

Worship

Through May 23, there will be outdoor worship at 3pm, weather permitting. Online worship will continue and will be posted on the [church website](#) until the restrictions for large group gatherings are lifted.



Church Council 2021

Wes Aylsworth
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Elizabeth Kohlhof
Tom Sebelien
Lisa Spencer
Stacy VanCura
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!

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The Great Thing About Giving ... Is the Ripple Effect

A friend took her preschoolers to the local thrift store to buy birthday gifts for Grandpa. "As we were checking out, the lady in front of us said, 'I hope you don't mind; I feel compelled to give each of your kids \$5.' We were all surprised. But the GIFT of money inspired both boys and they immediately asked to use it to buy something for someone else." ***Giving can be contagious!***



Youth Room Construction Update

Each week, progress is made on our remodeled space. The front entry to the Youth Room area has changed the most this week! The space was opened up (a wall removed), a soffit put in and a storage door moved. If you'd like to see the space in person, we'd love to give you a tour following outdoor worship on Sunday afternoons! Thanks for your support!

**We accidentally omitted Ben Berscheid's name in our list of volunteers that was in last weeks' Youth Room article. Ben helped us immensely with the electrical aspects during demolition on April 10th. *Thank you so much, Ben!*



Love INC Needs Volunteers

Love INC's Fresh Start group is starting to meet again in person on Monday nights and is in need of adults to help watch children (ages approx. 4-10) while the group meets. Fresh Start is a class series designed to help adults learn new skills and set goals to break the cycle of poverty. Interested folks can contact Doug Stewart (the Executive Director) directly at director@loveincheartland.org.

Call on the Light of Christ Prayer Chain

If you or someone you know is in need of prayer, please feel free to engage the Light of Christ Prayer Chain. Contact the church office either by email, which is preferred (Terri.Reuter@locdelano.com), or phone (763-972-2400; please keep in mind office hours are currently limited to Wednesdays, 9:15-11:30 am) with your request, which remains confidential. The LOC Prayer Chain will pray for you as requested. Feel free to call on this team in your time of need. Anyone wishing to join the Prayer Chain should contact the church office.



Caring Corner

(by Sue Fink with LOC
Healing and Wholeness Ministry)



Stress in Children and Teens

Children and youth are as likely to experience stress as adults, but are just on the start of their lifelong journey to learning skills to verbalize it and develop coping techniques. This past year has been especially stressful due to the fears and uncertainty with the pandemic, political unrest, and frequent changes in the way we are allowed to live our lives due to the pandemic guidelines. Kids need routine and expectations for security, so they are certainly affected with increased stress. Other stressors are too much media and technology; parents' concerns about job loss, money, or struggling relationships; divorce; a death in the family; moving; bullying; concerns with doing well in sports and school. Being a kid isn't all fun and games!

From an October 2020 Guide2Research study, consider the following:

- Seven out of ten teens in the U.S. (13-17 years old) have named anxiety or depression as a major problem among their peers
- 75% of U.S. high school students expressed boredom, anger, sadness, fear or stress while in school
- On a 10-point scale, where normal values for adults are 3.8, American teens rated their stress rate at an average score of 5.8
- Three quarters (75%) of American high schoolers and half of middle schoolers described themselves as "often or always feeling stressed" by schoolwork

Another study indicated that parents way underestimate the level of their child's stress so it is vitally important to tune in to signs your child is experiencing abnormal or chronic stress and talk with him about what worries or stresses him.

