



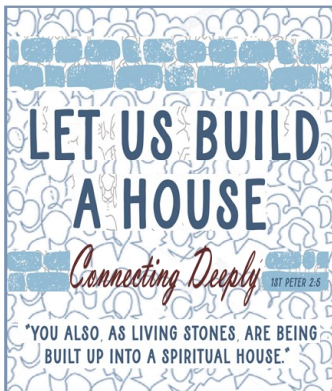
Worship

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



Church Council 2024

Mike Boyack (vice pres.)
Laurie Brown (sec'y.)
Billie Chock
Tim Current (treas.)
Heidi Goldbeck
Luke Jeseritz
Lisa Krause
Natasha Werner (pres.)
Jon Wissink



Contact us!

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Together We Thrive -- Time, Talent & Treasure It takes each of us contributing in order for our ministry to thrive!

As we look to our 2025 mission and ministry, we'll be inviting each of us to consider how we might be involved. We'll be sharing a bit of a new way to consider volunteering your time and talents. We know that people's lives are busy and a bit complicated at times, so we've created some new ways of envisioning what unique contribution you might make. As well, your financial generosity fuels so much of what we're able to accomplish. And so we're inviting every household to make a pledge or commitment to sharing your treasure so that Light of Christ can continue to move forward as a vibrant community of Christ-followers. You are in every way a partner in what we do together!

Watch for more information each week and in worship on Sundays beginning on October 27th. And let us celebrate how *Together We Thrive* by offering our Time, Talent & Treasure for God's purposes through Light of Christ!

And thank you, Cheri Ashfeld, for your talents in creating our 2024 Pledge Drive graphic!



Caring Corner

(from Rachel Boyack of the Healing & Wholeness Committee)



Understanding and Addressing Compassion Fatigue in Caregivers

Compassion fatigue, also known as secondary traumatic stress, is a condition that affects caregivers who are regularly exposed to the trauma and suffering of those they help. While it's a common and natural response, recognizing its signs and addressing it is crucial for maintaining caregivers' well-being and effectiveness.

Signs of Compassion Fatigue

1. **Emotional Exhaustion:** Feeling drained, overwhelmed, or emotionally numb.
2. **Reduced Compassion:** A decrease in empathy and sensitivity towards others' suffering.
3. **Physical Symptoms:** Headaches, sleep disturbances, and a weakened immune system.
4. **Behavioral Changes:** Increased irritability, withdrawal from social interactions, and difficulty concentrating.
5. **Depersonalization:** A sense of detachment from one's own feelings and the people being cared for.

Here are some ways to incorporate these Bible verses into personal reflection and prayer to support caregivers dealing with compassion fatigue. The verses can be a source of encouragement, helping to foster a deeper connection with God and renew strength through spiritual practices.

1. Reflection on Emotional Exhaustion and Rest

- **Verse: Matthew 11:28-30** *"Come to me, all you who are weary and burdened, and I will give you rest..."*

Reflection:

Take time to sit quietly and think about areas where you feel overwhelmed or burdened. Acknowledge those feelings before God. Reflect on how Christ invites you to come to Him for rest. Ask yourself: *Am I allowing myself to rest in Christ, or am I trying to carry all burdens on my own?*

Prayer:

"Lord, I come to You with my burdens and weariness. I thank You for offering rest to my soul. Help me to trust in Your gentleness and to find peace in Your presence. Teach me to lean on You when I am overwhelmed, and grant me the rest I need to continue my work with a full heart."

2. Seeking Strength When Feeling Weary

- **Verse: Isaiah 40:29-31** *"He gives strength to the weary and increases the power of the weak..."*

Reflection:

Reflect on moments when you've felt weak or drained. Consider how God has been your source of strength in the past. Visualize yourself being renewed like "soaring on wings like eagles." Ponder the areas in your caregiving where you need God's strength the most.

