



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!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



NourishingHOPE

Free Fresh Produce and Dairy

Monday, November 14th
4:00-5:00 pm

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

Hanover

Influence Church @ City Hall
11250 5th Street NE
Hanover, MN 55341

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

NourishingHOPE is a ministry of Our Father's Lutheran Church, in cooperation with four area churches. Our vision is to relieve area food insecurity and promote wellness in mind, body, and spirit for people East-Central Wright County. For information on you or your organization partnering with NourishingHOPE, please visit our website at www.ourfatherschurch.org/nourishing-hope.html

Food boxes are for anyone at all! Please come by to get one. Or, pass on the information to someone else!

Monthly Food Distribution

The next distribution will be on **Monday, November 14th**. If you would like more information or would like to sign up to help, please reach out to Tim Johnson.... or click on one of the following links:

- **11:00 am at Our Father's** for packing boxes (register at this link: <https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm here at LOC** for distribution of the boxes (register at this link: <https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

Thanks to all who help in this ministry!



Caring Corner

(from Lona Jose of the Healing & Wholeness Committee)



Gratitude and Mental and Physical Health

Our congregation has been talking about gratitude and how important it is to identify those things that for which we are grateful. There is much proven research that has identified how acknowledging gratitude helps our mental and physical health. Showing appreciation and gratitude for the things and people in our lives can help us adapt to change, cope with difficulties, increase our academic success, regulate our emotions and improve our mental and physical well-being. Here are some benefits and tips to help you practice gratitude and lead a grateful life.

The Benefits of Gratitude:

- Gratitude Will Give Us More Positive Relationships: When we reach out to our friends, colleagues and even strangers to show our gratitude to them it strengthens our mental health and likely theirs as well. It enhances empathy, reduces aggression and gives us a more pro-social manner. Acknowledging gratefulness improves our self-esteem, increases appreciation of others, and reduces social comparisons.
- Gratitude Improves Our Physical Health: The more gratitude we feel the more likely we are to take care of our health both physically and emotionally. It can reduce our toxic emotions such as envy and resentment and increase happiness.
- Gratitude Improves Our Mental Health: Practicing gratitude can be an effective way to manage and reduce stress and resentment, improve our mood, foster optimism, and reduce depression. It can also help us build resilience and better handle difficult situations as they arise.

Things We Can Do to Enhance Our Gratitude:

- Start a Gratitude Jar: Write and keep brief notes of those things we are grateful for or keep notes on your phone and read them at the end of each week.
- Journaling: Write down in a journal what you are grateful for and those things you have shown others for whom you are grateful. Also write down what gratefulness others have shown to you. Research has shown we can sleep better if 15 minutes before bedtime we think about those things we are grateful for and write them down.
- Mindful Walks: Look around when walking to notice all the things we are grateful for including nature, the weather, neighbors, dogs, and children we see that are enjoying life.
- Meditation: This is proven to center and relax our mind. It can be powerful in helping us pause and be mindful. A great resource link to look up is Loving-Kindness Meditation.
- Written Messages of Gratitude: Write letters, notes, or texts to others to show your gratitude to them.

Feeling grateful has many daily benefits for all of us. Do not overwhelm yourself however to avoid feeling "not grateful enough." Start small, practice, avoid comparing yourself with others all of the time, don't get bogged down and realize you are not going to feel grateful all day every day. But as research has shown us, the above ideas will enhance your mental and physical health. Giving to others also fills our cup. When you awake in the morning, ask yourself "Whose cup can I help fill today?" And as Psalm 118:24 says (and we share on Sundays), **"This is the day the Lord has made. Let us rejoice and be glad in it!"**

Help Friends-4-A-Cause this Christmas

The Children & Family Ministry Team is pairing up with *Friends-4-A-Cause* again this year. *Friends-4-A-Cause* is a local nonprofit that gathers gifts to help



spread Christmas joy to local families who may be going through tough times. Watch for more info and a SignUp Genius in the middle of November. Any questions contact Kim Wortz @ kim-w1517@gmail.com

