



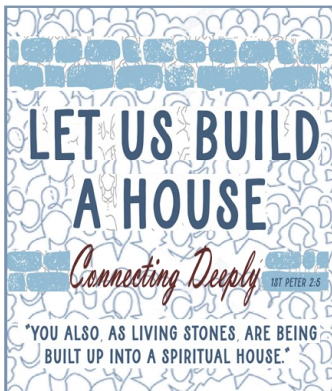
Worship

- In-person worship—**9:00 am Sundays**
- Lenten worship—**7:00 pm Wednesdays**
- Online worship continues, and will be posted on the [church website](#) and [Facebook page](#)



Church Council 2023

Mike Boyack
Laurie Brown
Billie Chock
Tim Current (treas.)
Steven Dickey (pres.)
Derek Horeis (v. pres.)
Dan Paulson
Lisa Spencer (sec'y.)
Natasha Werner
Pastor Bruce Kuenzel



Contact us!

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Order Your Easter Flowers

Honor or remember a loved one with Easter flowers and help decorate the sanctuary for our Easter services. Click [here](#) to place your order. Deadline to order is **March 19th**. Thank you for beautifying our church!



Monthly Food Distribution

Our food distribution ministry, Nourishing Hope, needs volunteers for **Monday, March 13**. We have two time slots:

- **10:00 am** when we pack hundreds of boxes of food over at Our Father's Lutheran in Rockford. (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm** when we distribute about 75 boxes of food right here in our church parking lot. (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)



Or speak with Tim Johnson (952-472-1755) Thank you!



Caring Corner

(from Sue Fink of the Healing & Wholeness Committee)

Faith and Mental Health



Through the efforts of our Healing and Wholeness Ministry, our faith family at Light of Christ is becoming more aware of and educated on mental illness. We have all been affected by dark feelings, especially through the isolation of the pandemic, anxiety about political unrest and wars, grief over the loss of loved ones, and the seemingly endless catastrophic weather events, fires, floods, and earthquakes. Some of us struggle with addictions not only to alcohol or drugs, but to our cell phones, pornography, gambling, work and anything else that controls our lives and keeps us from putting God first. Many of us struggle with our own mental illness or love someone who does. Medical care and therapy to treat mental illness is sometimes necessary, but our faith can help us recover and stabilize and has been proven to prevent mental illness especially in youth who are nurtured in faith.

An excerpt from FHE Health writer, Kristina Robb-Dover states that "Faith plays an important role for millions of people, providing guidance and a greater purpose in life. Nearly 80% of Americans consider themselves followers of a particular religion, whether Christianity, Judaism, Islam or one of the other myriads of religious practices around the world. Religion can do a lot of good for those who participate in faith-based institutions, providing strength in times of weakness, direction when feeling mentally or spiritually lost, and comfort when love and support are needed."

Worshiping and practicing our faith can have a profound positive effect on our mental health: **Faith provides community**, a place of belonging to a family who shares the same beliefs and values.

Faith provides structure in our day-to-day life as regular worship and daily meditation and prayer keeps us grounded in our faith and fulfilled by a close relationship to God/Jesus.

Faith offers hope in this troubling, sin-filled world by being a beacon of light in an existence that can otherwise feel a little dark. When times get tough, faith can remind us there's ultimately a better eternity ahead for us, and having confidence that God is always with us through the tough times and the joys of life. The Bible is God's love letter to us, telling us over and over again that God calls you by name and loves you as you are, no matter your struggle, no matter your barriers.

Faith creates peace - belief and trust in God can be very calming. Practicing religion has been found to reduce tension, diminish anxiety and stabilize emotional variability. We can embrace the idea that someone else, something greater than oneself, is in control, which can make it easier to navigate challenging life circumstances.

Faith guides our morals. Being with fellow believers, attending church and reading the Bible or other books of faith, and having open discussions about faith and life, serves as our compass to guide us in how to love and treat and serve others. Serving and volunteering are so beneficial for our own mental health because it gets us out of ourselves and thinking about others.

How do we as Christian family members help one another? By providing a safe place for us to tell each other our stories, a place where vulnerable conversations and holy listening take place; by suspending judgment and inviting people to heal their wounds.

"Next time communion is served, take the opportunity to consider each person in line. It's not a line of people who are continuously happy, living in perfect harmony, forever spiritually mature or addictions-free with no mental health diagnosis.

