



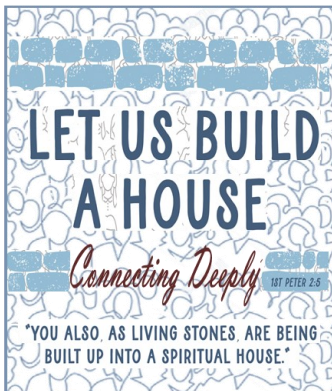
Worship

- In-person worship—**9:00 am Sundays**
- 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!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Free Fresh Produce and Dairy

Monday, June 12th
4:00 pm—until gone

Boxes of fresh produce and dairy products will be available for drive through pickup on a first come, first serve basis at the following locations:

Corcoran

St. Thomas Catholic Church
20000 County Road 10
Corcoran, MN 55340

Rockford

Our Father's Lutheran
3903 Gilbert Ave SE
Rockford, MN 55373

Delano

Light of Christ Lutheran Church
3976 County Line Road SE
Delano, MN 55328

Buffalo

Buffalo Covenant Church
1601 Highway 25 North
Buffalo, MN 55313

For assistance locating a specific site or for questions, please contact us at nourishinghope.oflc@gmail.com or Facebook Messenger.

June Food Distribution

Ministry Partners are needed each month on the second Monday for the Nourishing Hope Distribution program we share with four other west metro churches.

Due to growing need, we will increase to 100 the number of boxes of free food we will share with our neighbors on **June 12th**. Shifts are available at 10:00 am to about noon at Our Father's Lutheran Church in Rockford, and 3:30 – 4:30 pm here at Light of Christ. Sign-up links are below:

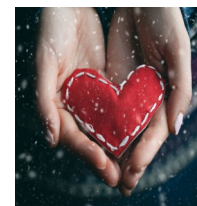
- **10:00 am** packing food boxes
(<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm** distributing boxes of food right here in our church parking lot
(<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

Donations gratefully accepted, designated for *LOC Food Distribution Ministry*.



Caring Corner

(from Sue Fink of the Healing & Wholeness Committee)



On Memorial Day we remembered all the fallen soldiers who have served our country in past wars. But let us also remember those veterans who have sacrificed their lives by suicide and those who live with the reminders of their service on a daily basis, whether due to a physical, mental or moral injury.

June is National PTSD Awareness month. It is most often thought of as a mental disorder that affects veterans but anyone can develop post-traumatic stress disorder as a result of a physical, psychological or sexual abuse; terrorism and war; domestic violence; witnessing violence against others; accidents and other natural disasters; significant loss and grief. About 3.5% of the adult population suffers from PTSD.

The two most common trauma disorders are acute stress disorder and post-traumatic stress disorder. The difference is acute stress disorder usually lasts about a month following a traumatic experience, whereas PTSD lasts much longer and may not even surface for several years following the trauma. Other psychological disorders may co-occur in conjunction with PTSD including depression, anxiety and alcohol/substance abuse problems.

Everyone experiences trauma differently but those who develop PTSD usually experience flashbacks of the trauma which cause acute episodes of anxiety and panic as well as a profound sense of grief and/or guilt and shame. They may have recurrent negative thoughts, nightmares and insomnia and may startle very easily and quickly go into "combat" fighting mode. They avoid any situations that may trigger an attack.

PTSD must be treated, it's not something that will just go away with time. It is important to talk to a mental health professional to tailor a treatment that is custom-made. Everyone responds differently. The goal is to help the person work through the trauma and learn ways to develop healthy ways to deal with the anxiety, anger and stress. Antidepressants may be helpful in controlling sadness, worry, anger and feeling numb inside. There are also other meds to help with insomnia and nightmares.

See the resources listed on our [LOC website under "Support/Mental Health."](#)

The Crisis Line is 1-800-273-8255.

Thank you to all who joined in our third annual Walk-a-Mile in my Shoes event on May 21st to bring awareness to us and our families on Mental Illness. As we open ourselves to talk about our own struggles, either ourselves or ones we care about, we know that most of us have been impacted by mental illness.

As a family of faith, we have a responsibility to pray for, support, accept and love one another, in any way that we're suffering. Remember to find resources and information on mental health on our [church website](#) under "Support." God bless you.

An excerpt from Interfaith Network on Mental Illness:
*I now know myself to be a person of weakness and strength,
liability and giftedness, darkness and light.
I now know that to be whole means to
reject none of it but to embrace all of it. (Parker Palmer)*

Feed My Starving Children Opportunity

Delano United Methodist Church has invited Light of Christ to be a part of their Feed My Starving Children food packing event on June 22-24. If you're interested in helping, please click this link to sign up for a time slot: give.fmssc.org/delanoumc



Basement Sale at Love INC Heartland Thrift Store

Shop various items at our Howard Lake Thrift Store on **Friday, June 23, from 9am-2pm and Saturday, June 24, from 9am-12pm.** Your free-will donation supports our mission to help churches help people In the Name of Christ. Questions? Call the Howard Lake store at 763- 999-7087 or message thrift@loveincheartland.org



Love INC Volunteer: Prep For Clothing Sale

Our Delano thrift store seeks volunteers to prep for an upcoming clothing sale. Will you help sort, steam, and hang items? Volunteer with your group evenings during the week. Contact the Delano store at 763-999-7086 or thrift@loveincheartland.org to schedule today.

