



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

Hanover

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

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

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!



The church office will be closed on Monday, November 7th.

THANKYOU!

Thank You, Light of Christ Quilters!

Thank you to the very talented, generous quilters who spend much time and effort in making beautiful quilts and blankets that they are willing to so generously donate to those who need their comfort. Recently, several were donated to the nursing home in Delano as well as to foster and group home children in Wright County. They are all very grateful. Thank you, talented ladies!!

Save the Date

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 @ kimw1517@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)



Caring Corner

(from Sue Fink of the
Healing & Wholeness Committee)



Depression and Mental Health Screening

October is designated as *Depression and Mental Health Screening Month*, and while October is at an end for this year, your opportunity to learn more about this important topic is ongoing.

If you've had a physical exam, you likely have been asked by the nurse or doctor whether you are feeling sad, depressed or anxious. Then if you say "yes," they will give a paper screening form to complete where you are asked specific questions, and your answers are given a specific point designation. When totaled up, it will indicate whether you have depression or anxiety and the severity of your current feelings/symptoms. This then, hopefully, leads to a discussion with your doctor about your emotional health, which can affect your physical health, and then lead to either medication or therapy or both. Severe symptoms may require inpatient care. After a few weeks of treatment, your follow-up exam screening determines if treatment is being helpful or perhaps if a change in meds or therapy is needed.

In researching this topic, I found an amazing website for an organization called Mental Health America, mha.org. MHA was "founded in 1909 and is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all." The website contains a wealth of information in a well-organized, step-by-step format. Check it out!

On the website you will find screenings for the most common major mental health conditions, including depression, mania, anxiety, PTSD, psychosis spectrum, eating disorders, and attention deficit hyperactivity disorder (ADHD). The test alone is an insufficient basis for determining an official diagnosis, but they may indicate your level of risk for a treatable condition and help motivate you to get a formal assessment. (as stated in a new book "You are not Alone" written by Dr. Ken Duckworth, the chief medical officer of the National Alliance on Mental Illness (NAMI)).

If you are concerned about yourself or a loved one, go to our [website for resources](#) (under *Support/Mental Health/Education/Symptoms*), try an online screening and see your medical provider. Much like diabetes, heart disease or cancer, early detection and treatment is essential as symptoms can worsen over time, and if diagnosed and treated early, your outcome is much better.

