



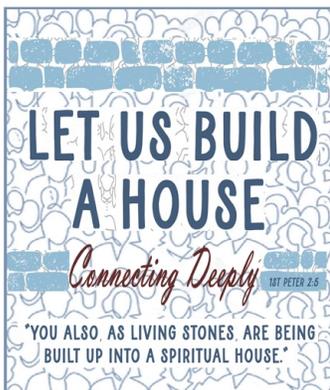
## Worship

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



## Church Council 2023

Mike Boyack  
Laurie Brown  
Billie Chock  
Tim Current (treas.)  
Steven Dickey (pres.)  
Derek Horeis (v. pres.)  
Dan Paulson  
Lisa Spencer (sec'y.)  
Natasha Werner  
Pastor Bruce Kuenzel



## Contact us!

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## Have you checked out our incredible auction items yet? We're at 175 and counting!! Thanks for supporting our youth in these ways:

- Check out our online auction and share this link (<https://www.32auctions.com/locyouth23>) with family and friends... shipping will be available on most items! You can view items anytime now (*new items added daily!*) but bidding won't take place until **3/5 from 10 am until 5 pm.**
- Come to church on 3/5 from 3-5 pm to view our awesome auction items! We will have youth entertainment, wine and beer tasting, appetizers, great raffle items and fellowship! Bidding will still take place online (youth will help those who don't feel comfortable doing this on their own device) but seeing the items in person will help you to see how great the items are!

- There are less than 75 tickets left for the Spaghetti Dinner (5-7 pm on 3/5)! Tickets are being sold by the youth before and after worship on Sundays and Wednesdays. Each ticket purchased receives one free raffle ticket!!
- Our highly anticipated live Dessert Auction will take place at the end of the dinner around 6:30 pm on 3/5! We welcome you to bid or even donate a great dessert item!
- If you're not able to participate in any of these ways we always welcome your prayers and financial support! We still plan to give each youth a \$100 scholarship for attending but with the number of youth increasing (35 this year versus 15 last summer) this dollar amount keeps going up! We couldn't do these trips without you!

## Belize Fundraiser

March 5, 2023

*-Auction = 3-5 pm*

*(begins online at 10 am)*

*-Spaghetti Dinner = 5-7 pm*

*(tickets go on sale beginning 1/29)*

*-Live Dessert Auction = 6:30 pm*



## Caring Corner

(from Sue Fink of the Healing & Wholeness Committee)

### Faith and Mental Health



Through the efforts of our Healing and Wholeness Ministry, our faith family at Light of Christ is becoming more aware of and educated on mental illness. We have all been affected by dark feelings, especially through the isolation of the pandemic, anxiety about political unrest and wars, grief over the loss of loved ones, and the seemingly endless catastrophic weather events, fires, floods, and earthquakes. Some of us struggle with addictions not only to alcohol or drugs, but to our cell phones, pornography, gambling, work and anything else that controls our lives and keeps us from putting God first. Many of us struggle with our own mental illness or love someone who does. Medical care and therapy to treat mental illness is sometimes necessary, but our faith can help us recover and stabilize and has been proven to prevent mental illness especially in youth who are nurtured in faith.

An excerpt from FHE Health writer, Kristina Robb-Dover states that "Faith plays an important role for millions of people, providing guidance and a greater purpose in life. Nearly 80% of Americans consider themselves followers of a particular religion, whether Christianity, Judaism, Islam or one of the other myriads of religious practices around the world. Religion can do a lot of good for those who participate in faith-based institutions, providing strength in times of weakness, direction when feeling mentally or spiritually lost, and comfort when love and support are needed."

Worshiping and practicing our faith can have a profound positive effect on our mental health: **Faith provides community**, a place of belonging to a family who shares the same beliefs and values.

**Faith provides structure** in our day-to-day life as regular worship and daily meditation and prayer keeps us grounded in our faith and fulfilled by a close relationship to God/Jesus.

**Faith offers hope** in this troubling, sin-filled world by being a beacon of light in an existence that can otherwise feel a little dark. When times get tough, faith can remind us there's ultimately a better eternity ahead for us, and having confidence that God is always with us through the tough times and the joys of life. The Bible is God's love letter to us, telling us over and over again that God calls you by name and loves you as you are, no matter your struggle, no matter your barriers.

**Faith creates peace** - belief and trust in God can be very calming. Practicing religion has been found to reduce tension, diminish anxiety and stabilize emotional variability. We can embrace the idea that someone else, something greater than oneself, is in control, which can make it easier to navigate challenging life circumstances.

**Faith guides our morals.** Being with fellow believers, attending church and reading the Bible or other books of faith, and having open discussions about faith and life, serves as our compass to guide us in how to love and treat and serve others. Serving and volunteering are so beneficial for our own mental health because it gets us out of ourselves and thinking about others.

