



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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Youth Summer Activity Nights—join us tonight!

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



Food Shelf Volunteers

Thanks to all the volunteers who helped on Thursdays in June at the food shelf including Bea Zerull, Don Anderson, Bill Weis, Cheri Ashfeld, Maxine and Lowell Johnson, Jewel Ekern, Dave Anderson, MaryAnn McKay, Ann Bassett, Val Donahue, Dee and Len Beilke, Oda and Roland Carlson, and Charlie and Lona Jose. Thank you also for all those from Light of Christ who volunteer other times during the week.

THANK YOU!

Light of Christ:

Thank you for your donation of \$200 to the Delano Food Shelf, that was part of your March Food Share Month promotion. We greatly appreciate your support as well as our volunteers from your church.

Blessings,
Sharon & DHH staff

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](#).

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.



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, upcoming designated Light of Christ week is **July 31-August 5**.
<http://lwlbc.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.

HS Service Trip Prayer Partners

We are looking for at least 20 people that will commit to praying for our HS youth and adult leaders as we head to the North Shore on July 23-29 for our Service Trip. [Click here to complete the short form](#) to indicate your interest. Thanks for your partnership in ministry!



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.

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!

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*****



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.

CHURCH COUNCIL

Meet your 2022 Church Council members! Throughout the summer, we will feature several council members in the newsletter, with a picture and a brief bio, so you can get to know their faces and a little bit about them and their families.



Mike Boyack

My wife, Rachel, and I joined Light of Christ shortly after we moved to Delano in 2011. Rachel and I have two daughters, Cora (10) and Ailsa (8). We have loved our time attending Light of Christ because of the friendly and welcoming people, the great music and ministry and most importantly the mission statement that we openly accept all of God's children in our ministry. Over the years I have been involved in many different aspects of the church including teaching Sunday School, helping with VBS, and serving on the property committee for 6 years. I accepted the opportunity to serve on the church council in hopes that I can help to evolve and expand the reach that Light of Christ can have on the community and beyond.

Tim Current

My family moved to Delano 22 years ago and have thoroughly enjoyed being part of the community. Rhonda, my wife, and I have become rooted here, though our 2 adult daughters' lives have taken them to other communities. We have enjoyed seeing the growth of Delano, Light of Christ, and its expanding mission. Recently retired, I have more time and am pleased to be part of the council and look forward to contributing to our ongoing mission.



Steven Dickey

Steven and his wife, Heather, moved to Delano in 2014. They have 2 sons, Austin (5) and Logan (3). He grew up in southeast Iowa in a small town named Lone Tree. After graduation from college in 2007, he moved to Minnesota to work as an accountant for Carlson Companies and eventually moved to their Radisson Hotels division where he works today as a Director of Revenue Strategy. In his spare time Steven enjoys spending time outdoors (even in winter), road trips with his family, running, golfing, and is still loyal to all Iowa Hawkeye sports.