



December 2, 2024

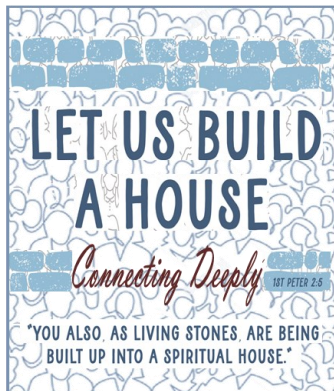
Worship

- In-person worship—**9:30 AM Sundays**
- Online worship continues, and is live-streamed to our [YouTube](#) and [Facebook](#) pages



Church Council 2024

Mike Boyack (vice pres.)
Laurie Brown (sec'y.)
Billie Chock
Tim Current (treas.)
Heidi Goldbeck
Luke Jeseritz
Lisa Krause
Natasha Werner (pres.)
Jon Wissink



Contact us!

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LightOfChristLutheran.com
Terri.Reuter@locdelano.com

December Food Distribution

The next food distribution is on **Monday, December 9th**. Shifts are available at 10:00 AM to about noon at Our Father's Lutheran Church in Rockford, and 3:30 – 4:30 PM here at Light of Christ. Sign-ups are at the links below or QR codes shown:

- **10:00 AM** packing food boxes (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 PM** distributing boxes of food right here in our church parking lot (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)



The Season of Advent Is Upon Us!

Below is our schedule for the upcoming Advent/Christmas worship services:

- ⇒ **12/08:** Lessons & Carols, 9:30 AM
- ⇒ **12/15:** Children's Christmas Program, 9:30 AM
- ⇒ **12/22:** 4th Sunday of Advent, 9:30 AM
- ⇒ **12/24:** 2, 4, 10 PM Christmas Eve Services
- ⇒ No Christmas Day worship



Christmas for a Cause

Hi, my name is Ashlynn Wortz and I will be organizing Christmas *Friends 4 A Cause* for my National Honor Society project. *Friends 4 A Cause* is a local non-profit that helps Delano families, who may be going through tough times, have a brighter Christmas. Please check out the SignUp Genius link provided below for more information and ways to donate. Collection bins will be located in the Narthex.

Email kimw1517@gmail.com or call 952-457-9253 with any questions!

<https://www.signupgenius.com/go/904094EA5AF2BA75-53264935-locfriends>



Caring Corner

(from Lisa Spencer of the Healing & Wholeness Committee)



HO HO HO and Merry Christmas!!! It's the MOST wonderful time of the year!! Right?! No? If you hear this and it brings up a feeling of sadness or dread you are not alone.

The holiday season is supposed to be filled with joy and happiness. For many people the holiday season has the opposite effect. The stress of the holidays can actually bring on or exacerbate symptoms of depression and anxiety. The recent loss of a loved one can bring pain and sadness with memories of years past. 1 in 5 adults will suffer from mental illness each year. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) 29 million adults have a substance abuse problem. 20.9 million, or 72.2% of this group report being in recovery. The holidays can be especially difficult for many who are trying to avoid alcohol.

Self-care is important when you are struggling regardless of the reason. Many organizations have written articles on surviving the holidays. The tips and suggestions are similar from one article to the next. The website Flourish Psychotherapy lays out 10 things that can be done to survive or thrive through the holidays. Taken directly from the web page:

1. **Breathe.** When we are stressed or anxious our breathing can become shallower, which can have a negative effect on our moods and bodies. The simple act of taking a deep breath can calm us down and lower our heart rate and blood pressure. Here's one way to do it: Take a deep breath in through your nose for a count of 3, hold it for a count of 3, and then exhale through your mouth for a count of 6. Just make sure your exhale is a little longer than your inhale, and you're set.
2. **Eat Healthfully and Exercise.** Balancing your eating and physical activity – even during the holidays – can help you manage stress and regulate emotions. Try taking a walk and managing portion sizes.
3. **Cope Ahead.** Expect the unexpected during the holidays. Maybe an unplanned guest shows up to your party or you burn your signature cookies. Whatever comes your way, remember to take a step back, and notice your reaction while taking slow, deep breaths (see #1). You can come up with some encouragements ahead of time to remind yourself of when things don't go your way. Some examples: "I'm doing the best I can right now," "I'm only human," "I *can* cope with this."
4. **Contribute.** Give a gift, volunteer, do something thoughtful and surprising for someone else. No matter how you give back, you will benefit by generating positive emotions for yourself while helping someone else. Contributing can also help us find meaning and gain perspective.
5. **Laugh.** Let's face it, the holidays are full of opportunities to laugh (remember when you burnt your cookies? See #3). Finding a way to laugh changes body chemistry and can help change your perspective in helpful ways. So, Ho-ho-ho it up!
6. **Prioritize.** Cut back and prioritize your to-do list this holiday season. Now is not the time to see how many places you can be in at once or to find out if you can keep everyone happy (spoiler alert: the answers are "only one" and "no.")
7. **Practice gratitude.** Expressing gratitude for things doesn't make everything better, but it does help decrease stress by reminding us what *is* going right. Before you go to bed, try writing down 5 things you were thankful for during the day. And be creative – you can even be grateful that you only had 1 unexpected guest instead of 3 (see #3)!
8. **Create an escape plan.** If you already know that a particular event is going to push your buttons, figure out a couple of ways to remove yourself from the situation to give yourself a break. Plan to bring your heavy coat and boots so you can take a walk around the block even if it's snowing. Or if you're hosting the event, make sure to keep one bedroom off limits to guests, and use that room as your safe space to take some time for yourself if you need it.
9. **Journal.** Often the holidays are stressful because there is so much information swimming around in our heads. Take a few minutes each day and write down whatever comes to mind. Just the act of putting thoughts on paper helps clear our minds and decrease stress levels. After you've written about it, turn it into a to-do list if that would be helpful.
10. **Treat yo'self.** Pick out a few self-care activities you can easily do. Keep your favorite lotion or essential oil in your bag and pull it out when the stress is rising. Carve out time every week for a bubble bath and your favorite book. Whatever the activities may be, practice them regularly during the holidays, and don't let yourself feel guilty for taking care of you!

Don't be afraid to reach out for professional help if you are using the above suggestions with little improvement. Utilize the internet for resources. A Google search can uncover a wealth of information for any and every reason you might be feeling the blues.

It may not be the most wonderful time of the year for you and that is okay. You are not alone. But there are resources to assist you in getting through the season with peace and serenity. Reach out and find what you need to make that happen.

Blessings to all as we wind down 2024. And remember that you are a child of God!

Gratitude Project for December

Every three months, the Mission/Evangelism Committee shows gratitude to a group out in the community for a job well done. With all of the work that our Church Staff and Call Committee have been doing during our transition between pastors, we want to show our gratitude to these lovely people right here in our church!

Our committee will be giving each Staff member and Call Committee member a thank you card and a gift. We are asking that the congregation help by filling out Gratitude note cards. Please do not address them to anyone specific; then we can evenly distribute the gratitude! Be on the lookout for the notes, along with boxes in the Narthex to turn them in. Let's show our Staff and Call Committee how grateful we are for all of their efforts! Thank you cards, gifts, and note cards will be given out in church on **December 8th**.

– The Mission/Evangelism Committee



Support the Christmas Store - Love INC Heartland



The Christmas Store gives Love INC families the option to shop for Christmas gifts for their children at no cost to them. You can support by giving a gift online today! bit.ly/loveincchristmas

Store Volunteers - Love INC Heartland

Our thrift stores in Delano and Howard Lake are in urgent need of volunteers to help stores run smoothly. Training provided and commitment is flexible. Volunteer as individual, family, or group today. thrift@loveincheartland.org

WANTED

The church could use two stainless steel chafing dishes to serve hot food during funeral luncheons. If you have this item and are willing to donate it, please contact Rhonda Current at rkcurrent1@gmail.com and I can arrange to pick them up or meet you at church to collect it.