Signs of stress in a child may include:

- Lack of energy
- Change in eating or sleeping habits
- Irritability and anger
- Increased complaints of pain, stomach aches, headaches, etc.
- Difficulty paying attention or concentrating at home or in school
- Avoiding activities they enjoy or withdrawing from social interaction

Remind your children that stress can be beneficial in helping them to develop social skills, do well in school or sports, and gain self-confidence by working through and conquering fears and challenges. But help them learn ways to cope with stress such as:

- Help them to set limits on gaming and social media, reduce exposure to violent news and lead by your own example.
- Keep calm and express your anger in appropriate ways. Invite your child to talk, laugh, cry and express anger when he or she needs to.
- Help them problem solve ways to reduce stress, such as managing their responsibilities and time. It's okay to say no and cut back on a hectic schedule of activities.
- Teach children about consequences and let them learn responsibility, both good and bad.
- Provide them with some control, allow them to make decisions that affect them.
- Develop trust and let your child know that mistakes are learning opportunities
- Be a good listener and acknowledge your child's feelings. If he won't talk, share a similar experience and how you felt at the time.
- Have fun and play with them, no matter their age. Joke and laugh.
- Positive thoughts, deep breathing, exercise, relaxation techniques. (Find apps online)
- Encourage drawing or journaling about what they're feeling.
- Teach your children to pray - to turn their worries over to God.

Recognize when the usual tricks aren't working and get your child in to the doctor or psychologist or school counselor.

An excellent YouTube 7-minute video that is geared to kids and teens but appropriate for the whole family is called: **STRESS MANAGEMENT TIPS FOR KIDS AND TEENS**, by Mylemarks.com. Click here for video: <https://binged.it/3n0YrSN>

STAYING CONNECTED

Have you signed up for your Light of Christ Breeze account yet? If not, members are invited to **create your member account by clicking here**, allowing you to view and update your own information, view your giving history, and more. This **Member Tutorial video** may be helpful as you learn this new tool!

Member pictures that were included in the previous online directory were transferred to the new database. Adding or updating your pictures is a "breeze"! (Images must be in jpeg, png, gif, or bmp format. Portrait orientation works best, eliminating the black strips on the sides, but landscape orientation will also work.)

Adding Individual Photos:

To upload a photo of an individual:

1. Navigate to that person's profile.
2. Click on the image box at the top.
3. Click "**Upload Image**" and select the image you want to upload.
4. Crop the image to the appropriate size and save the change.

Adding Family Photos:

To upload a photo of a family:

1. Navigate to the profile of someone in the family.
2. Click the gray header over the family section and then click "**Add Family Picture.**"
3. Click "**Upload Image**" and select the image you want to upload.
4. Crop the image to the appropriate size and save the change.

Here is an article demonstrating these steps: <https://support.breezechms.com/hc/en-us/articles/360001176634>

Save the date for the annual church picnic, hosted by the Community Life Committee on Tuesday, June 8th at 6pm. More details to follow!



Connect and Converse during Zoom Bible Study

Sundays 5:00-6:00 p.m. via Zoom

More comments from current bible study attendees:

"I am hoping to learn more about how the individual books of the bible apply to current events. I'm also looking for some resolution regarding conflicts in the various books of the bible."

"Going through the Sermon on the Mount verse by verse has had me discover things I simply hadn't recognized or learned before."

Come to explore what God's Word says for life today. Each week we take a portion of Scripture.

All are welcome!

To get your Zoom link for the study, email Tim Johnson at tdale57@gmail.com.

You may be as active in the discussion as you like. We all learn a little something from each other as we ponder the power and beauty and truth of God's Word.

Light of Christ Lutheran Church is seeking a Director of Children and Family Ministry to work in close collaboration with the Director of Youth and Family Ministry in providing a dynamic vision that leads this program forward. If you can see yourself working with our congregation to equip children and families to understand and live out their role as beloved children of God, please contact JoMarie Williamson (lohwil@msn.com) with your interest or for more information. The full job description is available through the church office (terri.reuter@locdelano.com), or on the [church website](#).

Light of Christ Lutheran Church is seeking a Shared Ministry Coordinator to help build and coordinate a spiritual gifts ministry where peoples' gifts and areas of interest are matched with opportunities for service and ministry. If you can see yourself supporting our congregational membership process by actively connecting visitors and members with the life of the congregation and engaging people in their areas giftedness and passion, please contact Jo Williamson at lohwil@msn.com with your interest. The full job description is available through the church office (terri.reuter@locdelano.com), or on the [church website](#).

