



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

Advent Charcuterie Fundraiser-Register Soon!

Picture this... sitting at a table with friends surrounded by great food, soft music and candlelight. This is what you can expect if you sign up to attend our Advent Fundraiser on Sunday, December 4th! Invite some friends and join us for an important cause... supporting the youth going on the Summer 2023 Service Trip to Belize! Thanks for your support!

- **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](#) to register by November 30th
- **Proceeds:** Benefit the youth going to Belize



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

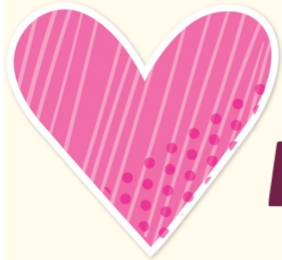


spread Christmas joy to local families who may be going through tough times. Watch for more info and a SignUp Genius in the middle of November. Any questions contact Kim Wortz @ kim-w1517@gmail.com

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)



Activity about Forgiveness

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):

- * 11/23 - No HSF (Thanksgiving)
- * 11/30 - Fundraiser Prep
- * 12/7 - Serving at Delano Food Shelf
- * 12/14 - Cookie Baking
- * 12/21 & 12/28 – **No HSF** (Christmas Break)

Belize It or Not!

Youth registration is now closed for Summer 2023 Service Trip to Belize. We have 35 youth registered for this awesome experience! Now our staff is having conversations about the adult leaders and participants. If you are an adult interested in going to Belize to serve, you have until **Wednesday, November 30th** to sign up! Adults that attend as leaders will be with the HS youth all week and work with Kirsten to provide the most incredible service trip possible! Each adult leader will guide and get to know a small group of youth (in discussion each day, working as a team on clean-up responsibilities, leading worship, etc). They will also check in with and care for all of the youth and help in other supportive roles as needed. Adult participants will be a part of a “parallel” trip that will overlap a bit with the HS trip but they will not be responsible for anything with the HS youth. However, adult participants can still connect regularly with the HS youth (probably at meal times, free time, etc). If you are interested or have any questions, please reach out to Kirsten Kelly or Pastor Bruce.

A few notes:

- Adult Leader/Participant Online Registration Deadline = **Wednesday, November 30th**
- Tentative dates for the trip are July 29-August 5, 2023





2023 Offering Envelopes

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

The season of Advent is upon us! Below is our upcoming Advent/Christmas schedule:



- **12/4:** Lessons and Carols
- **12/11:** Voyagers (grades 3-4) present "An Advent Adventure" & Club 5/6 (grades 5-6) presents "A Super Christmas"
- **12/18:** 3-year-olds-2nd graders present "The First Christmas"
- **12/24:** 2, 4, 10 PM Christmas Eve Services
- **12/25:** No Worship



Join us on December 4th as we celebrate Christ's birth with a service of Lessons and Carols! Worship will occur at the regular time of 9:00 AM. The service will consist of various readings from the Christmas story, intermixed with a variety of special music featuring musicians from the Light of Christ family. Let's start the Christmas season with a joyful sound!

Altar Guild Volunteers Needed!

We need extra altar guild volunteers to help with some of our larger upcoming services; specifically, Lessons and Carols (12/4) and Christmas Eve (12/24). If you are interested in helping and/or have questions, contact Kylee Amdor at kylee.amdor@gmail.com. Being a part of the altar guild is a wonderful way to serve Light of Christ!



MEETING MINUTES

Stay Informed!

The current Church Council meeting minutes can be found on the [church website](#).

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>

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 an [online pledge card](#) or completing one found at our Usher Station or the church office, 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!

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

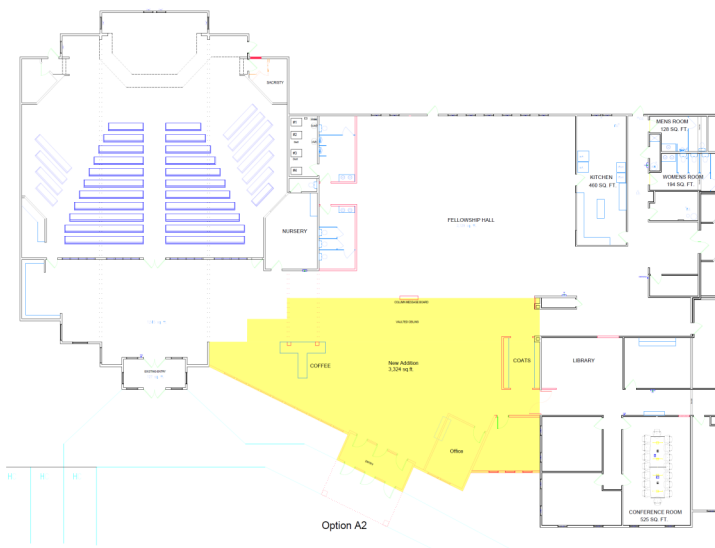
The total amount of my/our commitment for 2023 will be: \$ _____

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 this video](#), 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.



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>



FEED MY
STARVING
CHILDREN



FEED MY STARVING CHILDREN: CHANHASSEN
PRESENTS

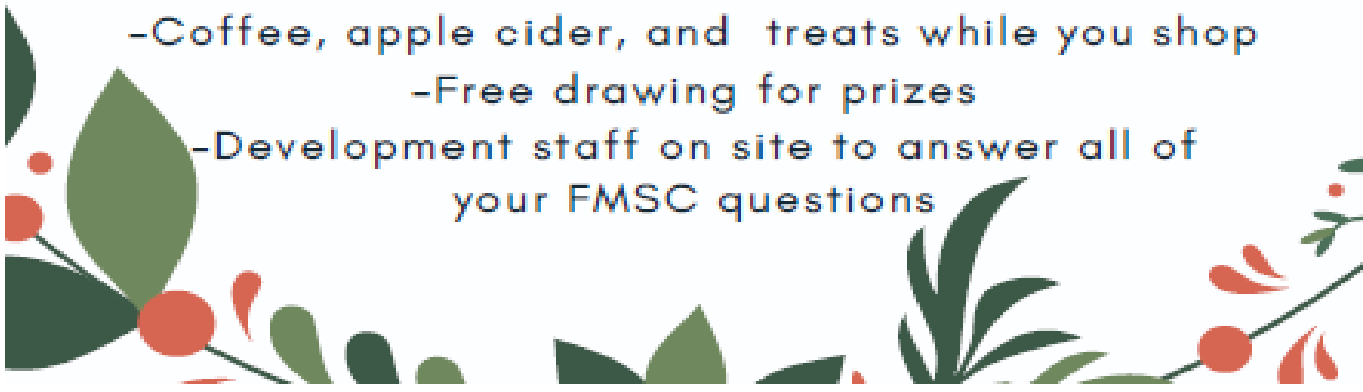
MARKETPLACE OPEN HOUSE



AN EXCLUSIVE
HOLIDAY SHOPPING EVENT

MONDAY, NOVEMBER 28, 11A-1P
18732 LAKE DRIVE EAST
CHANHASSEN, MN 55317

Feed children around the world and empower
artisans to elevate out of poverty

- 
- Coffee, apple cider, and treats while you shop
 - Free drawing for prizes
 - Development staff on site to answer all of
your FMSC questions