Prayer:

"Lord, I feel tired and weary, but I trust in Your promise to renew my strength. You give power to the weak, and I know You can sustain me through this season. Help me to wait on You and to trust that You will lift me up when I feel like I can't go on."

3. Persevering in Compassion and Care

- **Verse: Galatians 6:9** *"Let us not become weary in doing good, for at the proper time we will reap a harvest..."*

Reflection:

Think about the people you care for and the ways in which your work brings good into their lives. Even though compassion fatigue may set in, reflect on the bigger picture of your service. Imagine the "harvest" that your efforts are sowing, even if it isn't visible right now.

Prayer:

"Father, it's hard not to feel weary sometimes. Remind me of the purpose in the work I do and the good that comes from it, even when I don't see immediate results. Strengthen me to persevere and to continue showing compassion. Let my care be a reflection of Your love."

4. Setting Boundaries and Restoring Balance

- **Verse: Mark 6:31** *"Come with me by yourselves to a quiet place and get some rest."*

Reflection:

Reflect on how often you take time for yourself to rest and recharge. Ask yourself: *Am I allowing space for quiet moments with God?* Consider the importance of boundaries, both for your health and for your ability to care for others.

Prayer:

"Lord Jesus, You invited Your disciples to rest, and I know You call me to do the same. Help me to establish healthy boundaries in my life, so that I can serve others from a place of strength and wholeness. Guide me to quiet moments where I can reconnect with You and find peace."

(continued on next page)

Caring Corner (continued)

5. Seeking Help and Support from Others

- **Verse: Ecclesiastes 4:9-10** "Two are better than one... If either of them falls down, one can help the other up."

Reflection:

Reflect on the importance of community and support. Think about those in your life who could offer encouragement, and be open to seeking help when you need it. Consider: *Am I trying to do this all on my own?*

Prayer:

"Lord, thank You for the people You've placed in my life. I recognize that I don't have to carry these burdens alone. Help me to reach out to others for support and to allow them to walk alongside me. Show me how I can also be a support for those who need encouragement."

6. Trusting in God's Care for You

- **Verse: 1 Peter 5:7** "Cast all your anxiety on him because he cares for you."

Reflection:

Think about the anxieties or worries you've been carrying. Imagine physically placing them in God's hands, trusting that He truly cares for you. Reflect on how you can release control and rest in His care.

Prayer:

"Lord, I give You my anxieties and all the things that weigh me down. Thank You for caring for me so deeply. Help me to trust that You will take care of me, just as You care for those I serve. Teach me to let go of worry and to trust in Your love and provision."

Incorporating these reflections and prayers into your routine—whether through journaling, quiet meditation, or spoken prayer—can be a powerful way to invite God's healing presence into your caregiving work. These practices serve as a reminder that God is with you every step of the way, offering strength, rest, and support.

Content sourced and adapted from:

CHE Behavioral Health Services. "What is Compassion Fatigue?" *CHE Behavioral Health Services*, 22 May 2023, <https://www.cheservices.com/blog/what-is-compassion-fatigue>. Accessed 11 October 2024.

Garnett A, Hui L, Oleynikov C, Boamah S. Compassion fatigue in healthcare providers: a scoping review. *BMC Health Serv Res.* 2023 Dec 1;23(1):1336. doi: 10.1186/s12913-023-10356-3. PMID: 38041097; PMCID: PMC10693134.



Adult Mission Trip to Belize 2025

We are excited for and have started planning for the LOC Mission trip to Belize March 1-8. We will be doing work in the village of Bella Vista (Pastor Kebin's area). We are planning on hosting a VBS/sports camp, food delivery/home visits, medical/eye clinic, building work (making picnic tables, bunk beds, helping with the church kitchen, helping work on Pastor Kebin's house). We have a few more spots left for the mission - we are hoping to take 14 people. So if you are interested in going let us know by **November 1, 2024**. If you have any questions please email Jennifer Grant at jpconnection.jg@gmail.com. Please prayerfully consider serving with Christ in Belize.

