me strength and resilience. Spending time with friends and family brought so much joy and distraction and hugs.

How do we help ourselves and one another in these stressful life situations?

On an airplane we're told to "Be sure to put on your own oxygen mask first before you assist someone else." The same holds true with caregiving. If you don't take time to eat well, get rest and exercise, take breaks, enlist others to help, your health can suffer and you may find **you** are the one needing care. Sometimes that's easier said than done because we get so busy with all the required and unexpected tasks that we run out of hours in the day. Often we are driven by feelings of guilt, responsibility, or maybe we think no one else can do it as well.

Try setting goals for your own health and well-being and spend 15 minutes taking a walk, or a bath, or calling a friend. Remember the Serenity Prayer and ask yourself what things you have control over and how to get caregiving help and support, before you're at the end of your rope. *Reaching out for help when you need it is a sign of personal strength!* Have a mental list ready when people ask how they can help. It's okay to have someone stay with your loved one while you go out for lunch or to church or for a pedicure. Do you need help getting groceries, preparing food, shoveling snow, cleaning, running errands, etc.? Would it be a relief to have someone else stay with your loved one for a few hours or even a weekend? Asking other family members to help you or help with decisions can be a special gift to all involved.

As a caring congregation we can offer to lighten the load for those who we know are in the midst of caring for a loved one. We have a prayer chain and a meal train available by calling or emailing the church office, but we can also enlist members to sign up to volunteer for whatever help is needed. Let's start by connecting with one another in personal ways, asking how folks are doing and being honest in sharing our own struggles.

There is so much education and support available. Begin by learning as much as you can about your loved one's diagnosis. WebMD and Mayo Clinic are good places to start.

#### Websites:

Family Caregiver Alliance National Center on Caregiving: [www.caregiver.com](http://www.caregiver.com)

Eldercare locator: [eldercare.acl.gov](http://eldercare.acl.gov)

[AARP.ORG](http://AARP.ORG)

#### Books I recommend:

*The 36 Hour Day: A Family Guide to Caring for People who Have Alzheimers* by Nancy Mace

*Passages in Caregiving* by Gail Sheehy (currently in our LOC library)

*The Sudden Caregiver: A Roadmap for Resilient Caregiving* by Karen Warner Schueler

*"I am not afraid of storms, for I am learning how to sail my ship."* Louisa Mae Alcott



# CHURCH NEWS

**You're Invited!** Weekly worship at LOC at 9:00 am or streaming online via our [Facebook page](#).



**“And do not forget to do good and to share with others, for with such sacrifices God is pleased.” HEBREWS 16:13**

## Thank you, Light of Christ partners in ministry!

Important to our church is that we serve our neighbors, particularly those who have special needs. Nourishing Hope is a cooperative ministry of five west metro churches which provide free fresh produce and dairy to individuals and families each month.

Our December 13<sup>th</sup> food distribution included approximately 15 LOC members volunteering at Our Father's Lutheran in Rockford in order to pack boxes and/or passing out boxes here in our parking lot later in the day—**see pictures below**. This month we served 42 households from 9 different zip codes. All told, well over 100 people, with the majority being those 65 and over.

Your offerings of time, talent and treasure help make this important outreach happen. Thank you so much!

Next distribution date is **January 10<sup>th</sup>**. Please reach out to Tim Johnson, our Shared Ministry Director, if you are interested in helping: 952/472-1755 or [tim.johnson@locdelano.com](mailto:tim.johnson@locdelano.com).



The church office will be closed on Thursday, Dec. 23, Friday, Dec. 24, and Friday, Dec. 31.



## 2022 Offering Envelopes

If you requested pre-printed offering envelopes for 2022, they are available for pick up in the narthex.