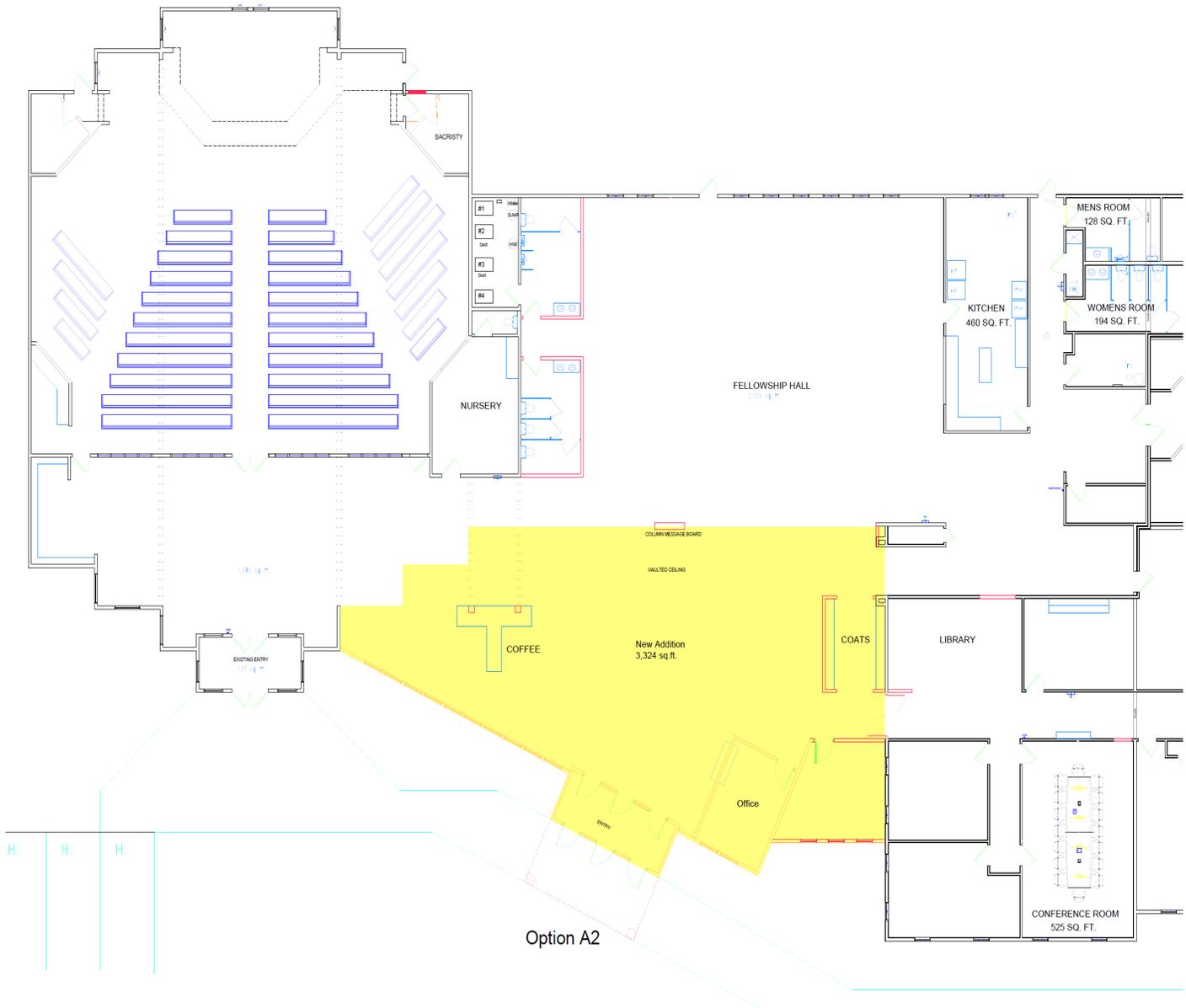
As my husband and I learned in the NAMI 'Family to Family' course when our son was hospitalized with PTSD and depression:

*It's not your fault. You are not alone.
There is hope.*

Want to guess the top two Ministry Initiative ideas thus far?

Connections? Creation care? There are five.

Curious as to how an expanded sacristy measures up against a new parking lot? Or, how about the idea of an expanded, enlarged front entry to our church?



Your Vision Ideas responses are helping our Vision Team to get a clearer picture of some future priorities. Thanks, if you've filled out a Vision Response Form. We are collecting input on various Ministry Initiatives as well as Facilities Options.

On our [website](#), under the **About** tab and then under **Visioning for the Future**, you can watch Pastor Bruce's vision overview while also "voting" your sense of priorities on the Vision Response Form. You'll find these:

- Pastor Bruce's Vision Overview: <https://youtu.be/Es5lzXs2iCw>
- Vision Response Form: <https://forms.gle/46TXsnH4hBHbc9xk8>

You can also fill out and put into the basket one of our green Response Forms found on the Welcome Center. Add to the already 60+ responses. We'll give an update soon.

The first time I pledged....a fail of a story...or not.

Tim Johnson writing here, chair of your Stewardship Committee:

I grew up in the church but like so many I “fell away,” as is the phrase. Late teens on into my early and mid-twenties there was a lot going on. A lot of discovery, successes and failures, faith and not faith, heartaches and joys, wondering and wandering. Though I was certainly often unaware, the Holy Spirit was at work. In fact, there were years which were peppered with a pretty sparse faith and an even lesser connection with the church. But thanks be to God, that all changed. A sometimes slow change. But a journey of growth that continues on today.