Fifth Sunday Donations in December

Our Fifth Sunday contributions in December will help those in need who live locally. Two organizations have been brought to our attention at LOC. As always, we can bring a bright star to those in need. **Thank you so much for your generous contribution!**

LOC/Love INC Birthday Ministries

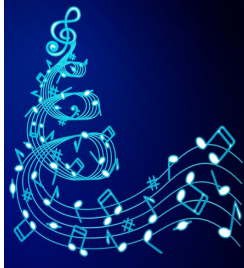
Light of Christ volunteers work in collaboration with the Delano Love INC chapter to provide birthday gifts and supplies for children ages 10 and under throughout the year. Families in need are selected by Love INC. LOC volunteers each month receive a list of eligible children and purchase birthday gifts as well as birthday supplies for these children/families. Light of Christ totally funds the cost of this program and there is no cost to the recipient families. We so appreciate your financial contributions for this monthly effort for these young children for the coming year. Your efforts will help make wonderful birthdays for these special young kids.

Residents of The Estates at Delano Nursing Home

At times there are residents who are admitted to the Estates at Delano Nursing Home who do not have adequate clothing and personal items. Many do not have family or adequate funds that can help them with these needs. Lisa Spencer, who has worked at the Estates, recommended to the Mission/Evangelism committee that we reach out and help purchase items for these selected residents. Lisa will work with management staff to identify any resident needs and purchase gift cards from the Delano Love INC thrift store to assist these residents. Other hygiene items needed will also be purchased locally. This effort will help these residents maintain the dignity that they deserve.

Online Christmas Devotions

Start your week off with a musical devotion! Beginning **December 2nd**, our Worship and Music Director, Katie Anne Kohler, will share musical devotions featuring our favorite Christmas carols. Videos will be posted to our Light of Christ Worship Services page each Monday. You can find the link here: <https://youtube.com/@lightofchristworshipservice6861?si=rLmYMIReX2eL6cJH>



Mark your calendars! Light of Christ's annual service of Lessons and Carols is **December 8th**, 9:30 AM. Come hear the Christ story alongside joyful music featuring all Light of Christ musicians. We can't wait for this musical celebration!

Christmas Ornaments

The Worship and Music Committee would like to offer everyone the opportunity to purchase ornaments and/or candles, made by the committee members, this Christmas season in honor or memory of loved ones. All ornaments will be placed on the Christmas tree in the Narthex until

after Christmas Eve, unless you wish to take yours home right away. Suggested amount for purchase is \$10. All funds will go toward the worship and music fund! We will have a table set-up in the Narthex for purchasing through **December 22**. If paying by check, please make payable to *Light of Christ* and note Christmas Ornaments or Christmas Candles in the memo. Thank you and Merry Christmas!



2025 Pledges & Online Giving

If you need to change your automatic contribution amount due to your 2025 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. Please contact Terri in the church office if you have any questions.

You are encouraged to still submit your 2025 pledge if you haven't already done so. Pledge cards can be found at the usher station or in the church office.



Ringers and Singers

The Community Life Committee would like to invite you to a holiday outing that our own Marcus Hanson is a part of. It's the *Holiday for Orchestra with Ringers & Singers: Christmas Movie Edition* at the Buffalo High School Performing Arts Center on **December 8**. For more information or to



sign up, please follow this link: [Ringers & Singers](#). If you have questions, please call, text or email Kelly Harstad at 763-227-8246 or kellyharstad8@gmail.com.

Sisters of LOC Cookie Exchange

The Sisters of LOC are hosting a cookie exchange on **December 10 at 7:00**

PM here at the church. For more info and to sign up, please click this link:

<https://www.signupgenius.com/go/9040A45ACAC22AA8-53465845-cookie>





7th/8th Grade Mission Trip Twin Cities, MN June 8-12, 2024

We are excited to offer our very first 7th and 8th grade mission trip this upcoming summer! It'll be a shortened trip (4 nights) and always be local—probably in the Twin Cities area. Please check out the info below, prayerfully consider attending and talk to Kirsten about any questions!