It is a line of people who sometimes feel sad, anxious or scared. It is someone struggling with addiction, or someone who might be spiritually broken. It is someone lost in their faith because they are grieving a death or going through a divorce. It is a parent who struggles with mental health and at times doubts the strength of their relationship with God. It is someone who sees a therapist, a psychiatrist, or psychologist. It is leaders in the church who are struggling with stress and feeling overwhelmed. It is seekers trying to rethink what church looks like for them.

It is a variety of diverse people coming together to share in an open table no matter where they are in their faith or mental health journey. That is God's grace. It begins with a conversation and the church creating a space where people know that it is ok not to be ok."

(Alan Whitley, Certified Peer Recovery Specialist and Methodist lay minister from Nashville.)

Matthew 4:16: "And for those who live in the land where death casts its shadow, a light has shined."

Our Spaghetti Dinner & Auction Fundraiser was a HUGE success!

Because of you, 35 youth and 20 adults will be supported on their trip to serve in Belize this summer. We will share photos and more details soon about how much we raised.

THANK YOU for your support!!

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Wednesday evenings during Lent

7:00 pm in-person worship in the sanctuary or via livestream. Worship will

incorporate the Holden Evening Prayer service and feature the 10th graders' faith statements. A Lenten supper will be served by the youth at 6:00 pm, preceding each Lenten service.

Supper Schedule

- 3/8 = Pulled pork**
- 3/15 = Chili**
- 3/22 = Tacos
- 3/29 = Soup, Salad & Breadsticks



*There will be gluten free options at each meal. All proceeds benefit youth going on the summer service trip to Belize. Thanks for your support!

**Please note menu changes



Outreach & Hospitality Team. Might this newly forming team be a place for your gifts and energies?

If you noticed that "Hospitality" has been added to the Outreach name, you're right. We think it better fits the breadth of what this ministry will be about. A few touch-points include:

- Creating a PR strategy to get the word out to our Delano community and neighbors about Light of Christ
- Embracing a strategy that best responds to our guests, helping them to discover how to connect more deeply with Light of Christ's many ministry opportunities, and then helps interested people all the way through the process of becoming partners in ministry - LOC members.
- Embodying the warmth, welcome and hospitality that best reflects Christ's gracious love for all...in all areas of our ministry

Time commitment: One- and two-year terms available. About 3-5 hours each month.

These are just a few. We'll be setting a day and time for an initial meeting. In the meantime, please reach out to Tim Johnson to express your interest or for more information. 952/472-1755 or tim.johnson@locdelano.com

THANK YOU!

Dear Friends at Light of Christ,

You are making a huge impact! We greatly appreciate your generous gift of \$1805 to Agate Housing and Services, as well as the huge load of winter gear and hygiene items. Your support will help our incredible community members access safe shelter, stable housing, and much more.

By supporting Agate, you are creating opportunities for individuals to connect to our shelter through our Street Outreach team, for case managers to find new affordable housing opportunities, and for us to expand and adjust programs when and where they are needed.

The need is great, but thanks to you, we can help even more families and individuals find housing and stability in the coming year. Thank you, again.

Warmly,
Kyle Hanson, Executive Director
Agate Housing and Services



Help us to say thanks!

On Friday, March 24th, we're hosting a special "Thank You!" for the Delano Elementary School staff who are a part of our Kids Hope initiative. Kids Hope connects Light of Christ mentors with young people from the primary school for help in their schoolwork while fostering an encouraging and supportive relationship. This is our chance to express our gratitude for the partnership and the important work that is done.

What can you do? Express your personal thanks by signing the big Generosity Project thank you card which will be in the narthex the two weeks previous to the 24th. We'll be purchasing and bringing refreshments that morning, so if you would like to donate toward that, please make a note on your check or envelope: **Generosity Project**.

Who else might we express our gratitude for? Area organizations who would benefit from a small group of Light of Christ folks showing up to say thanks, give them a huge thank you card, bring some treats/refreshments for their gathering or meeting, and otherwise let them know that we value the work they do.

