



## Worship

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



## Church Council 2022

Mike Boyack  
Tim Current  
Steven Dickey  
Carmen Hanson  
Jennifer Hinker  
Jon Holzer  
Derek Horeis  
Lisa Spencer  
Natasha Werner  
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!

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)

## Walk-a-Mile-in-My Shoes

*Sunday, May 22<sup>nd</sup> at 10:15 am  
at Light of Christ Lutheran Church*

Please join Light of Christ Lutheran Church for our second annual  
**“Walk-a-Mile-in-My Shoes” event on Sunday, May 22<sup>nd</sup> at 10:15 am.**

May is designated as *Mental Health Awareness Month* to bring awareness,  
education, acceptance, and support while erasing the  
stigma associated with mental illness.



We'll have a short program and refreshments followed by  
a one-mile walk. The entire community is encouraged to  
attend and donations will go to NAMI-Minnesota (National  
Alliance on Mental Illness of MN). **Wear green for mental  
health!**

For other information about Light of Christ's Healing and  
Wholeness Ministry, see our [website](#).

## We'd like to hear from you!

As a part of our visioning for the future process here at  
Light of Christ, all confirmed and older members are  
asked to give input into **TWO** surveys. Together they'll  
take you fifteen, no more than twenty, minutes to  
complete. We'll learn a lot about what's unique about  
us, what our sense of priorities should be, how open we  
are to change, what influences our generosity, how  
connected we feel, and much more.

Two surveys: **MAP** -- Missional Assessment Profile. And, **i-MAP** or Internet  
Missional Assessment Profile. The first one is a bit longer. But you'll find them easy  
to do. Click on the first link. And when you complete it, be sure to then click on the  
second survey link.

Heads-up.....on the MAP, there are a few questions on household income. Please  
be sure that only one person per household fill out this information. The others  
should bypass these. BTW, the entire questionnaire is anonymous. Paper copies  
of each survey are also available in the narthex.

Thank you in advance! Our Vision Team will share results, and together we'll be  
better suited in our decision-making in moving forward. **Deadline to complete has  
been extended to May 17.**

Here is the **MAP Link**: <https://www.surveymonkey.com/r/LOCDelanoMN22>

Here is the **iMAP link**: <https://www.surveymonkey.com/r/LOCDelanoiMAP22>



## Fifth Sunday Offering for May

Our Fifth Sunday offering for May will be for the Eastern Europe Response through the ELCA Lutheran Disaster Response. This agency is accompanying companions in Ukraine, Hungary, Poland and Slovakia as well as the Lutheran World Federation and Church World Service in their humanitarian responses to the crisis. These partners provide refugees with immediate support and supplies such as food, blankets, water and other needs. The funds donated are used 100% to provide support for people impacted by the conflict in this region. You can donate online from the [church website](#) and enter under "Designated Gift" or write a check to the **Lutheran Disaster Response**. Thank you for giving to those in dire need.

## Sign Up Today!

Jesus said, "For I was hungry, and you gave Me something to eat."  
(Mt. 25:35)



### Feed My Starving

**Children** is a ministry whose vision is: Through God, FMSC will strive to eliminate malnutrition and starvation in children throughout the world by helping to instill compassion in a generation that hears and responds to the cries of those in need until all are fed.

We are looking for 40 Light of Christ members and/or friends to help pack meals on **Thursday, May 19<sup>th</sup> from 6-8 pm at Delano United Methodist Church**, just up the street from us. Kids and adults of all ages hand-pack nutritious **MannaPack<sup>®</sup>** meals specifically designed to assist in reversing and preventing undernutrition. Meals are distributed to hungry and needy people all over the world.

We would also like to help to reach the \$25,000 weekend goal for this Mobile Packing project. If you would like to donate, you may do so at [give.fmsc.org/delanoumc](https://give.fmsc.org/delanoumc)

To sign up to serve on that Thursday evening, please use the following link: <https://www.signupgenius.com/go/30E0848A9A72AAAF85-feed>

We'll simply meet there at Delano UMC. There are other days/times to serve that are open to the public.