What: A trip for LOC youth currently in grades 7 and 8 who want to grow in their faith, serve and learn together on a trip in Minnesota!

Where: Staying at Luther Memorial Church in South St. Paul, MN

Cost: Approximately \$375

More Info: [Click here to view the info sheet for more details.](#) If you missed the info meeting, here is the link of the recording: <https://www.youtube.com/@lightofchristdelano9722>

Register here (and pay your \$100 deposit) before **12/18/24** to secure your spot! <https://lightofchristdelano.breezechms.com/form/TwinCities2025>



HS Mission Trip North Shore, MN July 26-Aug. 2, 2025

We are excited for another awesome trip with our HS youth learning and growing together through service! Please check out the info below, prayerfully consider attending and talk to Kirsten about any questions.

What: A trip for LOC youth currently in grades 9-12 who want to grow in their faith, serve and learn together on a trip in northern MN!

Where: Two Harbors, Duluth & Grand Marais, MN

Cost: Approximately \$375

More Info: [Click here to view the info sheet](#) or pick one up at the office. If you missed the info meeting, here is the link of the recording: <https://www.youtube.com/watch?v=4vtVEeOd5Mw>

Register here (and pay your \$100 deposit) before **12/18/24** to secure your spot! <https://lightofchristdelano.breezechms.com/form/NorthShore2025>

“Buy with Heart” this Christmas

Equal Exchange (fair trade) items make great Christmas gifts. Find them in the Narthex or click [HERE](#) for our online store for some great gift options! Items for sale include, chocolate, coffee, tea, cashews, almonds, and dried mangos, LOC coffee mugs



All sales support our summer youth trips as well as small farmers around the world! These items make great gifts for teachers or friends. Items can also be delivered for free around the Delano area and you can include a note and even gift wrapping. Thanks for your support and for “shopping with heart.”

Confirmation Calendar



(All events are 6:15-8:00 PM unless noted otherwise. See more details included on [this page.](#))

- **12/4** = Service Night at Delano Food Shelf
- **12/6** = [Friday Night Lights!](#) (7-10PM)
- **12/11** = Service Night at Love INC
- **12/18** = Christmas Party!

December Birthdays

| | | |
|----------|------------|-------------|
| William | Brown | December 01 |
| Doug | Ludwig | December 01 |
| Cody | Anderson | December 02 |
| Brianna | Goldbeck | December 02 |
| Angela | Green | December 02 |
| Sophie | Kopperud | December 02 |
| Steffany | Truax | December 02 |
| Rylan | Brown | December 04 |
| Kevin | Jaunich | December 04 |
| Isabelle | Nee | December 05 |
| Lisa | Krause | December 07 |
| Jonathan | Ness | December 07 |
| Kohlton | Beck | December 08 |
| | Curtis- | |
| Jerried | Torgerson | December 09 |
| Jinnelle | Weis | December 09 |
| Fred | Caslavka | December 10 |
| Edie | Droneck | December 10 |
| Brayden | Gross | December 10 |
| Ryan | Zerull | December 10 |
| Max | Winyninger | December 11 |
| David | Boecker | December 12 |
| Stuart | Dallmann | December 12 |
| Emme | Finkelson | December 12 |
| Alex | Kelly | December 12 |
| Karolyn | Thompson | December 12 |
| Kailyn | Warne | December 12 |
| Kellan | Emmer | December 13 |
| Ginny | Iverson | December 13 |
| Darla | Stabnow | December 13 |
| Brooks | Hiltner | December 14 |
| Kevin | Noetzelman | December 14 |
| Evalyn | Green | December 15 |
| Luke | Jeseritz | December 15 |
| James | Sprengeler | December 15 |
| Lauren | Bersie | December 16 |
| Luke | Borman | December 16 |
| Daniel | Haley | December 16 |
| Thomas | Klason | December 16 |
| Elyn | Stahlke | December 16 |
| Addyson | Wissink | December 16 |

The Community Life Committee would like to wish "Happy Birthday" to those who have birthdays this quarter! Next **Sunday, December 8th** after worship, we will have birthday treats to celebrate the December, January, & February birthdays! We celebrate birthdays quarterly so everyone's birthday will be acknowledged. Don't forget to wish someone a *Happy Birthday* this quarter!

