



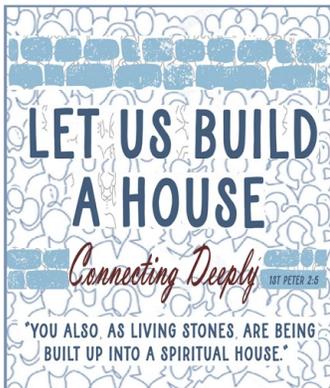
Worship

- **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!

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



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

Dear LOC Family,

We are thrilled to share some wonderful news with you today. After much prayer, discernment, and the leading of the Holy Spirit, Pastor Tim Wheatley has officially accepted our call to become the next pastor of Light of Christ!



This is a moment to celebrate and thank God for His faithfulness in guiding this process. Pastor Tim will bring a spirit of leadership, wisdom, and a heart for ministry to our church, and we are excited to walk alongside him in this new season of growth and service.

Please join us in welcoming Pastor Tim and his family into our church community. He will begin his call at LOC on **January 13, 2025**; his first official Sunday with us will be January 19, 2025.

Let us continue to pray for Pastor Tim, his family, and our congregation as we embark on this new journey together. To God be the glory!

Sincerely,

The Call Committee & Church Council



Free Fresh Produce and Dairy

Monday, December 9th
4:00pm - 5:00pm

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

Maple Grove

Rice Lake Bible Chapel
8801 Rice Lake Road
Maple Grove, MN 55369

For assistance locating a specific site or for questions, please contact us at

NourishingHOPE is a ministry of Our Father's Lutheran Church, in cooperation with 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

You're invited to the Children's Christmas program, *Grinch and a Traditional Christmas* on Sunday, December 15th presented by the LOC Children. Please join us for cookies and hot cocoa following the service!



The poster features a red border and a white background. At the top left is the Cat in the Hat's hat. To its right is the word "GRINCH" in large, green, brush-stroke letters, with a red and white striped candy cane behind it. Below this is the text "AND A TRADITIONAL CHRISTMAS" in red, bold, sans-serif font. Further down is "SUNDAY DECEMBER 15, 2024" in red, bold, sans-serif font, followed by "Presented by LOC Children" in red, bold, sans-serif font. Below that is "Please join us for cookies and hot cocoa following the program" in orange, bold, sans-serif font. A horizontal green line separates this from the bottom section. The bottom section has the text "Watch Out" and "Your heart might grow" in black, sans-serif font. To the right of this text is a cartoon illustration of the Grinch wearing a red Santa hat with white trim and a red sweater with white fur trim. He has a grumpy expression. The bottom left corner of the poster is decorated with green pine branches, red and gold ornaments, and candy canes.

GRINCH

AND A TRADITIONAL CHRISTMAS

SUNDAY DECEMBER 15, 2024

Presented by LOC Children

Please join us for cookies and hot cocoa following the program

Watch Out
Your heart
might grow

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!

Christmas for a Cause

Thank you, LOC, for supporting *Christmas for a Cause* and helping our local families!! All slots have been filled!



Final drop-off days: **this Sunday, December 8th before or after worship or Monday, December 9th from 6:00-7:00 PM.** Please pull up to the door closest to the playground and someone will come and grab your gifts. Reminder to label each gift with their family number example: 12-2).

Any questions, please contact Kim Wortz @ 952-457-9253.

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>)



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! Through December 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>

I would like to give a giant THANK YOU to all the musicians and volunteers who participated in the Lessons and Carols service. I am so blessed to be a part of a congregation so willing to share their many talents. You are all so very appreciated!



Peace, Katie

2025 Pledges & Online Giving

If you need to change your automatic contribution amount due to your 2025 pledge, please log in to your [MyVan-co 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 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.

2025 Offering Envelopes



If you requested preprinted 2025 offering envelopes, (or did not opt out) they are now available to be picked up in the Narthex.

Stay Informed!

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



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>




The Season of Advent Is Upon Us!

