



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
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Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

LIGHT OF CHRIST

Summer 2023 Youth Activity Nights

Open to kids completed grades 6-12



No Cost

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



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

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



Caring Corner (for the month of June)

(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)*

Golf For Love

FUNDRAISING TOURNAMENT

Sept. 18

10:00am Team Check-in
 11:00am Tee Off
 4:00pm Prizes & Drawings

Albion Ridges Golf Course
 7771 20th St NW, Annandale, MN 55302

love
in the name
of Christ

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@loveinheartland.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@loveinheartland.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>



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.

How Do You Sign Up for Online Giving with Vanco Online, Our eGiving Provider?



It's easy! If you're a new giver to Light of Christ, visit the [Give tab on our website](#) to create a Vanco Online account. From there, you can read more about our mission and give to our ministries. There are also paper forms you can complete – contact Terri in the church office if you'd like to sign up this way.

If you already have a Vanco account, you can access your account at [this link](#) and click the "Log In" button at the top right of your screen. From there you can update scheduled donations or set up new recurring gifts by clicking "Profile" and then "View Scheduled Donations."

You can also check out this [Vanco Online How-To Guide](#) for step-by-step instructions.

THANKYOU!

Dear Light of Christ Lutheran Church:

On behalf of the board of directors of NAMI-MN, thank you for your contribution. We greatly appreciate your gift of \$267.00 we received on 5/30/23 from your youth concert and your Walk-a-Mile event to carry out our important mission.

NAMI-MN appreciates your generous donation. Your gift allows us to expand our support groups and classes, grow our advocacy work, and provide more resources to our community. By supporting NAMI-MN, you are helping move our mission forward in innovative ways as we continue to champion justice, dignity, and respect for children and adults with mental illnesses and their families.

We are grateful you have chosen to support NAMI-MN. We could not do our work without you. Thanks so much for your support!

Sincerely,

Sue Abderholden, MPH
Executive Director

2024 Offering Envelopes

A growing number of members contribute weekly or monthly using electronic giving methods. However, we understand that many prefer placing an offering envelope in the plate. To eliminate the ***purchased-but-unclaimed*** envelopes that are wasted, we're asking each family that ***wants*** pre-printed envelopes to request them from the church office by ***AUGUST 11th***. Either email [Terri in the church office](#) or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget. Thank you!



Monday through Thursday
7:30 am – 4:00 pm



Vacation Bible School—July 23-26 5:15-8 PM

Register by **June 26** to receive a t-shirt and other STELLAR memorabilia!

[https://
lightofchristdelano.breezechms.com/
form/859fd882](https://lightofchristdelano.breezechms.com/form/859fd882)



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



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!



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](https://www.lightofchristlutheran.com)