For those celebrating, may blessings be upon you and let faith guide your heart all year. We hope your birthday is one of joy, peace, and love.

| | | |
|-----------|------------|-------------|
| Tammy | Allison | December 17 |
| Peter | Froehle | December 17 |
| Paul | Nelson | December 17 |
| Aniston | Klaphake | December 18 |
| Kim | Minkel | December 18 |
| Erica | Cederberg | December 19 |
| Carson | Halbersma | December 19 |
| Charlotte | Macks | December 19 |
| Emilia | Macks | December 19 |
| Kylie | Strobl | December 19 |
| Aidan | Thompson | December 19 |
| Lee | Ashfeld | December 20 |
| Lisa | Schmit | December 20 |
| Randy | Hemmer | December 21 |
| Nolan | Beyer | December 22 |
| Samuel | Brown | December 22 |
| Jason | Gabrick | December 24 |
| Rob | Geistfeld | December 24 |
| Kelly | Harstad | December 24 |
| Penelope | Jaunich | December 25 |
| Connie | Olson | December 25 |
| Holly | Sprengeler | December 25 |
| Kaitlyn | Pink | December 26 |
| Timothy | Underhill | December 26 |
| Logan | Bistodeau | December 27 |
| Oda | Carlson | December 27 |
| Cameron | Prickett | December 27 |
| Stacie | Engel | December 28 |
| Peter | Krebsbach | December 28 |
| Michael | Pavlovich | December 28 |
| Pat | Czock | December 29 |
| Jon | Holzer | December 29 |
| Nate | Peterson | December 29 |
| Robert | Schaust | December 29 |
| Grace | Ulberg | December 29 |
| Henry | Ulberg | December 29 |
| Samantha | Dornfeld | December 30 |
| Rick | Haley | December 31 |
| Jack | Russell | December 31 |
| Elizabeth | Sievers | December 31 |
| Sally | Torfin | December 31 |



January Birthdays

| | | |
|-----------|--------------|------------|
| Dennis | Iverson | January 01 |
| Paulette | Podratz | January 01 |
| Eva | Dinger | January 02 |
| Carli | Russenberger | January 02 |
| Ella | Dallmann | January 04 |
| Ben | Graunke | January 04 |
| Cory | Cederberg | January 05 |
| Jamie | Holzer | January 05 |
| Calli | Cederberg | January 06 |
| Steven | Dickey | January 06 |
| Kelly | Froehle | January 06 |
| Laurie | Grimm | January 06 |
| Jill | Johnson | January 06 |
| Jeff | Rubertus | January 06 |
| Sydney | Sinnott | January 07 |
| Kira | Thompson | January 08 |
| Sarah | Zerull | January 08 |
| Sherri | Rubertus | January 09 |
| Sharon | Sebelien | January 09 |
| Chris | Meyers | January 10 |
| Boden | Rosaaen | January 11 |
| Chris | Lotzer | January 12 |
| Maggie | Thomas | January 12 |
| Scott | Bassett | January 13 |
| Mollie | Lohmann | January 13 |
| Sharon | McKisson | January 13 |
| Ryan | Schaust | January 13 |
| Karen | Gast | January 14 |
| Laura | Jaunich | January 14 |
| Stephanie | Bitterman | January 15 |
| Everett | Henson | January 15 |