## Stewardship 2022

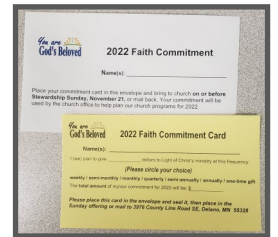
If you haven't already submitted it, you can **complete** your 2022 pledge online at <https://bit.ly/LOC-Campaign-2022>

OR

**Place** your yellow pledge card in the offering plate

OR

**Mail** your pledge card to the church office at 3976 County Line Road SE Delano, MN 55328





## Confirmation Service & Fellowship

During the month of December, Confirmation youth spent time serving, growing in faith and relationships. We had Christmas parties at church which included games, decorating Christmas cookies and making sandwiches for 363 Days. We made over 300 sandwiches which will be shared with those experiencing homelessness. The money to purchase supplies for the sandwiches was generously given from our Capital Campaign tithe. Groups also did their own service events which included making cards and ornaments for local nursing homes, bell ringing, shopping for Christmas 4 a Cause gifts, and serving at the Delano Helping Hands food shelf. Thanks for your support of Light of Christ's ministries and youth!



## Summer 2022 HS Trip... Save the Dates!

We hope you can join us for a special trip this summer for HS youth... we will be attending the [National Lutheran Youth Gathering](#) on **July 24-28, 2022!** This gathering takes place every 3 years and rotates to different cities around the US... this summer it is taking place in Minneapolis at US Bank Stadium! Kirsten is working to arrange some service days following the trip so we'll most likely be gone from July 24-30, but more details will be coming soon! For now, put the dates on your calendar and talk to any LOC friends! Official registration will open on Sunday, January 23... which is when we will be sharing about our Summer 2021 Denver Trip in worship at 9 am. Thanks for your interest and support of our youth ministries!

2022 ELCA  
YOUTH GATHERING  
**boundless**  
GOD BEYOND MEASURE

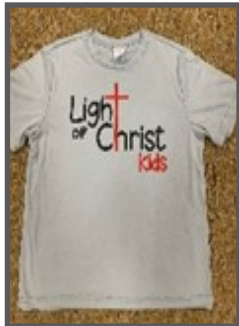


## “Buy with Heart” this Christmas

We invite you to visit our Equal Exchange (fair trade) table in the Narthex or click [HERE](#) for our online store for some great gift options! Items for sale include:

- Chocolate
- Coffee
- Tea
- Cashews
- LOC coffee mugs
- LOC masks

All sales support our summer youth trips as well as small farmers around the world! These items make great gifts for teachers, friends or stocking stuffers. Our Light of Christ kids shirts are also available for \$10 each and would make a great gift for your kids, if they don't already have one! Items can also be delivered for free around the Delano area and you can include a note and even gift wrapping. Thanks for your support and for “shopping with heart” this Christmas.



## The B-I-B-L-E, Yes, That's the Book for Me!

An invitation to help our young people connect with the whole church family and the Book that is so central for our lives...



Recently our young people received Bibles. I'm working on a project that hopefully helps them see why this book called the Bible is so important. If you would be so kind as to share your favorite Bible passage and briefly state why this verse is so important, I would greatly appreciate it. You can [email it to me](#), text or call me (320-212-2583), or put it in the basket by the Bibles in the church entry way.

Thanks much! *LaDonna*

## High School Ministries

- **Donuts & Discussion** – We have started a new Bible study for HS youth called Donuts & Discussion (D&D). We will meet once/month on Sunday mornings, typically the first Sunday of the month, at 10:10 am in the newly remodeled space (The Living Room). We had originally planned to join the Sunday Morning Adult Bible Study group but changed this and now will be meeting just as a HS group. These mornings will be a chance to hang out, talk about our highs and lows (faith and life) and have donuts. We hope you can join us for this great opportunity!

⇒ **Sunday, January 9<sup>th</sup>, 10:10 am**

- **HS Fellowship** – Each week our 9<sup>th</sup>-12<sup>th</sup> grade youth will meet as a group on Wednesday nights from 7:30-8:45 pm (but come when you are able) in the new Living Room space to share time with friends, have food, fellowship and fun! Bring a friend and enjoy some time in a safe space where all are welcome!

