



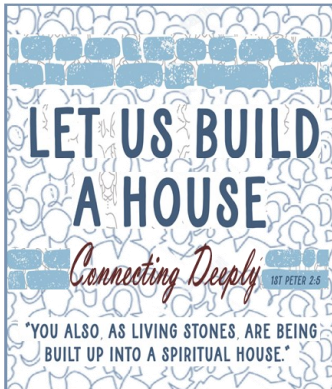
## Worship

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



## Church Council 2023

Mike Boyack  
Laurie Brown  
Billie Chock  
Tim Current (treas.)  
Steven Dickey (pres.)  
Derek Horeis (v. pres.)  
Dan Paulson  
Lisa Spencer (sec'y.)  
Natasha Werner  
Pastor Bruce Kuenzel



## Contact us!

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



[LightOfChristLutheran.com](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)



## Free Fresh Produce and Dairy

**Monday, April 10th**  
**4:00 pm—until gone**

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

For assistance locating a specific site or for questions, please contact us at [nourishinghope.oflc@gmail.com](mailto:nourishinghope.oflc@gmail.com) or Facebook Messenger.

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

## April Food Distribution

Our food distribution ministry, Nourishing Hope, needs volunteers for **Monday, April 10**. We have two time slots:

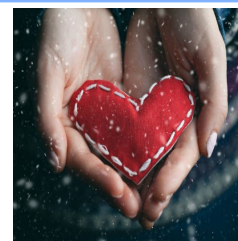
- **11:00 am** when we pack hundreds of boxes of food over at Our Father's Lutheran in Rockford. (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm** when we distribute about 75 boxes of food right here in our church parking lot. (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)



Or speak with Tim Johnson (952-472-1755). Thank you!

## Caring Corner

(from Lona Jose of the Healing & Wholeness Committee)



### April Is Alcohol Awareness Month

April is Alcohol Awareness Month. It is a public health program that started in 1987 organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

An estimated 14.4 million Americans ages 18 and older had an alcohol use disorder (AUD) in 2020 according to NSDUH. Across the nation, 24% of individuals 18 and older reported that they engaged in binge drinking in the past month while 9.6% engaged in heavy alcohol use. A small percentage of these seek out treatment. Each year in America, an estimated 385 people die every day from alcohol with 141,000 people dying from excessive use of alcohol every year. Over 10,000 people die every year from alcohol-related road accidents. There is also concern that alcohol consumption increased during COVID lock downs.

### The Importance of Alcohol Awareness Month

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These organizations—many of which are part of National Council on Alcoholism and Drug Dependence's (NCADD) National Network of Affiliates—launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, how to speak to a loved one about their drinking problem and how to find treatment options.

### The Effects of Alcohol on Mental and Physical Health

Those who experience depression or anxiety may use alcohol to calm their emotions. Unfortunately, overuse of alcohol can make these conditions worse. Overuse can also cause other long-term physical health risks such as a stroke, liver and/or heart disease, bowel, breast or mouth cancer, pancreatitis or permanent brain changes.

### What Can We Do as a Church or a Family to Support Those Who Are Struggling with Alcohol Addiction?

We must focus on solutions, not shame. Addiction is not a moral failing. **We need to make the church and your home a place for those affected by addiction to come to others for help.** We all need to do what we can to help care for and support the families and children whose lives are affected by addiction of a family member.

### Getting Help for Alcohol Addiction

If you feel you or a loved one may be struggling with alcoholism, don't worry, you are not alone. Reach out to our/ your church, a counselor/therapist or the web to find resources. The [Light of Christ website](#) is a good resource. By clicking on *Support/Mental Health/Resources/Substance Use Disorder* you will find **Start Your Recovery**. Another resource is on the [Minnesota Dept. of Human Resources website](#). The National Council on Alcohol and Drug Dependence is <http://ncadd.us>. Continue searching until you find those who can help you or a loved one and pray to God to give you hope that will bloom. Recovery can change your life and those you love!

**Matthew 11:28: Come to me, all you who are weary and burdened, and I will give you rest.**

**Jeremiah 17:14: Heal me Lord and I will be healed; save me and I will be saved for you are the one I praise.**

## CHURCH NEWS

### Chili Cook-Off Fundraiser, April 23!

Join us at Lupine for a fun afternoon supporting some of our youth going to Belize! Hope to see you there!



FYI

The church office will be closed on Easter Monday.



**Become  
Part of  
Our  
Church  
Family**

**New Members will be received on Sunday, May 7<sup>th</sup>.** If you are interested in joining Light of Christ or would like more information, please contact [Pastor Bruce](#) or [Terri](#) in the church office.

thank  
you

I would like to extend a heartfelt THANK YOU to the musicians and soundboard volunteers who participated in the Holy Week services. Your hard work is so appreciated! I am truly blessed to be a part of such a talented and gracious congregation.

Peace,  
*Katie Kohler*



## OUTREACH

### The April Fifth Sunday Offering will go to the Delano Senior Center

The Friends of the Delano Senior Center is seeking donations to go directly towards the purchase of a 14-passenger lift-equipped van. The current van is a 2009 model and is showing its age.

The Senior Center offers a variety of shopping and day trips for area seniors. In 2022, the center provided van service on **more than 100 occasions**, serving **more than 200 individuals** with a total of **more than 700 rides**. They provide a mix of basic, essential services and education/recreation trips:

For example....