| | | |
|-----------|---------------|------------|
| Willie | Magner | January 15 |
| Zachary | Bigot | January 16 |
| David | Rosaaen | January 17 |
| Gracia | Macks | January 18 |
| Patricia | Williams | January 18 |
| Kelly | Peterson | January 20 |
| JoMarie | Williamson | January 20 |
| Derek | VanCura | January 21 |
| Emily | Kutzler | January 23 |
| Tracy | Magner | January 23 |
| Zachariah | Quamen | January 23 |
| Katie | Horeis | January 24 |
| Greg | Thorstad | January 24 |
| Nick | Vatnsdal | January 25 |
| Jarrett | Lundquist | January 27 |
| Becky | Schaust | January 27 |
| Ashley | Brown | January 28 |
| Holly | Johnson-Caple | January 28 |
| Jill | Radermacher | January 28 |
| Samuel | Lindall | January 29 |
| Nathan | Knisley | January 30 |
| Candace | Mielke | January 30 |
| Kevin | Mikkelsen | January 30 |
| Julie | Strobl | January 30 |
| Adelyn | Jeseritz | January 31 |
| Gina | Nee | January 31 |
| Emily | Olson | January 31 |
| Gunnar | Paulson | January 31 |
| Melissa | Ulberg | January 31 |
| Aaron | VanCura | January 31 |



February Birthdays

| | | |
|----------|--------------|-------------|
| Tom | Sebelien | February 01 |
| Nolan | Wallace | February 02 |
| Thelma | Estby | February 02 |
| Josh | Hiltner | February 02 |
| Barb | Russell | February 02 |
| Megan | Wiyninger | February 02 |
| Donald | Anderson | February 03 |
| Mike | Boyack | February 03 |
| Greg | Hinker | February 03 |
| Brandon | Janike | February 03 |
| Cooper | Reuter | February 04 |
| Cassidy | Gilman | February 05 |
| Patricia | Krebsbach | February 05 |
| Natalie | McClelland | February 05 |
| Scott | Olson | February 05 |
| Andrea | Janike | February 06 |
| David | Allen | February 07 |
| Logan | Dickey | February 07 |
| Steven | Farniok | February 07 |
| Laura | Myhre | February 07 |
| Lori | Prickett | February 07 |
| Alicia | Pink | February 08 |
| Beata | Zerull | February 08 |
| Sally | Prinsen | February 09 |
| Anna | Schleper | February 09 |
| Jennifer | Sprengeler | February 09 |
| Sandy | Hartin | February 10 |
| Sandy | Parpart | February 10 |
| Kurt | Radermacher | February 10 |
| Olyvia | Stahlke | February 10 |
| Ava | Wiyninger | February 10 |
| Bonnie | Czanstkowski | February 11 |
| Tony | Trettin | February 11 |
| Lori | Anderson | February 13 |
| Amy | Bigot | February 13 |
| Ellie | Chock | February 15 |
| Don | Collins | February 15 |



| | | |
|----------|---------------|-------------|
| Ashlynn | Wortz | February 15 |
| Belinda | Krysan | February 16 |
| Ellie | Loux | February 16 |
| Gavin | Popp | February 16 |
| Isaac | Quandt | February 16 |
| Laura | Lundquist | February 17 |
| Paul | Ludwig | February 18 |
| Michael | Mielke | February 18 |
| Andrew | Palan | February 18 |
| Grace | Popp | February 19 |
| Caleb | Hanson | February 20 |
| Jerry | Podratz | February 20 |
| Andrew | Reiffenberger | February 20 |
| Lucas | Truax | February 20 |
| Lauren | Froehle | February 21 |
| Michael | McAdam | February 21 |
| Duncan | Bistodeau | February 22 |
| Jackson | Miller | February 22 |
| Jack | Paulson | February 22 |
| Vayda | Streich | February 22 |
| Lori | Vatnsdal | February 22 |
| Austin | Dickey | February 23 |
| Natalie | Holmer | February 23 |
| Cooper | Trettin | February 23 |
| Mary Ann | McKay | February 24 |
| Madison | Motzko | February 24 |
| Mary | Robinson | February 24 |
| Kylee | Heinzen | February 25 |
| Kara | Larson | February 25 |
| Caleb | Checkal | February 26 |
| Harry | Grant | February 26 |
| Rilynn | Peterson | February 26 |
| Lori | Checkal | February 27 |
| Melanie | Gross | February 27 |
| Noah | Lind | February 27 |
| Andrew | Rosaaen | February 27 |