

Worship

From April 18-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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(763) 972-2400



LightOfChristLutheran.com
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Free Fresh Produce and Dairy

Sponsored by NourishingHOPE Food Drop and Second Harvest Heartland

Boxes of fresh produce and dairy products will be available for drive through pick up on a first come, first served basis
All are welcome

Tuesday, April 13 3pm -until gone

Locations for pick up

Corcoran

St. Thomas Catholic Church parking lot

Delano

Light of Christ Lutheran Church parking lot

St. Michael

Colonial Mall

Montrose

Montrose United Methodist Church parking lot

Rockford

Our Father's Lutheran Church parking lot

Buffalo

Buffalo Covenant Church parking lot

Appropriate distancing and COVID mitigation practices will be employed



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 of 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](#).

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@loveinheartland.org.

Delano Food Shelf

Thank you to all our Light of Christ members who donated food items and money during our March food shelf month. Thank you also for those who volunteered at the food shelf this month including Oda and Roland Carlson, Cheri Ashfeld, Sally and Dan Torfin, Bill Weis, Beata Zerull, Maxine and Lowell Johnson, Dee and Len Beilke and Charlie and Lona Jose. **June** will be the next LOC month for volunteering at the food shelf, although there are LOC members who assist the managers with tasks throughout the week. Thank you also to our LOC members, JoMarie Williamson and Sue Stahlke, for all your work in managing the food shelf. Everyone is excited for the food shelf to move to its new location this summer, in the building across from the Delano Senior Center.

Caring Corner

(by Sue Fink with LOC
Healing and Wholeness Ministry)



Starting in 1992, April has been designated "Stress Awareness Month." This year we certainly need to take a deep breath and recognize the stress we are under every day and take steps to talk about it and learn ways to cope. We are in an epidemic of stress. This article will speak to general stress in everyone, and in two weeks we'll address stress in children and teens.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations but having this "rush" for extended periods of time can be dangerous to your mental and physical health. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

ACUTE STRESS is usually brief. It is the most common and frequent and is most often caused by reactive thinking. Negative thoughts predominate situations or events that have recently occurred or are upcoming.

EPISODIC ACUTE STRESS is when people experience acute stress frequently, or whose lives present with frequent triggers of stress. They often live a life of chaos and crisis.

CHRONIC STRESS is the most harmful type of stress. If left untreated over a long period of time, it can significantly damage your physical health and deteriorate your mental health.

If you suffer from chronic stress and can't change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, YOU have the ability to choose your response to stressors, and you may have to try various options.

- * Learn to overcome issues you cannot change.
- * Recognize when you don't have control, and let it go.
- * Avoid getting anxious about situations that you cannot change.
- * Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- * Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

TIPS from the CDC to help relieve Stress:

- **Exercise**- Even 20-30 minutes a day of walking is a great stress reliever - a good way to get your mind off your daily worries and brings strength to your body and mind.
- **Relaxation**- Learn to incorporate some relaxation techniques into your daily life. Meditation, journaling, yoga and breathing exercises are just a few ways to help relax.
- **Have Fun**- Spending quality time with family and friends, or simply watching your favorite sit-com can often be just the distraction you need.
- **Visit Your Doctor**- Your family doctor is in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.
- **Eat Well**- The gut and brain are constantly sending signals to each other, so by keeping your gut healthy, your brain feels less stressed.
- **Sleep & Rest**- To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.
- **Avoid** drugs and alcohol.
- Be willing to **talk** to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.
- **Recognize** when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.
- **Adapt "The Serenity Prayer"** into your daily devotion: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know one from the other." God's peace to you!

We are excited to announce that we have transitioned to a new church management software in 2021! The new software is called Breeze.

There were several reasons prompting the change to Breeze, including cost, ease of use, and more available features. Breeze allows us to:



- Track membership
- Track giving
- Manage events
- Send mass texts and emails to members
- And more!

Members will have access to their own account in Breeze, where they can:

- View and, in certain instances, edit their own information
- Track giving history
- View groups they belong to
- Register and check-in for events

Watch for more information to come as we continue to rollout this new software!

Connect and Converse during Zoom Bible Study

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

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.

More comments from current bible study attendees:

"I have truly grown closer to those who attend. We share our thoughts, our lives with one another."

"Each of us participates through our own thoughts, eyes, observations and experience. That makes for a rich learning environment."

Confirmation Youth Serving Others

This spring, Confirmation small groups have been serving as best they can during these difficult times. One group packed meals at Feed My Starving Children in Chanhassen and another group did inventory at Interfaith Outreach and Community Partners in Wayzata. Thanks to the Guides and youth for all of their hard work and sharing God's love!



Don't Let It Expire!

We are out of fair trade chocolate but still have plenty of coffee, tea and hot cocoa mix for purchase to support our summer youth trips! Once we sell all of the items we have on hand we'll order more. Items purchased can be delivered to your home, picked up at church or even purchased as a gift and then we will deliver it for you (within our community)! Go to our [online store](#) for more information on what's available. Thanks for your support (of our youth and the farmers)!



Upcoming Sunday School Lessons

- 4/11—The Easter Story
- 4/18—Thomas Believes
- 4/25—The Road to Emmaus

Online Sunday School

Sunday school continues to be available online through April 11. The 3yr-2nd grader lessons are on YouTube and the 3rd-6th graders are using Wakelet. The lessons are available all week and can be viewed when it works best with your family schedule. If you are not signed up for Sunday school and would like to receive these links, please contact Kim at Kim.Wortz@locdelano.com.



In-Person Sunday School— April 18th through May 23rd!

- It will take place outdoors immediately following 3:00 pm worship and last one hour 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.

Spark Is Back!

Light of Christ's after-school program, Spark, is starting up again this week! 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. Due to the current pandemic, Spark is running a little differently this year. First, we have had to combine some grades for scheduling purposes. Also, in order to hold the program outside where the risk of getting Covid-19 is low, we have had to rely on warmer weather. Each session takes place after school at church until 5:00 pm.

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

- 4/07 & 4/14: 5th & 6th grades combined
- 4/21 & 4/28: 4th grade
- 5/05 & 5/12: 3rd grade
- 5/19 & 5/26: 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 when we start outdoor Sunday School on April 18th. 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**.

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**.

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. 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 14 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.