



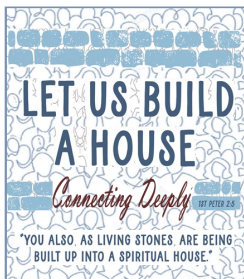
Worship

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



Church Council 2025

Laurie Brown (sec'y.)
Billie Chock (pres.)
Tim Current (treas.)
Pat Czock
Brandt Dinger
Heidi Goldbeck
Luke Jeseritz
Lisa Krause (v. pres.)
Ryan Tool
Pastor Tim Wheatley



Contact us!

Light of Christ Lutheran
3976 County Line Road SE
Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Free Fresh Produce and Dairy

Monday, May 12th
4:00-5:00 pm

Boxes of fresh produce and dairy products will be available for drive through pickup on a first come, first serve basis at the following locations:

Corcoran

St. Thomas Catholic Church
20000 County Road 10
Corcoran, MN 55340

Rockford

Our Father's Lutheran
3903 Gilbert Ave SE
Rockford, MN 55373

Hanover

Influence Church @ City Hall
11250 5th Street NE
Hanover, MN 55341

Delano

Light of Christ Lutheran Church
3976 County Line Road SE
Delano, MN 55328

Buffalo

Buffalo Covenant Church
1601 Highway 25 North
Buffalo, MN 55313

Maple Grove

Rice Lake Bible Chapel
8801 Rice Lake Road
Maple Grove, MN 55369

For assistance locating a specific site or for questions, please contact us at

NourishingHOPE is a ministry of Our Father's Lutheran Church, in cooperation with area churches. Our vision is to relieve area food insecurity and promote wellness in mind, body, and spirit for people East-Central Wright County. For information on you or your organization partnering with NourishingHOPE, please visit our website at www.ourfatherschurch.org/nourishing-hope.html

Put Your Faith in Motion – Join Our Food Distribution Ministry!

Did you know that each second Monday of the month, Light of Christ helps pack and distribute hundreds of boxes of food for neighbors in need? It's part of a vital ministry in partnership with five other churches, local farmers, and Second Harvest Food Bank—and **you can be a part of it.**

We need volunteers for two teams:

- **Morning Crew – 9:45 AM at Our Father's Lutheran Church, Rockford** Join members from several area churches to pack approximately 700 food boxes. It's organized, energizing, and usually finished by noon.
- **Afternoon Crew – 3:30 PM in the LOC parking lot** Help distribute about 90 food boxes to our guests and neighbors. It's a wonderful way to meet people, share kindness, and put faith into practice.

Whether you're looking to connect with others, make a tangible impact, or simply do something meaningful, this ministry offers all that and more.

"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

Sign up online to join a team—**Monday, May 12th:**

- **9:45 AM Food box packing.** Our Father's Lutheran in Rockford. Sign up here: (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 PM Food distribution.** Here at LOC. Sign up here: (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

Questions? Contact Tim Johnson at tim.johnson@locdelano.com.

Caring Corner

General Treatment for Mental Illness (a revised rerun from Feb 8, 2022) (from Sue Fink of the Healing & Wholeness Committee)



Here we are once again. It's May, "Mental Health Awareness Month." Doesn't time fly by! May is so busy with the end of school and college, exams, wedding planning, getting the yard and cabin ready for summer fun and gatherings. Three years ago this article was written, and it seemed a good time to run it again because amid all the exciting, fun activities, we aren't all OK. The stress and anxiety of all we need to accomplish can weigh heavily on some of us, especially if we're experiencing depression or other mental imbalances. Remember to care for yourself so you can find joy in all that God brings us this time of year.

A quote from Robert Frost: "The best way out is always through." From Brad Stulberg on The Practice of Groundedness: "You don't need to feel good to get going....You need to get going to feel good."

Oftentimes symptoms of mental illness drag us down so we can't see the forest through the trees. It's tough to recognize when it's time for help, but it's never too early to seek treatment. If you feel you've lost yourself somewhere along the way, that life is too hard or you can't enjoy things that you usually do, make an appointment with your primary doctor. Be open and honest and do not feel guilty or ashamed that you can't fix it yourself. There may be a physical illness or imbalance to be remedied as well.

For anxiety or depression, your physician may prescribe an antidepressant or anti-anxiety medication and recommend talk therapy if appropriate. Medications usually take at least 2 weeks to feel improvement and up to 6-8 weeks for full effectiveness. In the meantime, talking with a licensed therapist or psychologist will get you started on working your way back to wellness. There are many counseling centers in our area.