Fast forward to me finding my way back to church. And as God would have it, a deeper connection. In fact, I have found since then that a huge part of my soul has learned how deeply I need the church, the community of believers that journeys as do I on this road of life, seeing that Jesus is indeed The Way.

I have other stories to tell about what I learned about giving growing up, but this is about pledging. I remember as a young adult, having reconnected with the church, and having awakened in me a love for Christ’s people and ministry, that I found myself for the first time making an intentional pledge, a commitment to give, financially, to my church. It felt right. It was uncoerced. It felt personal. I don’t recall the amount that I pledged, but it was somewhat substantive, at least to me, needing it to be a real priority for me.

I’d like to tell you that that next year of giving went according to my plan, my pledge. But it did not. I started strong, felt great about it all, but then, well, I’m not sure. I simply got off track. And as I recall it went downhill quickly. I didn’t recover. I mean, I didn’t catch up at the end of the year. I certainly didn’t feel good about it. But I did give as I could, such as it was. No one hounded me. But something began to awaken just a bit.

Here’s the thing. Pledging caught my attention that giving, if it was to reflect the growing faith that was in me, was a very intentional act. It sort of caught me by surprise. And while I could have given up and thrown in the towel, I tried again. This time a bit more modestly than that first year. But it all went much better. My mind, my heart, my intentions, my faith all found a bit more of a relationship. Pledging helped me and still does connect my faith with my work with my labor with my resources with my love for God’s church.

So, consider pledging, especially if you haven’t before. It’s not the only way. But for many, it is a good way to grow, to connect the dots of your life with your faith. And, hey, even if it’s a fail.....it won’t be. It’s a part of the journey. That’s because we have a God of grace who is always at work for our good. Praise be to God!

Pledge cards are at the Usher Station. Or you can go online at our website: https://docs.google.com/forms/d/1vhaTVqtmUiMpgBre5WY1naMwo1JwM7oCLnAyOAAMyEE/viewform?edit_requested=true

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

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: Coming soon!

Proceeds: Benefit the youth going to Belize



Help us to say thank you to our partners at Love INC!

Two ways:

1. Sign our huge thank you card on November 13th or 20th in the Narthex
2. Join a small team who will bring coffee and morning treats to their monthly staff/volunteer meeting on Tuesday, November 22nd at 9:30 a.m. You can sign up here: <https://www.signupgenius.com/go/30e0848a9a72aaaf85-gratitude>

More to come...

YOU are invited to "adopt" an area organization or partner that you think would benefit from some gratitude. Possibilities include Delano Senior Center, our Delano Schools, the Fire Department, Medical Services, etc.

Touch base with a key leader at the organization. Find a day and time that works. You decide what you might like to bring in addition to a big signed thank you card (we'll get that ordered for you). Recruit a few folks to go with you. Simply show up, share some treats, a word of thanks (we've got a good script for this, too), and hang out just a bit. Simple. But such a powerful way to let people know that we're grateful for their energies and service.

Click here for a bit more information and to sign up: <https://www.signupgenius.com/go/30e0848a9a72aaaf85-gratitude1>

Or reach out to one of our Stewardship Team members:

Cheri Ashfeld – cheri_n_lee@hotmail.com
Natalie Dinger – Natalie.dinger@delanoschools.org
Pr. Bruce – Bruce.Kuenzel@locdelano.com
Tim Johnson – Tim.Johnson@locdelano.com

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.

Here are more messages of thanks for our Gratitude Chain:

lofamily
mybabysisters prladonna
community
learning momdad children
health family dad
cartoons indiansummer laughter
youthprograms ourchurch
grandparents ourhome
fellowship friends myhusband thebible
faithgrowth god'slove musicministry
jesus welcomingchurch
niecejennifer kindpeople



The Youth & Family Ministry Team has been talking for awhile about hosting more events for our youth that are focused on connecting and fellowship. So we're excited to share with you that we'll be having our first "HS Friday Night Lights" event in November! We will be going to River City Extreme (in Monticello) for a fun night of laser tag, bowling and arcade games and then we'll head back to church for night games, a movie, maybe some karaoke and then a sleepover at church. You won't want to miss it! [Click here](#) to sign up!

