



Worship

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



Church Council 2022

Mike Boyack
Tim Current
Steven Dickey
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Lisa Spencer
Natasha Werner
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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KIDS HOPE USA

Light of Christ has begun partnering with an exciting program called KIDS HOPE USA, along with Delano Elementary. LOC members Lisa Spencer and Lona Jose will serve as co-directors of this amazing program. We will be recruiting our church members to be mentors who will provide **one hour of mentoring to one child, one day a week at the elementary school during the school year.** Delano Elementary staff will be selecting the students. The primary goal of this one hour is **building a friendship relationship with the student.** In addition, we will be asking for volunteers to be prayer partners with the mentors for each child. Recruiting will be starting shortly, and time spent with the volunteer's assigned student will begin in late September. This very successful program has been helping kids for 25 years and is located in 40 states including MN. We look forward to talking with you about this and look forward to members of our congregation volunteering. More information including videos and handouts will be coming out soon to our congregation. You can also check out this highly recognized organization on their website, kidshopeusa.org.

[Click here for an informational video](#)

LOC Youth at Valleyfair!

When: Tuesday, July 12th

Time: 9:30 am - 7:30 pm

Ages: Completed 6th through 12th grade (if you have younger kids and would like to attend as a family and get discounted tickets, please contact Kirsten)

Cost: \$47 total (\$28 for group ticket, \$6 for bus transportation, \$13 for All-You-Can Eat Valleyfair Grill Buffet) – checks payable to **LOC Youth**. Or pay \$50 online (with extra to cover our online transaction fees). [Click here](#) to visit our online Give page and scroll down to the "Valleyfair" tile.

Register: [Online at this link](#) by Friday, July 8th!

Misc Info: Friends are welcome! If you have a season pass, you can deduct \$28 from your total due.



Caring Corner (for the month of June)



Warning Signs and Symptoms for Mental Illness:

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.

If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

Receiving A Diagnosis

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A [mental health professional](#) will use the *Diagnostic and Statistical Manual of Mental Disorders*, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy, or other lifestyle changes.

Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no “one size fits all” treatment. Treatment options can include [medication, counseling \(therapy\), social support and education](#).

YOUTH activities

Youth Summer Activity Nights

- ◇ 3 Mondays: June 27th, July 18th, & August 8th
- ◇ 7:00-8:30pm
- ◇ No Cost
- ◇ Join us for a variety of activities such as spike ball, sand volleyball, bean bags, gaga ball and more!
- ◇ Open to kids who have completed grades 6-12.
- ◇ Snack and drinks will be provided - please bring your own water bottle.



Opportunities for Children at Light of Christ

- **Mega Sports Camp:** our Vacation Bible School for children 3-years through 4th grade runs **July 24-27** from 5:30-8 pm. [Click here to register.](#)
- **Wapo Bible Camp:** While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. <http://lwlbci.com/lightofchrist>

* There is a Wapo one-day camp on **August 3** for those who completed K-4th grade to experience what camp is like.



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



Visioning Forward

Our Light of Christ Vision Team continues to move forward and consider input and processes which will help us chart the next chapter of Light of Christ's mission and ministry.

Thanks to all who gave input on our recent MAP and I-MAP surveys. A **Report and Interpretation** will be given by Tim Johnson **after Sunday service on June 26th**, in the sanctuary. Come to find out key themes and priorities for our church.

A site exploration group has started meeting to consider what building/facility needs might best serve our mission and ministry into the years ahead. We're calling this group the **Facilities Exploration Team**. This is Gary Prinsen, Scott Dallmann, Angela Fegers, Brandt Dinger, Pastor Bruce and Tim Johnson. They're looking at everything from the bathrooms to the kitchen to the front entrance/space as we enter the building, to security, to the outdoor worship area, and the like. Not to worry....your input is central to this. Watch for opportunities once a few ideas/options get drafted.

A **Community Leader Gathering** is scheduled for Monday, **July 18th at 6:30 pm**. This will be an opportunity for us to hear from area leaders and organizations about what they see to be pressing needs in the broader community. Be sure to put this on your calendar!

Our Vision Team is committed to hearing from you and involving you in the process. Please reach out to any of us at any time!

2023 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 5th**. Email [Terri in the church office](#) or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget.



Our New Online Giving Page is Here!

We are pleased to announce our new and improved online giving page! Vanco, our eGiving provider, has updated their online giving platform to make it easier than ever to make one-time gifts or set up recurring donations to our church.

The new page is live on our site now. Nothing about our online giving has changed except the look of the page. You can adjust existing donations, set up new gifts and update personal information from the new Vanco Online.

How Do You Sign Up with Vanco Online?

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 log in using the same username and password as before. To do this, visit our online giving page 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.



Help People Connect!

One of the most important things we do when we're together is to simply check in with one another. "How are things?" "What's new with you?" "How is your family?" And having a cup of coffee or other refreshment, perhaps a donut, can help make that happen just a bit easier.

Coffee and donuts/treats is also a great way to raise money for a special ministry project. Taking a Sunday is easy. We'll go ahead and make the coffee. If you bring and set-up the treats, you'll be ready to go in helping people connect.

You may have noticed, we've been putting the coffee (and donuts, etc.) out on Sunday morning more and more. Sometimes it's just because; sometimes a group may be raising money for their ministry. Either way, we'd love to encourage you to "take a Sunday," either as a ministry, a family, a team or committee, or as friends. And you can do it simply to create some good Sunday hospitality or to raise awareness. (BTW, we'll cover the donut costs unless it's a fundraiser.)



Click [HERE](#) to sign up. While you have more than one or two who will cover bases, each Sunday only has two slots. But recruit your servers as you'd like. If you have any questions, please reach out to our Shared Ministry Director, Tim Johnson, at (952) 472-1755.