In cases of severe mental illness such as episodes of psychosis, bipolar, schizophrenia or trauma-related disorders, loved ones will often need to intervene. You may have to call 911 if the person is unsafe for himself or others. Many communities provide crisis response teams to help get the ill person into the hospital for evaluation rather than utilizing the police (which makes mental illness feel like a crime).

You have probably heard about the crisis lifeline, "988," which became available across the country 3 years ago. Anyone can call 988 anytime for any concern about themselves or someone they care about. There are trained counselors on hand to guide you to local connections either for immediate help or to get started on finding resources for care and support. They are also available to answer questions or listen if you need to talk.

There are no lab tests to determine a mental illness diagnosis, but rather, defined symptoms point to a specific diagnosis. Psychiatrists use the DSM-5 manual to diagnose and prescribe treatment and allow insurance coverage. Mental illness is unique to each person, so usually the most effective treatment is a combination of medication and talk therapy. For more severe illness, mood stabilizing and antipsychotic medications help stabilize the symptoms so talk therapy is even possible.

Sometimes mental illness becomes so severe that inpatient care in a psychiatric hospital is necessary followed by residential treatment for a time. If a dual diagnosis of mental illness along with alcohol or substance misuse is the case, there are treatment programs that simultaneously treat both.

Support groups can be very helpful for all levels of mental illness for the patient as well as the family. It can be a very sad and scary time learning that you or your loved one has a life-changing mental condition. But remember you're not alone! 1 in 4 people are challenged with a mental illness.

There is a wealth of information on the web but try starting with mayoclinic.org and search: *Pt. Care and Health Information*, then *Mental Illness*. Remember to also refer to our [LOC website](#), *Support* tab, *Mental Health* for resources. Educating yourself and your family and friends about the mental illness is so important, don't suffer in silence. Just as with physical illnesses like cancer, diabetes and heart disease, people want to know what you're going through and how they can support you.

There is hope!!! Even after years of untreated mental illness, people can still recover and learn to manage and lead a full life with proper care and support. Please reach out to our LOC Prayer Chain if you or someone you love is challenged with mental illness. Also, call Pastor Tim for guidance and support.

Please continue to pray for all those who suffer or love someone who does.



Gift A Meal at Fresh Start

Sharing a meal gives opportunity to build community. Sign up to serve a meal bit.ly/fsmealtrain or give a gift of \$150 to support a meal for this program bit.ly/give2loveinc Spring session has begun.

Volunteer In Our Thrift Stores

We rely on dedicated volunteers to help our stores run smoothly. Our Howard Lake location is seeking more volunteers. Become a store volunteer today: bit.ly/loveincvolunteer

The HOOT!! OWLS Newsletter for May 2025 by Sue Fink

Well, our little screech owl has returned to the wood duck house again! So fun to see her peeking out and surveying the activity in our yard. Don't you just love this time of year? God is good, all the time, but especially in springtime.



Our April OWLS event was a huge success with 40 people attending. Many thanks to our speakers, Andrea Karels, funeral preplanning (Iten Funeral Home); Rozlyn Scott and Amy Trehey, estate planning and elder law with Johnson, Larson and Peterson P.A., in Buffalo; Jinnelle Weis and Pastor Tim who informed us about our columbarium and celebration of life planning here at LOC. We received lots of handouts and forms to complete so we can get our affairs in order. Our preplanning will bring peace of mind for ourselves and a wonderful gift for our families. If you were not able to attend and would like the materials, let me know. I will also have them available in the Narthex.

Our OWLS Bible study of *The Twelve Disciples* was completed this past week, with plans to resume with a new study book in September. Let Sue Fink know if you have requests for a study. We've grown so much in our friendships and faith.

With the warm weather back, it's time for some outdoor fun with the OWLS!! Your planning committee has lots of great events ahead!

- ◇ **May 22nd, 9am:** We will meet at church to carpool to the Como Park Zoo and Conservatory. We'll need about 4-6 drivers, depending on how many sign up. Plan to bring your own picnic lunch and beverage in a small cooler to keep in your car. We'll walk around and view the exhibits and conservatory, and go back to our cars around noon. There is a picnic pavilion near the parking areas. Then we'll pick up where we left off to see all we can before heading home at 2pm.
- ◇ **June 26th, 10am:** Bike/hike/yard games at Lake Rebecca Park. BBQ potluck for lunch.
- ◇ **July 17th, 9am:** Annual Art Fair at Munsinger Gardens in St. Cloud. There will be over 60 artists, food, live music.