Here are other details:

- **Who:** 9th – 12th grade youth and friends
- **What:** Overnight fellowship event to connect and have fun!
- **When:** 7 pm, 11/18 – 8 am, 11/19
- **Where:** Light of Christ and River City Extreme
- **Register:** By Sunday, November 13th
- **Cost:** \$45 (scholarships available - talk to Kirsten)

Less Than 2 Weeks 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



High School Fellowship

Last Wednesday, our HS youth made "Random Acts of Kindness" cards for members at Light of Christ who need a day brightener and also for residents at the Legacy. Join us for future nights of fellowship, friends, faith, food and FUN!

Here is our upcoming schedule (Wednesdays from 7:30-8:30):

- 11/9 - College Care Package Assembly
- 11/16 - Thanksgiving Event
- 11/23 - No HSF (Thanksgiving)
- 11/30 - Fundraiser Prep



CHILDREN, YOUTH & FAMILY NEWS *cont'd*

Blessings to the 7 young people who celebrated their First Communion on Sunday, October 30: Abigail Froehle, Brooks Halbersma, Adelyn Jeseritz, Caden Jeseritz, Breck Johnson, Lauren Krysan, and Nolan Wortz.



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>



HONORING OUR VETERANS



Light of Christ wishes to honor our current Veterans. With gratitude we thank the following members of Light of Christ for their service to our country:

<u>Name</u>	<u>Branch of Military</u>	<u>Years Served</u>	<u>Location</u>
Ben Altenhofen	Navy	1963-67	Viet Nam
Don Anderson	Air Force	1965-69	Eglin AFB Florida
Lee Ashfeld	Air Force	1963-67	Japan, Turkey
Len Beilke	Navy	1965-68	Viet Nam
Don Collins	Army Reserve	1966-72	US
Pete Froehle	Army	2001-present	Saudi Arabia
Del Hirsch	Army	1969-71	US
Dennis Iverson	Army	1953-55	Kitzingen, Germany
Lowell Johnson	Army	1956-58	Germany
Mike Klaphake	Army		
Vern Lange	Navy, Army Reserve	1967-1993	San Diego, CA & Norfolk, VA
John Magner	Navy	1986-90	Norfolk, VA
Zach Miller	Amy National Guard	2009-present	Jordan, Iraq, Kuwait
Benjamin Raskin	Army National Guard	1994-present	Kuwait
David Rosaaen	Navy	1967-71	Lemoore, CA Naval Air Station
Tom Sebelien	1 st Division Army	1963-66	Viet Nam
Gordon Torgerud	US Navy	1958-61	USS Parsons, Viet Nam
Bill Weis	Air Force Reserve	1958-64	US

For those who have served, “*Welcome Home.*” For those who continue to serve we thank God for your service.

Did you know the universal symbol for honoring a Veteran is holding your hand over your heart? When you see a member of the Military, honor them by holding your hand to your heart! Remember: November 11th is Veteran’s Day. Contact a Veteran you know and say “**THANKS!!**”

Armistice Day commemorates the signing of the end of WWI (the war to end all wars) at 11:00 a.m., November 11, 1918 (name changed to Veteran’s Day in 1954). The poppy was one of the only plants growing on the barren battlefields. On May 3, 1915, while looking at the grave of his close friend and former student, Canadian surgeon Lieutenant-Colonel John McCrae composed the poem, *In Flanders Fields*.



Verse 1

In Flanders fields the poppies blow
 Between the crosses, row on row,
 That mark our place; and in the sky
 The larks, still bravely singing, fly
 Scarce heard amid the guns below.

(The battlefield spanned southern Belgium and northwest France)