*How do we as Christian family members help one another?* By providing a safe place for us to tell each other our stories, a place where vulnerable conversations and holy listening take place; by suspending judgment and inviting people to heal their wounds.

"Next time communion is served, take the opportunity to consider each person in line. It's not a line of people who are continuously happy, living in perfect harmony, forever spiritually mature or addictions-free with no mental health diagnosis.

It is a line of people who sometimes feel sad, anxious or scared. It is someone struggling with addiction, or someone who might be spiritually broken. It is someone lost in their faith because they are grieving a death or going through a divorce. It is a parent who struggles with mental health and at times doubts the strength of their relationship with God. It is someone who sees a therapist, a psychiatrist, or psychologist. It is leaders in the church who are struggling with stress and feeling overwhelmed. It is seekers trying to rethink what church looks like for them.

It is a variety of diverse people coming together to share in an open table no matter where they are in their faith or mental health journey. That is God's grace. It begins with a conversation and the church creating a space where people know that it is ok not to be ok."

(Alan Whitley, Certified Peer Recovery Specialist and Methodist lay minister from Nashville.)

Matthew 4:16: "And for those who live in the land where death casts its shadow, a light has shined."



## Wednesday evenings during Lent

7:00 pm in-person worship  
in the sanctuary or via  
livestream. Worship will

incorporate the Holden Evening Prayer service and  
feature the 10<sup>th</sup> graders' faith statements. A Lenten  
supper will be served by the youth at 6:00 pm,  
preceding each Lenten service.

## Supper Schedule

3/1 = Pasta Bar  
3/8 = Baked Potato Bar  
3/15 = Chili Dogs  
3/22 = Tacos  
3/29 = Soup, Salad &  
Breadsticks



\*There will be gluten free options at each meal. All  
proceeds benefit youth going on the summer  
service trip to Belize. Thanks for your support!

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## Connecting Deeply with God Through Music

**\*YouTube recordings of the songs are posted every Tuesday\***

Precious Lord, Take My Hand

Thomas Andrew Dorsey (1899-1993)

"Precious Lord, Take My Hand," is a somber, yet hopeful song written in the throes of grief. Thomas Andrew Dorsey wrote this beloved hymn in 1932 after the death of his wife, Nettie, and infant son. Both died during childbirth. The melody is based on the tune MAITLAND by George Allen (1812-1877). Dorsey arranged this tune and added his own lyrics, birthing one of his most famous gospel songs, and arguably one of the most popular hymns to this day. The lyrics are as follows:

*Precious Lord, take my hand,  
Lead me on, let me stand,  
I am tired, I am weak, I am worn;  
Through the storm, through the night,  
Lead me on to the light:  
Take my hand, precious Lord,  
Lead me home.*

*When my way grows drear,  
Precious Lord, linger near,  
When my life is almost gone,  
Hear my cry, hear my call,  
Hold my hand lest I fall:  
Take my hand, precious Lord,  
Lead me home.*

*When the darkness appears  
And the night draws near,  
And the day is past and gone,  
At the river, I stand,  
Guide my feet, hold my hand:  
Take my hand, precious Lord,  
Lead me home.*

The strong impact of this hymn not only lies within the emotional words and haunting melody, but also with the history of Dorsey, himself. Often coined as the "Father of Black Gospel," Dorsey originally started his music career with blues and jazz, playing in Chicago nightclubs in parties. Following a serious illness in 1926, Dorsey converted in 1928 and became active in church. He served as the church choir director at Pilgrim Baptist Church in Chicago for forty years. Dorsey mixed African American hymns and jazz/blues to create what we now know as gospel music. Though controversial at first, gospel songs quickly gained popularity and are still beloved to this day. Thomas Dorsey is also credited as one of the first people to use the term "gospel" music. He wrote approximately 1,000 songs, and at least 200 of those songs were of the gospel style. "Precious Lord" is easily one of his most famous. It was sung by many famous recording artists including Aretha Franklin, Mahalia Jackson, and Elvis Presley. Dr. Martin Luther King Jr. also had a soft spot for "Precious Lord," claiming it was one of his favorite songs.

I encourage everyone to look further into Thomas Dorsey as I had to skip over a lot for brevity's sake. He has a fascinating background! Now knowing more about the history, I hope you feel an even deeper connection next time you hear or sing "Precious Lord!"

*\*Most of this research is based on an article by C. Michael Hawn found at <https://www.umcdiscipleship.org/resources/history-of-hymns-precious-lord-take-my-hand>*

## Confirmation Games 2/15/23 🎉



### High School Fellowship

Join us for nights of fellowship, friends, faith, food and FUN! Here is our upcoming schedule (Wednesdays from 7:30-8:45 at LOC):

On the Wednesdays during Lent (through 3/29), the Living Room will be open after worship for any youth that want to connect and hang out but we won't have any scheduled plans. We hope you'll join us for worship each week at 7 pm and connect with friends afterwards.