Ecclesiastes 3:1 "There is a season (a time appointed) for everything and a time for every delight and event or purpose under heaven-" Amplified Version

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A Loving Nudge Toward Generosity

Light of Christ has always been a church filled with generous hearts and faithful people. Right now, our income is running behind our expenses, and we invite every partner in ministry to consider where they stand with their giving. If you've fallen behind on your pledge, this is a great time to catch up. And if you're able to give a bit more—out of love for God and gratitude for this church—please know that every gift makes ministry possible.

"We make a living by what we get. We make a life by what we give." – Winston Churchill

"Each of you should give what you have decided in your heart to give...for God loves a cheerful giver." – 2 Corinthians 9:7

OPEN POSITION

Director of Children & Family Ministry Position

The Personnel Committee has

posted this 20 hr/week position on the [LOC website](#). Do you know strong candidates who should apply? Our kids deserve a leader with high energy and a huge heart — just what LaDonna has dedicated to the youngsters for the past 4 years.

The food shelf is looking for volunteers to help after the Scout Food Drive on **Saturday, May 17**. We have two shifts

from 10:00-12:30 and 12:00-2:00. First shift will be primarily checking expiration dates so great for those who prefer not to lift or stand. Second shift will involve sorting and putting away food. If you are interested, please leave a message at the food shelf at (763) 972-4455. We will call you back to confirm.



Shoe Collection/Recycling!

Do you have tennis shoes around home that you'd like to get rid of? We encourage you to drop them off at church to be recycled/donated through "Got Sneakers"! **Shoes can be in ANY condition as long as they are athletic shoes.** Old shoes will be recycled and newer ones will raise a small amount of money for our youth (a max of \$7/pair if they're in good shape). A collection bin can be found in the Fellowship Hall or Narthex at LOC. *(Note: this project is being coordinated by Anneka Zaun for her National Honor Society project. Anneka went to Chicago last summer and is attending the N. Shore mission trip this summer!)*

EXTRA SHOES?



Be a part of a good cause and donate them!



Recycle



Re-use



Raise money

Drop your lightly used sneakers here!

600 million people don't even own a pair of shoes

200 million pairs of shoes end up in the landfill each year

30-40 years for shoes to decompose

Sunday Announcements



If you would like to share any church-related announcements on Sunday morning, please let Katie know by the Wednesday prior to the service. We will do our best to accommodate, but there may be Sundays where we cannot fit it in, and another Sunday may work better. Thank you!

Centralized Sign Up

We have a new way of sharing volunteer sign-ups... all in one spot! Scan this QR code or go to this link (www.linktr.ee/lightofchristvolunteers) to view the new LOC Volunteer Sign Up Page. We hope this will make it easier to find the sign-ups and to volunteer!

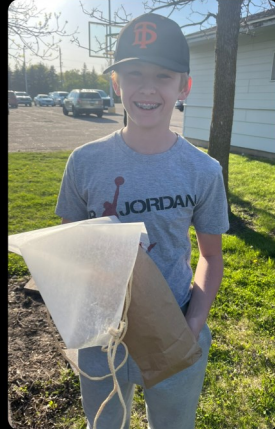


Planning to move?

Phone # or email address changed? Have you cancelled your landline? Please help us keep our records up-to-date by notifying [Terri in the church](#) office of any changes. Thank you!



**Confirmation
Games 🥚
Egg Drop
Challenge
5/7/25**



Looking for Mountains of Fun?



You Otter Be Here!

- ◇ New Friends ◇ Amazing Experiments ◇ Creative Games ◇ Super-Fun Snacks
◇ Surprising Adventures ◇ Incredible Music

Light of Christ Lutheran Church

Sunday, July 13th – Wednesday, July 16th

5:00PM – 7:15PM

Register online at link or QR code below:

[https://lightofchristdelano.breezechms.com/
form/TrueNorth](https://lightofchristdelano.breezechms.com/form/TrueNorth)



Sign Up for Summer Bible Camp!

Registration for camp at Camp Wapo! Scholarships will be provided again this year! Invite a friend and join us for a life-changing week at camp this summer!

- **Seeds (Grades 1-3):** June 20-22
- **Wapo Youth (Grades 4-8):** June 22-27 and July 27-August 1
- **Wapo One-Day (Grades 1 & up):** June 25

LOC Specific Registration Link: <https://lwlbc.com/loc-delano>