Outdoor Sunday School

We had our first outdoor Sunday school lesson on 4/18. Even though the temperatures were falling along with a few sprinkles, it was a success! We had 18 kids participate, ages 3 years-6th grade. They learned about “Thomas Believes” for their bible story, sang songs with Katie Kohler, ran rounds of sharks and minnows (we have some fast runners), and ran a balloon pop relay. It was such a joy to see their smiling faces and be together again. Thank you to Kim Knisley, Cynthia Kuenzel, and Jess Motzko for volunteering.



First Communion

Over the last year, we have been unable to hold an indoor class for First Communion instruction. We hope to be able to offer 2 options this next school year: one this fall and another in the spring of 2022 (during Lent). Please watch for details in future publications and talk to Pastor Bruce or Kirsten Kelly if you have any questions. Thank you for your patience!

Upcoming Sunday School Lessons

5/2—The Great Commission

5/9—The Ascension

5/16- The Holy Spirit at Pentecost

In-Person Sunday School Through May 23rd!

- It will take place outdoors immediately following 3:00 pm worship, approximately 4:00-5:00 pm, for all children ages 3-years-old through 6th grade.
- Each session, we will have music time with Katie Kohler, focus on a weekly bible story, break out into discussion groups, and play fun games.
- All parents are welcome to stay, but we specifically ask that **3- to 4-year-old children have at least one adult stay with them the entire time.**
- We pray for nice spring weather so we can hold as many sessions as possible outside. In case of bad weather, Kim Wortz will send out an email that will include the bible story for that day as well as an activity for parents to do with their child/ren.
- Wearing masks is optional while being outside, but please have your child/ren bring one in case they need to enter the building where masks are required.
- Also, in order to plan accordingly, we are asking that parents sign up for each week that their child/ren will be attending. So, please be sure to watch for those weekly signups.

Lastly, just like during pre-Covid times, running the Sunday School program in-person this spring will greatly depend on volunteers. Therefore, we will be reaching out to parents and former Sunday School teachers to help make all this happen. We are very grateful to all those who have volunteered to lead the lessons as well as help with the crafts, activities, and games that make our Sunday School program a success. We are confident that we will have enough adults to help our children once again take advantage of this wonderful opportunity to grow in their faith while having fun with their church family. On May 23rd, we will end the school year with a celebration including a bunch of fun activities and time for fellowship. If you are interested in volunteering or have any questions, please contact Kim at Kim.Wortz@locdelano.com.

- ◇ Outdoor Sunday school sign up for 5/2:
<https://lightofchristdelano.breezechms.com/form/sundayschool9831>
- ◇ Are you new to Sunday school or didn't sign up last fall and want to join in on the fun? **Please register here first before signing up:**
<https://lightofchristdelano.breezechms.com/form/de815b>

Spark Is Back!

Spring Spark has finally started up again! The program is built to further the education of 1st-6th graders about the Bible and our Lutheran faith as well as prepare the children for important milestones in their faith journey. During Spark, the kids have a snack, play games, do a craft, and discuss important faith topics. Each session takes place after school at church until 5:00 pm.

Here is the new schedule for this spring's Spark program, which will take place on the following Wednesdays (weather permitting):

- **4/28: 5th grade**
- **5/05: 4th grade**
- **5/12: 3rd grade**
- **5/19: 1st & 2nd grades combined**

Registration can be completed on Light of Christ's website or using the direct link: [LOC Spark for 1st-6th graders](#). For those who registered for Spark's fall session, there is no need to re-register. Thank you to all our LOC families for their flexibility, understanding, and support as we have had to make changes and adjustments to our children's programming this past year. Any questions concerning Spark may be directed to Catherine Borman at Catherine.Borman@locdelano.com.