The Delano Helping Hands food shelf is happy to take any donations of food and personal or cleaning products that are unopened and not expired. Our greatest need now is for the following:



- * Coffee/tea
- * Barbecue sauce
- * Sauce/spice packets (such as taco mix, chili mix, etc.)
- * Hearty soups that can be a meal (we get lots of tomato & chicken noodle)
- * Oatmeal and cereal
- * Paper products (paper towels and toilet paper)
- * Depends (for either men or women)

CHURCH NEWS



All Saints Sunday (Nov. 6) set the stage for dedicating Light of Christ's columbarium. After brief comments and introduction of the Columbarium Planning Committee, Pastor Bruce led the congregation to the columbarium site where all participated in a dedication liturgy. Three families held private inurnment ceremonies later in the morning. Those initial names are already etched onto their niches.

Niches remain available for sale through the church office. Buyers can select the preferred location within the two-unit columbarium. Columbarium Committee members remain available to answer questions: Ann Bassett, Amy Bigot, John Holzer, Sharon McKisson, Sharon and Tom Sebelien, Bob Slipka and Bill Weis.



Your faith in action is what makes ministry happen in and through Light of Christ!

And the fuel for all of that is your generosity. Giving is one of the best things we ever get to do in life. And sharing the fruit of our labor for the sake of Christ's ministry is a joy, privilege and satisfies our soul as we witness the good that happens.

Pledging is an impactful way that your faith comes alive and makes an impact through this ministry we all share. By filling out a pledge card, found online at https://docs.google.com/forms/d/1vhaTVqtmUiMpgBre5WY1naMwo1JwM7oCLnAyOAAMyEE/viewform?edit_requested=true or at our Usher Station, you join the growing number of LOC members who make giving a priority and a discipline that blesses the church but that also blesses the giver—you! Thank you for your great generosity in helping our shared ministry to grow and expand!



What You're Saying...

Listening, praying, talking, pondering, discussing, imagining....is all a part of what we've been doing during 2022.

Where does the Holy Spirit seem to be nudging us?

Where are there opportunities to more effectively be agents of grace and compassion and love?

Where are there needs to which we can respond in helpful ways?

Where/how might faith most come alive?

We've taken all sorts of input and ideas and formulated them into five Ministry Initiatives – possible places we'd invest some extra energies and attention in the coming 2-3 years. And we've invited your input, through our survey (<https://forms.gle/46TXsnH4hBHbc9xk8>), in Vision Conversation Groups, and in conversation. While we're still eager for more input, and while these results are not definitive, they do give us a good look into what's stirring for us as a church family. **What You're Saying** thus far looks like this:

1. Deepening Connections
2. Invitation/Hospitality
3. Healing/Wholeness
4. Creation Care
5. Hybrid Connections

As well, we thought this was an important time to consider various facilities-related needs and possibilities. The following results are also not definitive. But they do give us some good insight into **What You're Saying** about these matters, too:

1. New Entry/Expanded Narthex
2. Parking Lot
3. Update/Renovate Restrooms
4. Kitchen Reno/upgrade
5. Outside Worship area
6. Larger Sacristy
7. Hybrid/Conference Room

Still want to weigh in? Go to <https://www.lightofchristlutheran.com/about/visioning-for-the-future>

Reflecting with *gratitude...* **2023 Faith Commitment Card**

Name(s): _____

I (we) plan to give _____ dollars to Light of Christ's ministry at this frequency:
(Please circle your choice)

weekly / semi-monthly / monthly / quarterly / semi-annually / annually / one-time gift

The total amount of my/our commitment for 2023 will be: \$ _____

Please place this card in the envelope and seal it, then place in the Sunday offering or mail to 3976 County Line Road SE, Delano, MN 55328

2023 Pledges & Online Giving

If you need to change your automatic contribution amount due to your 2023 pledge, please log in to your [MyVanco account](#) or contact Terri in the church office to make the change. Your pledge card does not authorize the church to make these changes.