Summer Musical Series Based on *All Creation Sings*

Join our Director of Worship and Music, Katie Anne Kohler, every Wednesday as she shares music and information about the new ELW Hymnal supplement, *All Creation Sings*. Videos will be posted every Wednesday on our Light of Christ Devotions YouTube page, found at this web address: <https://youtube.com/@lightofchristdailydevotion5560>



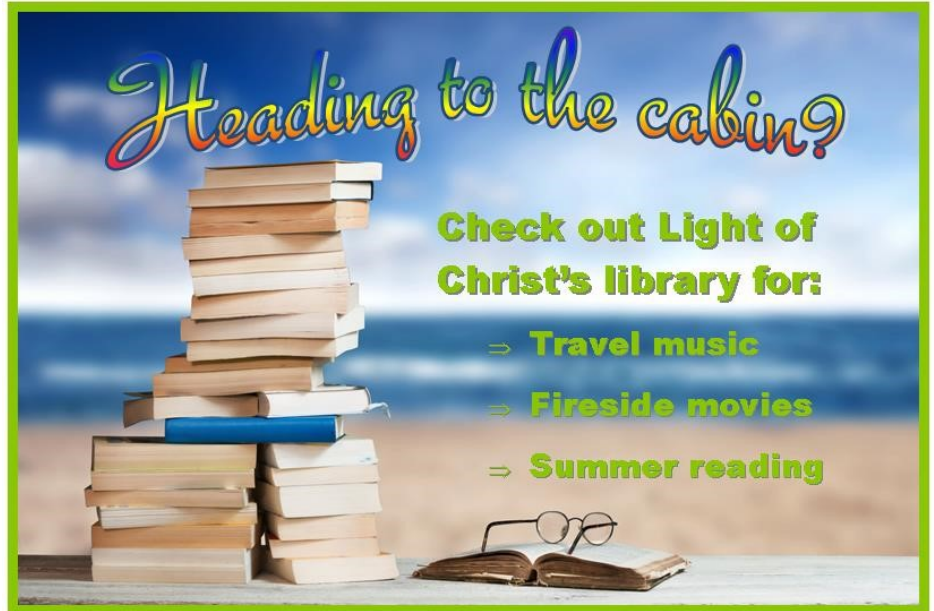
Outdoor Bluegrass Sunday!

Join us for outdoor worship at **9:00 am on June 18th** for some bluegrass-themed music! We also encourage those attending to dress up in your interpretation of bluegrass attire. Don't forget your lawn chairs! In the case of inclement weather, we will move the service inside. Outdoor worship will be live-streamed as well. See you then!



Donate from Your Smart Phone

Light of Christ offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's QR code reader or go to the [church website](#) and locate the online giving page.



BLESSED TO BE A BLESSING



Blessing for all those attending Wapo Bible Camp this summer during our outdoor worship service on Sunday, June 18 @ 9am!



Gifts for Dad!

Equal Exchange items make great gifts for Father's Day! We even have some new items (beyond the coffee, chocolate, tea and nuts that we've had in past)... including hot sauce and chocolate chips! You can purchase items before or after worship each Sunday (from the "LOC Youth Corner") or [online through this link](#). Items can even be gift wrapped or even delivered (in the Delano area)! Proceeds benefit

the youth going to Belize and also help small farmers around the world. Thanks for your support!



Connecting Parents and Youth for Babysitting Opportunities

Are you a youth looking for some new babysitting or nanny/manny opportunities? Are you a parent looking for responsible, reliable babysitters (or summer care)? Complete this [short online form](#) to indicate your interest (if you are a youth) or what childcare needs you have (if you are a parent) and Kirsten will help you get connected!

Belize Prayer Partners

Each summer we ask our congregation family to pray for our service trip participants as we prepare and then also while we are on our trip. We give each prayer partner an itinerary so that they know what we're up to each day and then encourage them to attend our return worship service after the trip (which is on August 6 this year). This summer we are looking for approximately 35 people who will commit to praying for our HS youth and adults as we head to Belize to serve, grow and learn from July 29 – August 6. [Click here to complete the short form](#) to indicate your interest. Thanks for your partnership in ministry!



The church office will be closed on Fridays through September 1st.



Light of Christ Lutheran Church is seeking a *Congregational Ministry Director* 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 jmw2158@gmail.com with your interest. The full job description is available through the church office (terri.reuter@locdelano.com), or on the church website: <https://www.lightofchristlutheran.com>



Kids will be launched on a cosmic quest where they'll have a blast shining Jesus' light to the world. It's an out-of-this-world adventure that's light years of faith-building fun! **July 23-26 from 5:15-8pm.**

The good news is there is still time to register. Register at this link (<https://lightofchristdelano.breezechms.com/form/859fd882>) or scan the QR code. ****Please note: All youth who are registered by Monday, June 26th will be guaranteed a camp t-shirt and camp memorabilia!**



If you are interested in being a STELLAR leader/assistant contact LaDonna at 320-212-2583 or LaDonna.Ekern@locdelano.com To help us keep cost down please check out the supplies needed at <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-stellar>

LIGHT OF CHRIST *Summer 2023* **Youth Activity Nights**

Open to kids completed grades 6-12

Mondays 7:00-8:30pm
June 19th, July 17th & Aug 21st



No Cost



Join us for a
variety of
activities plus
snacks & drinks -
please bring a
waterbottle!

Graduate Recognition

Congratulations to our 2023 graduates! May you always feel wrapped in the love of God and love of our congregation! LOC graduates are:

- ◆ McKenna Allen
- ◆ Kohlton Beck
- ◆ Will Brown
- ◆ Chase Christenson
- ◆ Andrew Ihde
- ◆ Ashlynn Kley
- ◆ Samantha Krampf
- ◆ Willie Magner
- ◆ Kaitlyn Malo
- ◆ Natalie McClelland
- ◆ Hailey Ness
- ◆ Ava Reiersen
- ◆ Lexi Rothstein
- ◆ Nora Slipka
- ◆ Nick Truax



Valleyfair
fun!! 🎢
6/5/23