Feed My Starving Children (FMSC) is a Christian nonprofit committed to feeding God's children hungry in body and spirit. The approach is simple: children and adults hand-pack meals specifically formulated for undernourished children. FMSC meals are donated to partners worldwide and distributed every day in schools, orphanages, clinics and feeding programs to deliver hope. Learn more at [fmsc.org](https://fmsc.org).

Questions? Ask Tim Johnson at 952-472-1755 or [Tim.Johnson@locdelano.com](mailto:Tim.Johnson@locdelano.com).

## Caring Corner

(by Sue Fink with the Healing and Wholeness Committee)

*Gather your friends and family for our second annual "Walk-a-Mile-in-My-Shoes" Event on Sunday, May 22<sup>nd</sup> at 10:15 am.*



Here are the most current facts related to mental health and why it's so important to keep talking about it and continuing to spread the word and advocate to increase the capacity of our medical system to treat mental illness.

- 2 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds of them receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 55% of U.S. counties do not have a single practicing psychiatrist.
- 1 in 5 young people report that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experience a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among U.S. adolescents.
- Three quarters of Americans (75%) say they are not content with the state of mental health treatment in this country. That is particularly true if they are diagnosed with a mental health condition (84%).
- 60% of Americans are concerned about the stigma around mental illness.
- Less than half (49%) of Americans consider themselves familiar with the U.S. mental health care system.

**NAMI.ORG** has shared a press release for Coming Together 4 Mental Health: <https://nami.org/Press-Media/Press-Releases/2022/Coming-Together-for-Mental-Health%E2%80%9D-Is-NAMI-s-Urgent-Appeal-During-May-s-Mental-Health-Awareness-Mon>

*May God bless all of us and our loved ones who struggle with mental illness.*

*"Even though I walk through the Valley of Darkness, I will fear no evil, for You are with me." (Psalm 23)*



Hi Light of Christ congregation,  
My name is Jack Tuchtenhagen, and I recently ran a book drive from mid-March to mid-April for my National Honor Society community project. I want to thank you all for your generosity and eagerness to help, because without you, this project would not have been nearly as big of a success. In total, the project collected just under 300 books, with over 250 of them coming from you all. The Delano

*thank  
you*

Public Library will be using them in their next book sale this year, so your books will eventually have a new home. Once again, thank you to everyone who helped donate books for the book drive!

## You're Invited!

Weekly worship at Light of Christ at 9:00 am or streaming online via our [Facebook page](#).



## Light of Christ's Annual Summer Picnic Tuesday, June 7<sup>th</sup> from 6:00-7:30 pm at church, hosted by Community Life

We will provide a boxed lunch of either fried or grilled chicken along with potatoes, gravy, coleslaw and bottled water. Gluten free options are available as well. We will sit outside, weather permitting, so please bring a lawn chair or blanket to sit on. Please [click this link](#) to sign up for the picnic and to choose your meal **by June 1<sup>st</sup>**. We will also be recognizing the newest members of Light of Christ that evening. Looking forward to seeing everyone there! If you have any questions or concerns, please feel free to contact Kelly Harstad at 763-227-8246 or [kellyharstad8@gmail.com](mailto:kellyharstad8@gmail.com) or Heidi Goldbeck at 612-418-0111 or [heidigold100@gmail.com](mailto:heidigold100@gmail.com).



## Fueling the Fire

Growing our impact; growing our reach. You're invited to help fuel our ministries forward by making a special gift -- a contribution that is a "second mile gift" above and beyond what you planned to give in 2022. Delano is growing. Our staff has grown to meet this growing opportunity. But resourcing our shared ministry has plateaued. And so this is an invitation to help fill that gap through a gift or increased pledge for this year. Please prayerfully consider what you might be able to do. And respond by filling out and returning a Fueling the Fire pledge card at anytime through the month of May. Brochures and pledge cards were mailed out, but you can also find them in the narthex; or you can pledge online at [this link](#). Thank you for your great generosity!