You might find it helpful to watch the video at the link below, which will walk you through the steps to cancel your current transaction and then create a new transaction. Vanco is working to add the "edit" option for 2023! Please contact Terri in the church office if you have any questions.

<https://share.vidyard.com/watch/y6Q3MNBaO9HkakyNz6xLY>

2023 Offering Envelopes

If you requested preprinted 2023 offering envelopes, they are now available to be picked up in the narthex.



Advent Charcuterie Fundraiser- Save the Date!

When: Sunday,
December 4th

Time: 5-7 pm

Where: LOC Fellowship
Hall

What: Great food, fellowship, music (by Katie Kohler & Marcus Hanson), Advent hymn sing, small "youth services" live auction and optional wine/beer tasting!

Who: Adults 21 and up

Registration: [Click here](#)

Proceeds: Benefit the youth going to Belize



Light of Christ



Help us to say thanks! Come by to sign the card to the staff and volunteers at Love INC. We're excited to have Executive Director, Jim Holmlund, at Light of Christ this month. And, of course, we're grateful for the many ways that these important community partners reach out with the love of Christ into our Delano and Wright County communities. As well, we know that many of you volunteer here. This is our congregation's chance to say *THANK YOU!!*

Signing the card is Part A. And Part B is to join a small group of LOC members who will bring this oversized Thank You card to Love INC on Tuesday, November 22nd at 9:30 am, along with some morning coffee & snacks, to their monthly staff/volunteer meeting. We'll serve them, enjoy a bit of conversation, share our card and a few words of thanks, and be on our way. We are still looking for a few people to join the effort. You can sign up at <https://www.signupgenius.com/go/30e0848a9a72aaaf85-gratitude>



Sisters of LOC gathered at the Lupine for a fun fellowship and craft painting event on November 3.

Care Packages and Prayer Stations

This past Wednesday, Light of Christ youth participated in 2 fun, interactive activities. The 9th grade youth talked about worry and meditation and ended their time with 5 Prayer Stations to quiet themselves and learn some ways to do this even at home. Then the night ended with HS youth assembling care packages for the 2022 LOC Graduates. These packages will be mailed to the youth the week after Thanksgiving. If you would like to help financially support this project, the boxes each cost about \$20 (\$10 for postage and \$10 for the items in the box - including snacks, school supplies, fun trinkets, etc). Thanks for your support as we continue to provide activities to share God's love and grow together!



Confirmation
topic: Worry &
Meditation

Less Than 1 Week for Youth to Register for Belize!

We are so excited to announce that our HS Service Trip in Summer 2023 will be going to Belize!! Registration for youth (grades 9-12) and adults is now open [at this link](#). A few notes:

- Youth registration deadline = **Wednesday, November 16th**
- Adult Leader/Participant registration deadline = **Wednesday, November 30th**
- Tentative dates for the trip are **July 29-August 5, 2023**

Reach out to Kirsten if you have any questions. Thank you for your prayers as we plan for this incredible



Assembling Care Packages for
2022 LOC Graduates

High School Fellowship

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

- 11/16 - Thanksgiving Event
- 11/23 - No HSF (Thanksgiving)
- 11/30 - Fundraiser Prep



Our Voyager Group (grades 3 and 4) will be presenting "An Advent Adventure" on Sunday, December 11 during our 9 am worship. If there are any 3rd and 4th graders who would like to participate but haven't signed up yet, here is the link : <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-anadvent>

Club 5-6 will be presenting "A Super Christmas" on Sunday, December 11 during our 9 am worship. Any 5th or 6th graders that would like to participate but haven't signed up yet, here is the link: <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-asuper>



Our 3-year-olds through 2nd graders will be presenting "The First Christmas" on Sunday, December 18 during our 9 am worship. Any children 3 years through 2nd grade are welcome to participate. If you would like to participate but haven't signed up yet here is the link: <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-sunday2>