Golf For Love - \$18,000 Raised

We are praising and thanking God for our church partners, sponsors, volunteers, and local businesses that made this event a success. Thank you for your support!



Christmas Store Help - Love INC Heartland

The Christmas Store gives Love INC families the option to shop Christmas gifts for their children at no cost to them. Interesting in helping?

info@loveinheartland.org

Attention LOC Gardeners!

If your garden is overflowing with goodness, the Delano Helping Hands Food Shelf is happy to take any extra produce off your hands! You can drop off produce at the Food Shelf between 5-6 on Tuesdays or 9-11 on Thursdays. If those times don't work for you, call us at 763-972-4455 and leave a message. We will get back to you to schedule another drop off time. Or, text Jo Williamson at 602-501-7903 to make arrangements.



Finding Your Stories Rescheduled

We become who we are by the stories we tell and the listeners who hear them. Simply put, stories can be a powerful way of sharing our faith or transformative moments in our lives. But sometimes, we convince ourselves our stories aren't worthy, and once we've done that, we have difficulty hearing other people's stories. At other times, we live in such small spaces that the set of stories we have available is pretty limited (thank you, social media).

Join us for a workshop with Dr. Mary Hess, professor of educational leadership at Luther Seminary, who will share a simple recipe for listening to, and then telling, a story. Don't worry about whether or not you have a story to tell; simply join us after worship on a Sunday morning for a fun experience. The time for the workshop has been **revised to have only one workshop on October 27th for an hour and a half**. To sign up, contact Paul Nelson at pnnelspa@gmail.com.

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!



Help Fill the Fridge!!!

As we all know, "Food is Fellowship!" And this includes having snacks and drinks for the youth as we gather throughout the year. We invite any donations of drinks or

snacks for the Living Room that can be available to our youth when we gather on Wednesdays or for special events. Whether it's leftover soda or juice boxes from this summer (or grad parties) or something you're willing to purchase... we'd love to have our fridge and cupboards filled with drinks/snacks for upcoming Wednesday nights! Donations can be dropped off in the Living Room anytime. If you would like a charitable donation receipt, please contact Kirsten. Thanks for your partnership in ministry!

THE HOOT NEWS

for October from Sue Fink



Hey everyone! Happy Fall!!!! I sure have been hearing real owls hooting at night lately :) Enjoy the beautiful season, God's gift to us.

So, here's "The HOOT"

Attention, OWLS **Bible study** group: We have just one more lesson, #9, which we will do November 3rd after the service. Please let Sue know if you have any ideas for a winter study. We have a great group and are learning and growing wiser and closer to our Lord together. We welcome anyone to join us. If you're interested, let Sue know so I can get you on the email list.

Our new planning team (Lona, Jewel, Jinnelle, Sue and Bill Fink) has ideas for the next couple of months:

- November we may do a service project to help at Delano Helping Hands Food Shelf on days not open to the public. Stay tuned for dates and projects we can help with such as cleaning, organizing and stocking shelves. It's a busy and essential place so our helping hands are important.
- December we're planning to have a Christmas party!!! Likely a potluck, fun and games, and white elephant gifts on December 19th.

Adult Choir

Adult choir rehearses every Tuesday, 6:30-7:30 PM. Attendance at all rehearsals is not mandatory. Contact Katie with any questions.



Women's Bible Study



The women's bible study **meets the 1st and 3rd Monday of the month, 6:30 – 8:00 PM at LOC through April 7**. We will not meet in December. If you are interested in participating, please respond to Lindsay Lindall at lindsay.lindall@gmail.com We hope to see you there!

New Member/Partner Sunday

If you or someone you know is interested in joining Light of Christ, please contact the [church office](#) for more information. Our next reception of new members/partners will be on **November 10th**.