## Coffee and Sundays go hand in hand. Well, if you like coffee, that is ☺.

You may have noticed, we've been putting the coffee (and donuts, etc.) out on Sunday morning more and more.

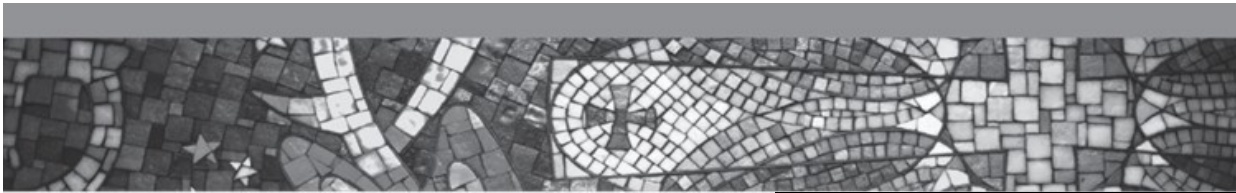
Sometimes it's just because; sometimes a group may be raising money for their ministry. Either way, we'd love to encourage you to "take a Sunday," either as a ministry, a family, a team or committee, or as friends. And you can do it simply to create some good Sunday hospitality or to raise awareness.



We've got a couple of folks who will get the coffee brewing in the morning. But it's your call as to whether you'd like to pick up some donuts, muffins, cookies, whatever...and set them out. If it's a fundraiser, we'll invite your group to cover that cost. If it's just to provide Sunday hospitality, we'll cover the costs.

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Click [HERE](#) to sign up. While you have more than one or two who will cover bases, each Sunday only has two slots. But recruit your servers as you'd like. If you have any questions, please reach out to our Shared Ministry Director, Tim Johnson, at (952) 472-1755.



## Faithful Stewards. Lasting Impact.

Your passion...

Your plan ...

Your gift for those you love, and for  
God's work in the world!

You are invited to explore how you can  
make a difference in the lives of your loved  
ones and to ministry, both now and in the  
future.

On Friday, May 20<sup>th</sup>, at 11:30 a.m.,  
Becky Palmgren with the ELCA  
Foundation will be here to share information  
on how to best distribute your assets. This  
information will get you thinking about the  
gifts you've received from God throughout  
your lifetime, and how your family and ministry  
can benefit from these gifts to make a lasting  
and meaningful impact in this world.

Please join us for this thoughtful conversation!

As a resource from our church, the ELCA,  
Becky will include an overview of how to  
make informed decisions -- while always  
considering your current needs as well as  
your loved one's future needs. One on one  
follow up appointments will answer your  
personal questions, confidentially.  
This service is free and has no solicitation of  
products.



**ELCA Foundation**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.



### **Becky Palmgren**

ELCA Foundation  
Regional Gift Planner

**Office: 763-757-9302**

**Cell: 763-464-3584**

[rebecca.palmgren@elca.org](mailto:rebecca.palmgren@elca.org)

**A light luncheon**  
**will be served.**  
**Please RSVP by**  
**TODAY to the**  
**church office**

**at 763-972-2400 to**  
**help us plan.**  
**We hope to see**  
**you there!**



**Sunday Greeters** are a wonderful way to serve! This ministry of welcome is one of the ways we communicate the Lord's open embrace of everyone--receiving us just as we are, whether things are going well in life or if they feel like they're turned upside down. Greeters essentially communicate, "You are welcome here. We're glad that you're here. This is the place to be!" Sunday Greeters arrive at church about fifteen minutes before the service begins. Putting on a name tag and stationing yourself at the front doors to the church, you're ready to extend a friendly smile, a handshake, and a good morning. This ministry is perfect for singles, couples, families, younger and older folks. To sign up, click on this [SignUp Genius link](#). Any questions at all, reach out to Tim Johnson at 952-472-1755 or [Tim.Johnson@locdelano.com](mailto:Tim.Johnson@locdelano.com).