Ideas? Reach out to Tim Johnson – Tim.Johnson@LOCDelano.com – or 952/472-1755



Connecting Deeply with God Through Music

YouTube recordings of the songs are posted every Tuesday



What a Friend We Have in Jesus
Text: Joseph Medlicott Scriven (1819-1886)
Tune: Charles Crozat Converse (1832-1918)

“What a Friend We Have in Jesus” is a hymn “classic” that never fails to bring a level of comfort, peace, and nostalgia to the listener. Extremely well-known and well-loved, “What a Friend” was not originally meant for the public. The text is based on a personal poem written by Joseph Medlicott Scriven in 1855. Residing in Canada at the time, Scriven wrote the poem to comfort his ailing mother in Ireland. The text has obviously changed a bit over the years due to editing but has remained surprisingly stable to the original poem. The lyrics as we know it are as follows:

<p><i>What a friend we have in Jesus, all our sins and griefs to bear! What a privilege to carry ev'rything to God in prayer! Oh, what peace we often forfeit; oh, what needless pain we bear-- all because we do not carry ev'rything to God in prayer!</i></p>	<p><i>Have we trials and temptations? Is there trouble anywhere? We should never be discouraged-- take it to the Lord in prayer. Can we find a friend so faithful who will all our sorrows share? Jesus knows our ev'ry weakness-- take it to the Lord in prayer.</i></p>	<p><i>Are we weak and heavy-laden, cumbered with a load of care? Precious Savior, still our refuge-- take it to the Lord in prayer. Do your friends despise, forsake you? Take it to the Lord in prayer. In his arms he'll take and shield you; you will find a solace there.</i></p>
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Scriven was born September 10, 1819, in Seapatrick, County Down, in Ireland. He joined Addiscombe Military College, Surrey, in 1837. However, he left a military career due to poor health. Scriven then completed a Bachelor of Arts degree at Trinity College in 1842. Unfortunately, like many hymn-writers, his life was marked by tragedy. First, Scriven’s fiancée accidentally drowned on the eve of their wedding. In 1844 he moved to what is now known as Ontario. Then Scriven’s marriage plans failed once again after the death of his fiancée, Eliza Roch. She died suddenly after a brief illness (Stulken, 1981).

Scriven spent the rest of his days devoting all his time, energy, and property to the works of Christ, serving the sick and poor. Hymnologist Albert Bailey noted that Scriven, a selfless person by nature, was known as “the man who saws wood for poor widows and sick people who are unable to pay” (Hawn, 2021). Scriven published a collection of poetic works, “Hymns and Other Verses,” which included 71 hymns, but not “What a Friend We Have in Jesus,” his most famous (Hawn, 2021).

In his later years, Scriven’s tendency toward depression increased due to poverty, failing health, and a fear of becoming a burden to others. He was known throughout town as a melancholy character. He died on October 10, 1886, by drowning in Rice Lake. It is unknown if this was accidental drowning or suicide (Stulken, 1981).

The tune to “What a Friend,” CONVERSE, was composed by Charles Crozat Converse in 1868 under the pseudonym, Karl Reden. CONVERSE has also been called “friendship.” Charles Converse was born October 7, 1832, in Warren, Massachusetts. He studied law, philosophy, music theory, and composition at Leipzig in 1855. Converse returned to the US in 1859 and graduated from Albany, New York law school in 1861. He practiced law from 1875 in Erie, Pennsylvania but also composed many hymn tunes and larger pieces. Converse dually practiced law and composed throughout life. He died October 18, 1918, in Highwood, New Jersey (Stulken 1981).

“What a Friend We Have in Jesus” is one of my favorite hymns! Although there is sadness within its history, I enjoyed learning more about it and I hope you did as well.

*Sources: Stulken, Marilyn Kay (1981). *Hymnal Companion to Lutheran Book of Worship*. Fortress Press.

Hawn, Michael (2021, February). *History of Hymns: 'What a Friend We Have in Jesus.'* Discipleship Ministries.

<https://www.umcdiscipleship.org/articles/history-of-hymns-what-a-friend-we-have-in-jesus>

CHILDREN, YOUTH & FAMILY NEWS

A glimpse of our after-school Voyager group.

Who knew learning the Lord's Prayer could be so much fun?!

Thanks for your prayers and support of our Wednesday after-school programs!



High School Fellowship

Join us for nights of fellowship, friends, faith, food and FUN! Here is our upcoming schedule (Wednesdays from 7:30-8:45 at LOC):

On the Wednesdays during Lent (through 3/29), the Living Room will be open after worship for any youth that want to connect and hang out but we won't have any scheduled plans. We hope you'll join us for worship each week at 7 pm and connect with friends afterwards.