Confirmation Corner

This year we have 63 youth in our Confirmation ministry (grades 7-9) along with 21 adult Guides/Subs and many HS Junior Guides! We also have a great group of 10th graders that are going through their Mentoring sessions before being confirmed next spring. *Thank you for keeping these ministries, volunteers, youth, and their families in your daily prayers throughout the year!* If you are reading this and want to support the youth and families involved in this ministry, we ALWAYS welcome donations to our scholarship fund...this mainly helps with more expensive things like retreats, camps, and trips. **THANK YOU** for your partnership in ministry (and support of our youth)!

Confirmation Jr. Guides

Youth in grades 10-12 are invited to help as a Jr. Guide for Confirmation! This is a great way to connect with other HS youth, grow in your leadership skills (and put on applications/resumes) and have a lot of fun! Youth can help as little or as much as they are able. Talk to Kirsten if you are interested! Here's what the Wednesday schedule will look like:

- 6:45-7:15 PM = Meet with Heidi Wuerger (and other trusted adults) in the Living Room to hang out, have snacks/pizza and share highs and lows
- 7:20-8:00 PM = HS Youth meet with the Confirmation small groups to assist the Guides

Sign Up for the Fall Confirmation Retreat!

We are SO excited to have a fall Confirmation retreat again this year (after not being able to find dates that worked last year). All youth (grades 7-10) are expected to attend (and truly won't want to miss out!). Here are the details:

When? 5:30 PM, Friday, November 1st – 1:00 PM, Sunday, November 3rd

Where? Lake Wapogasset Lutheran Bible Camp in Amery, WI

Who? Grades 7-10 and adult volunteers from LOC

What? An incredible faith and relationship-building weekend filled with campfires, games, important conversations, time with friends and lots of good food 😊

Why? We know that these longer times together provide a unique opportunity to grow deeper together in our friendships and relationship with God. We love our Wednesday nights, and yet these retreats are often "where the magic" happens – that so many youth talk about in their Faith Statements when they are confirmed! For that reason, we say that these retreats are "required" for all Confirmation youth, because we know how important and significant they are! Please put it on your calendar and make it a priority... you'll be glad you did.

Cost? \$225/youth – this covers the retreat fee (\$185), transportation, supplies, snacks and adult costs (our adults attend free). If this fee is prohibitive, **PLEASE** reach out to Kirsten. We want all youth to attend, no matter what. Partial or full scholarships are available!!! **Register online** at this link: <https://lwlbc.com/ignite2024>





God's Global Barnyard

Global Barnyard is part of the ELCA Good Gifts program. An animal can make a world of difference for a family in need. Some animals provide food to eat, fertilizer to grow crops, wool to make clothes, and offspring to sell at the market. With one gift you can help a family escape the cycle of hunger and poverty for good.

Last year the children of Light of Christ, with your help and support, raised **\$1524.52** for the Global Barnyard. There are several ways you can help:

- ⇒ **PIGGY BANKS:** Take a piggy bank – fill it and bring it back **October 27**.
- ⇒ **GIVE ONLINE:** Go to [Light of Christ's home page](#) – click the **GIVE** tab – it will take you to the link to give online.
- ⇒ **NOISY OFFERING:** Save up those coins and bring them on **Sunday, October 27** for our Noisy Offering! What a treat to help others get out of poverty!

Confirmation Calendar

(All events are 6:15-8:00 PM unless noted otherwise. See more details included on this page.)

10/23 = Teaching Night

10/30 = Teaching Night (and Mission Trip Info Meeting/ Registration Opens!)

11/1-11/3 = Fall Retreat for grades 7-10!



Trunk or Treat!

We are hosting Trunk or Treat at Light of Christ again this fall on **Sunday, October 27 from 3-5 PM!** This is a fun, family event where kids of all ages can dress up and go "trunk to trunk" to get a treat and have fun at church! We are looking for people/families to put together a theme-based trunk and also need donations to hand out (candy, pencils, snacks, etc). Sign up at this link for either:

<https://www.signupgenius.com/go/30E0848A9A72AAAF85-51909660-trunk#/>

Please contact Kirsten with any questions Kirsten.Kelly@locdelano.com!