## Are you looking to get more involved in worship?

We are looking for new Altar Guild members!! As we are transitioning back to "normal" communion, we are in need of more help. It is a low commitment and a great way to volunteer at church. If you would like to become a member, please contact [Terri](#) in the church office or Kim Wortz at [kimw1517@gmail.com](mailto:kimw1517@gmail.com).



## A Way to Connect; A Way to Serve

Ushers are needed for our worship services. Each time we gather, Light of Christ ushers help to greet and otherwise help members and guests to feel welcomed as they come to worship. We need three ushers for each service. Ushers are asked to arrive about 10-15 minutes early, pick up some bulletins and prayer cards, and then be at one of the three doors coming into the sanctuary. A warm greeting along with passing out these worship helps will create for an important hospitality job to happen.



Please [click here to sign up](#) for any upcoming Sunday. Thank you! You help Light of Christ be a place of genuine warmth and welcome to guests and members alike!

## Opportunities for Children at Light of Christ

- **CLUB 5-6:** for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm **through May 25**.
- **SPARK:** 3<sup>rd</sup> and 4<sup>th</sup> grade Spark will meet for an additional 2 weeks on **May 18 and 25** – Sign up at <https://lightofchristdelano.breezechms.com/form/2b64f1>.
- **MEGA SPORTS CAMP:** our Vacation Bible School for children 3-years through 4<sup>th</sup> grade runs **July 24-27** from 5:30-8 pm. [Click here to register](#).
- **WAPO BIBLE CAMP:** While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. Register at this link: <http://lwlbci.com/lightofchrist>
  - There is a Wapo one-day camp on **August 3** for those who completed K-4<sup>th</sup> grade to experience what camp is like.



## Mark Your Calendars!

- ♦ **Incoming 7<sup>th</sup> Grade Confirmation Info Meeting:** We invite current 6<sup>th</sup> grade youth and parents to attend a short informational meeting on **Wednesday, June 1<sup>st</sup> at 6:30 pm** in the Sanctuary. Please attend if you are planning to start Confirmation this fall at Light of Christ or even if you would just like more information.
- ♦ **Grad Sunday, June 5<sup>th</sup>:** Light of Christ seniors... please mark your calendar for the blessing and celebration of our graduates at 9 am worship!





## Community Clean-Up

Seventh and eighth grade Confirmation Youth spent an evening of fellowship and community clean-up on Wednesday, May 4<sup>th</sup>. The 6 small groups cleaned up close to 50 bags of garbage! Way to go and thanks for your service!



## HS Fellowship!

The Living Room is open EACH Wednesday night starting at 7:45 pm (if we have something scheduled or not) if you'd like to hang out, play games or chat about anything. There is Confirmation from 6:30-8:00 pm, so Kirsten is normally here (and often done by 7:45 pm)! We always have service project ideas, so if you need hours (for Confirmation or NHS), please let us know.

Here is the Wednesday schedule for HS this spring:

- **May 18** = Living Room open (9<sup>th</sup> grade Mentor meeting at 8 pm)
- **May 25** = Living Room open (last night of Confirmation)





Staying safe in the Living Room during the storm

## Protection from the Storm

We were so thankful to have the Living Room and Game Room space this last Wednesday when a storm came to our community during Confirmation time. We were able to keep our 70+ participants safe in this area (which is an internal room with no windows) and occupied as well!

## Confirmation Games

We've enjoyed lots of games together with our Confirmation Youth & Guides this spring! Youth have competed in a relay race by grade... balancing a book on their head, eating an orange and racing back. They've also had to be the last person "standing" while balancing a pencil on their chin. It's great to be able to spend time having fun together at church!



Confirmation Games 2022