EVERY MEAL
FIGHTING CHILD HUNGER

Sunday School Offering Project

Our Sunday school offerings are being collected until the end of the school year to help support Every Meal Fighting Child Hunger (formally Sheridan Story). Their mission is to help stop child hunger across Minnesota. Every Meal focuses on the weekend food gap, summers, and extended breaks when children are not able to receive meal programs at school. The children have been filling up their jars at home and will be bringing them to outdoor Sunday school. If you would like to contribute to this cause, please go to our [website](#), click on the **Give** tab and under "**Designated Gift**," please type "**Sunday School Offering**" in the field. If you have any questions, please contact Kim at Kim.Wortz@locdelano.com.

VBS Is Coming Soon!

Spring is here and summer will follow soon enough! **Parents of current preschoolers-4th graders:** look at your calendar and set aside the 3rd week of July for Light of Christ's Vacation Bible School! Although VBS had to be done virtually last summer and will be running a little differently this summer as well, LOC is excited to welcome back the children in-person. We hope you will keep LOC in mind as you make your summer plans. More details about each program and access to registration links are given below:

LOC's Preschool VBS is for children who turn 3-years-old by July 20th up to those entering kindergarten in the fall of 2021. The theme for this camp is "Through Life's Ups and Downs, Jesus' Power Pulls Us Through". It is taken from the Rocky Railway VBS program that LOC was supposed to do last summer but was unable to due to the pandemic. This program will run daily from 4:00 pm-5:00 pm Tuesday, July 20th-Thursday, July 22nd and will be led by Kirsten Kelly. More details can be found and registration may be completed at **LOC Preschool VBS**. There are currently 11 children enrolled.

LOC's VBS led by Shetek Lutheran Ministries is for children who will be entering grades 1st-5th in the fall of 2021 and will be led by Shetek Lutheran Ministries. The theme for this camp is "Dwell Faithfully" based upon the bible verse *As the Father has loved me, so I have loved you; abide in my love*-John 15:9. This program will run daily from 9:00 am-2:30 pm Monday, July 19th-Thursday, July 22nd. More details can be found at **LOC VBS led by Shetek Lutheran Ministries**. There are currently 10 children enrolled for this program.

10th grade Confirmation Fellowship Event

On **Wednesday, May 12th from 6:30-8:00 pm**, we are going to have a fellowship event for all 10th grade youth who will be getting confirmed this spring, **AND their parents**. We will meet in the parking lot for a bonfire and grill some brats and hotdogs. We'll hang



out, play some games and also get a group photo of this year's Confirmation class... don't miss it! Note: in case of bad weather, we'll move it back to 5/19.



HS Mission Trip

We currently have 13 youth registered for our HS Mission Trip to Denver, CO through **Service Learning Camps!** Assuming it is safe to travel, the trip will take place July 10-17 and we plan to fly.

Registration is open to youth currently in grades 8-12 and we have 20 spaces total. Registration and more info can be found online **through this link**. Please contact Kirsten with any question and ***sign up soon!***

Register for Summer Camp!

Join us at camp this summer! We encourage you to invite a friend and sign up for *any* week that works for your family!



Lake Wapogasset Lutheran Bible Camp (<https://lakewapo.org/>)

So far, we have 15 youth signed up to attend Wapo this summer (7 kids each of the following weeks: June 27 and July 25). Wapo is welcoming church staff to visit kids for at least a day. So, if that helps you feel more comfortable to register your child, know that we will be there at least one day to check in and give you an update!

- **June 27-July 2:** completed grades 4-12 (25 spaces remaining)
- **July 25-30:** completed grades 4-12 (full but get on the waiting list in case spots open up!)
- **July 21-23 (Wapo Seeds):** completed grades 1-3 (many spaces available)

Green Lake Lutheran Ministries (<https://www.gllm.org/>) - Currently, we do not have any LOC youth registered at GLBC.

LOC will offer scholarships again to any youth who attends Bible camp (\$100 for week-long and \$50 for the "abbreviated" camp). Families are encouraged to register for the camps even if it means getting on a wait list since they are hoping to open up more spaces for each week at camp as it gets closer to summer. Please contact our staff with any questions you have.