



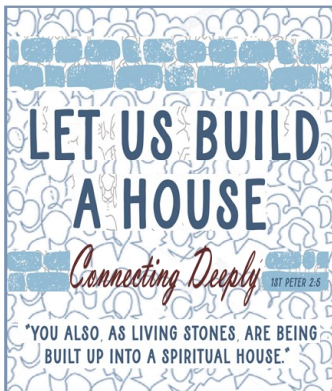
Worship

- **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!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

Together We Thrive: Time, Talents, and Treasure

The Gift of Time

As we embark on this journey of stewardship, we begin by reflecting on the gift of time. How do you use the time God has blessed you with? This week, we invite you to consider the ways you can offer your time to support the ministry of Light of Christ. As well, how do you share your time in God's work in your day-to-day life? During worship, you are invited to write on a leaf one way you dedicate your time to God's work. Time is a gift from God; and we're called to use it for God's purposes. Let's celebrate the time we give, as together we thrive in Christ's service.

Fill out as many leaves as you would like. And help our kids to contribute, as well! Leaves can be found in the narthex and are also included in the mailing you'll receive this week.

Below is just one of the sections of the new Time and Talent form. Each week we're highlighting one part of the form. There are two forms in each household's stewardship mailing. Please use one of those (or we'll have more at church), fill it out, and return it on November 17th.

Some options:

Sunday morning: <2 hours every 1-2 months, you choose the Sunday through Sign-up Genius!

- ☐ Join the altar guild: Prepare, serve and clean-up from communion, training is available! A great way to engage children, too!

Serve in worship: Youth and adults can serve

- ☐ Lectors
- ☐ Ushers
- ☐ Communion assistants
- ☐ Greeters
- ☐ Prep and serve Sunday morning coffee and treats post worship
- ☐ Soundboard or livestream camera operation (training is available!)



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.

Christmas Store Help - Love INC Heartland



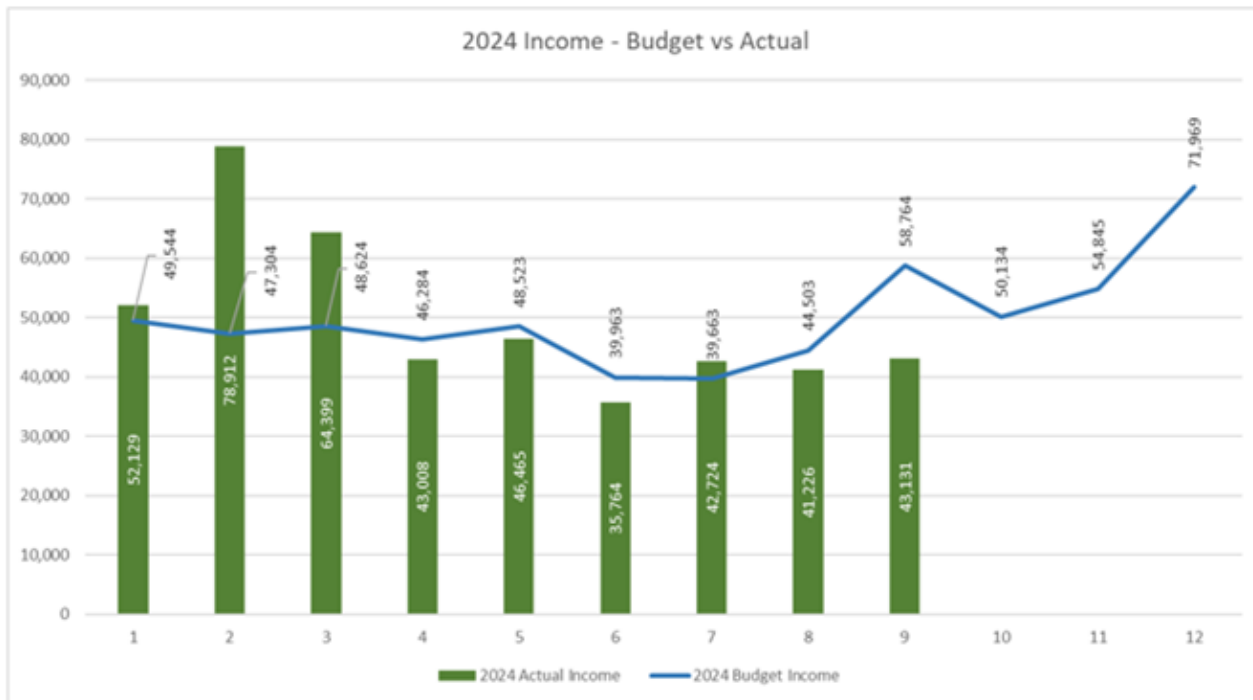
The Christmas Store gives Love INC families the option to shop Christmas gifts for their children at no cost to them. Interesting in helping? info@loveincheartland.org



Items Wanted

The church could use two stainless steel chafing dishes to serve hot food during funeral luncheons, and a metal two-drawer filing cabinet with a lock to store archived personnel files. If you have either of these items and are willing to donate them, **please contact Rhonda Current** at rkcurren1@gmail.com and I can arrange to pick them up or meet you at church to collect them. Thank you.

LOC Monthly Income - Actual versus Budget



Year To Date Summary – September 2024

- YTD Budget \$423,172
- YTD Actual \$447,758
- Year to Date Actual Income \$24,586 better than Budget
- Income in last two months lower than budgeted



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.

Daylight Saving Time ends on Sunday, November 3rd. Don't forget to *fall back* next Saturday!



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!

New Member/Partner Sunday

If you or someone you know is interested in joining Light of Christ, please contact the [church office](#) by **October 30th** 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

le JOIN US!

RAISE AWARENESS FOR HOMELESSNESS

Date: Saturday, November 9th, 2024

Time: Sat 6pm - Sun 9am

Location: Light of Christ



9th-12th graders! Join us for an evening of fellowship, food, and service! Bring shelter supplies (tents or large cardboard boxes) to camp out overnight on the church lawn. **Everyone** is welcome to bring donations, food, clothing, and/or hygiene products. If you have any questions please contact Madison Schansberg (madisonschansberg@gmail.com).

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!



Confirmation Calendar

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

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

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



Youth Choir Rehearsals Begin Soon!

Youth choir rehearsals begin in November! Attendance at all rehearsals is not mandatory. Rehearsals take place after worship and last for 30 minutes. The listed ages are 3rd-6th grade, but if your child is out of that age range and interested, talk to Katie. If you would like to sign-up for youth choir, use this QR code and fill out the form! Contact Katie at katie.kohler@locdelano.com with any questions.



Thanks for your support of God's Global Barnyard! We'll share a total with you soon.