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

- ⇒ **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

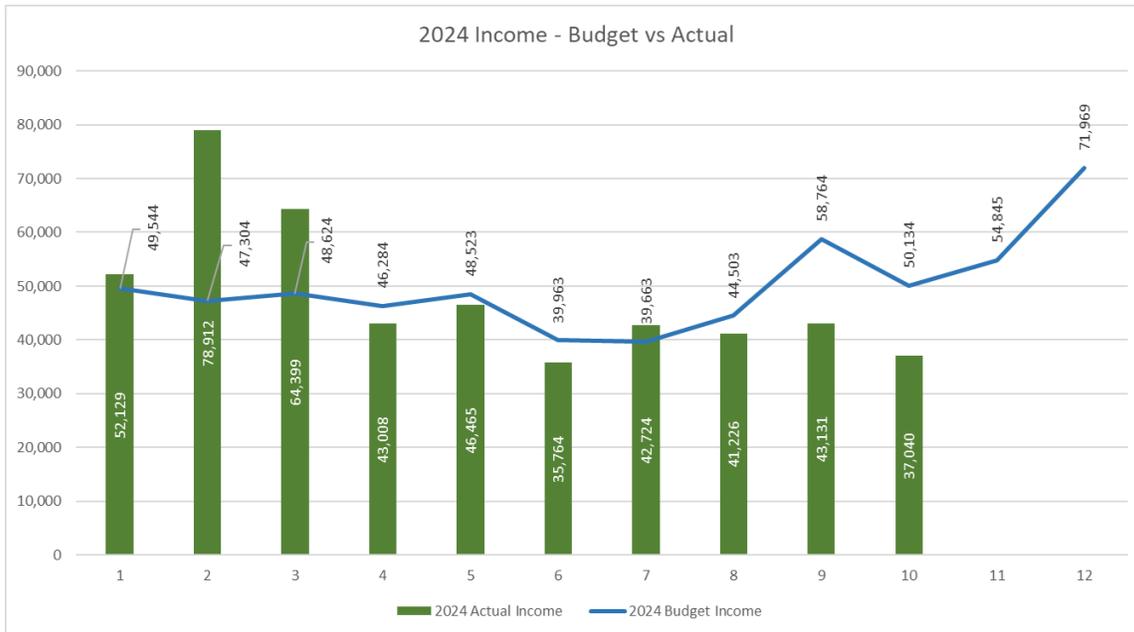
Christmas Ornaments & Candles



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!

LOC Monthly Income - Actual versus Budget



Year To Date Summary – October 2024

- YTD Budget \$473,306
- YTD Actual \$484,258
- Year to Date Actual Income \$10,952 better than Budget
- Income in last three months lower than budgeted

THE HOOT NEWS - OWLS Newsletter for December 2024



Merry Christmas to all our OWLS! (Older Wiser Lutherans)

On **FRIDAY, December 20th at 1:00 PM** we are gathering in the Living Room for a special Christmas party! Hope all of you can join us. Please invite folks not yet on our roster. We welcome anyone who is "older," even if you don't feel "wiser." Give us a try!! Make new friends!!

For our party, start checking your closets and cupboards for "White Elephant" gifts to share. These are items you may want to re-gift or no longer need, no need to buy anything! One gift per person, wrapped. LOL! Be sure to come hungry. We're asking all to bring either a favorite hot or cold dip with crackers/veggies/etc. or a favorite dessert. We're calling this "Dips and Desserts." We'll provide beverages. Get ready for a little nostalgia with some of our favorite Christmas music and memories! A game or two is in the works! Please RSVP for planning to billandsue2931@gmail.com.

Our Planning Flock consists of Sue and Bill Fink, Jinnelle Weis, Jewel Ekern, and Lona Jose. Share any ideas you have for fun or adventure with any of us.

For January we're moving the date to the **23rd** and will have a soup and bread cook-off and games in the Living Room.

February 20th will be a Valentine theme and potluck. In March we'll resume monthly outings when the weather warms up. For now, let's snuggle in together and keep each other warm and loved!

Reminder- our Advent Bible Study dates are **December 15 & 22** and **January 5 & 12**.



2024 Annual Reports

Committee chairs/staff: If you haven't already done so, please submit your 2024 annual report to the church office by **December 16th**. Thank you!



**Confirmation
service night,
Delano Food
Shelf
12/4/24**





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.](#))

- 12/11 = Service Night at Love INC
- 12/18 = Christmas Party!