- Shopping in Monticello, Ridgedale, Eden Prairie, Hutchinson, Maple Grove, and more!
- Transportation to and from our daily lunch program
- Educational trips to museums, cultural centers, etc.
- Fun and recreation – restaurants, performances, sports games, and more!

⇒ Total cost of new vehicle and lettering: **\$119,367.00**

⇒ City of Delano Senior Center Capital Fund Budget - **\$18,600.00**

⇒ Contribution from Gwen Kittock Memorial Fund (gift from a Delano resident who died in 2013) - **\$35,000.00**.

⇒ Estimated trade-in value of existing van - **\$12,500.00**.

⇒ Donations they need to solicit from senior center users and charitable organizations: **\$53,267.00** ***They have raised \$22,000+ of the \$53,267 thus far!***

#### 2022 Statistics:

2022 Trips Provided: 107

2022 Riders (total, including duplicates): 721

2022 Riders (individuals): 203

2022 Total Registered Senior Center Participants: 1,142

*They serve many more people above and beyond this number at public events and via phone and email referrals.*

Our monetary gifts from Light of Christ will go directly towards the purchase of this new vehicle. You can donate at church (please designate on your check or envelope “**April Fifth Sunday**”) or on the [LOC website](#) by clicking on the **Give** tab and then “**Click here to Give.**” Thank you for helping the Delano Senior Center!!

## CHILDREN, YOUTH & FAMILY NEWS

Our VBS this year is going to be STELLAR! We are partnering with Trinity Lutheran in Long Lake and Cross View Lutheran in Edina in order to make this an absolutely STELLAR experience for our young people. We can use your help. There is a gift registry of items we need to provide for VBS. Your willingness to purchase some of these items will help keep our cost down. Thank you! The link below connects you to our Vacation Bible School Amazon gift list :

<https://www.amazon.com/registries/gl/guest-view/3URJYNF9RYYGK>

**THANKS MUCH – YOU ARE STELLAR BUNCH!**





## Spring Confirmation Retreat!

We're excited to be going on our Spring Confirmation Retreat to Wapo this May! This overnight retreat will largely be fellowship time but we'll also have campfire worship and great discussions. There will be awesome time with friends, great food and hopefully lots of time outdoors (where we can see the incredible stars at night)! This retreat is *expected* for all Confirmation youth and we also encourage Jr. Guides (or other HS youth that want to help lead games) to attend! We will also need several adult leaders, so please talk to Kirsten if you're interested in attending this awesome weekend! Here is more info:

**Who:** Confirmation youth, grades 7-9 (Jr. Guides and adult leaders too!)

**What:** Overnight Retreat – Faith, Fellowship, Food and FUN!

**Where:** Lake Wapogasset Lutheran Bible Camp in Amery, WI (about 2 hours east of Delano)

**When:** Friday, May 12 (5:30 pm)-Saturday, May 13 (5:30 pm)

**Lodging:** In the Cross Fire building at Wapo (rooms with 4-5 bunkbeds, each with their own bathroom & showers)

**Cost/Person:** \$100 – covers transportation, food, lodging and a bit to help cover the cost of adults/Jr. Guides

**Registration:** Emailed out to all Confirmation families



## High School Fellowship

Join us for nights of fellowship, friends, faith, food and FUN!

HS Fellowship Schedule:

- ⇒ **April 12** = Trivia Night
- ⇒ **April 19** = Just Dance & Other Games
- ⇒ **April 26** = Belize Update Meeting
- ⇒ **May 3** = Fleece Tie Blankets for Grads
- ⇒ **May 10** = Confirmation Retreat Prep
- ⇒ **May 17** = Rachel Kurtz, Family Matters (6:30-8 pm)



## Rachel Kurtz Coming to Light of Christ!

Join us on **Wednesday, May 17<sup>th</sup> from 6:30-8:00 pm** in the Sanctuary for an awesome night of music, Biblical storytelling and encouragement about how “you are enough”! Rachel is a national singer/songwriter based out of Minneapolis and she'll be coming for our Family Matters Night (required for all Confirmation youth but **OPEN TO ALL!**). The Light of Christ sophomores heard and got to know Rachel at the 10<sup>th</sup> grade Confirmation retreat last fall (at Wapo in Amery, WI). We fell in love with her there and are SO excited to have her at Light of

Christ for a night! A remarkable vocalist and magnetic stage presence, Kurtz has released a new 13-song collection of original soul, Americana, and blues tracks backed by some of Minneapolis' finest session musicians. This event is sponsored by the LOC Healing & Wholeness Committee, but free will offering will be accepted to help cover the costs. We hope you'll tell your friends and join us – you don't want to miss it!

Check out more about Rachel here: <https://www.rachelkurtz.com/about>





Raising funds so all  
God's children can eat!

The challenge this year  
is to raise \$2000!

Our **Bible Story Crew** has accepted the challenge to raise \$2000 for God's Global Barnyard. Today they donned barnyard animal hats (cow, goat, sheep, chicks, rooster, bees) to start this challenge, and they invite you to help them meet their goal!



### COLORING CONTEST

The Bible Story Crew (ages 3-2<sup>nd</sup> grade) will have the opportunity to compete in a coloring contest. Entries are to be on display beginning Sunday, April 16. All participants will receive a prize at the end of year celebration. Light of Christ friends and family will be able to vote for their favorite picture for \$1 per vote.

Piggy Banks are a great way for all of us to raise funds. We have banks for everyone! Take one home or put one at your workplace. Great for any and all spare change! Thanks for your help!

