



## Worship

- **Indoor worship—8:15 & 10:45 am Sundays—masks required**
- **Online worship will continue and will be posted on the [church website](#).**



## Church Council 2021

Steven Dickey  
Carmen Hanson  
Jennifer Hinker  
Jon Holzer  
Derek Horeis  
Elizabeth Kohlhof  
Tom Sebelien  
Lisa Spencer  
Stacy VanCura  
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](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)

## Columbarium News & Notice of Congregational Meeting

Light of Christ's Columbarium Committee has been working diligently for many months planning for the creation of a Columbarium and Memorial Garden at Light of Christ. Please see the video link below to view information on the plans to date, and also information on an upcoming Congregational Meeting scheduled for **Sunday, October 24 at 9:30 am**. The purpose of the meeting will be for Light of Christ members to vote on the construction and financing plan for the columbarium.

<https://youtu.be/iHtauTacBk4>



*Thank You! Words cannot express how much we appreciate all the love, support and kindness shown to our family during this difficult time. Whether you kept us in thought and prayers, sent flowers, gave a memorial or helped in any way, your kindness brought us comfort and will never be forgotten.*



*Thank you from LaDonna Ekern and the rest of Laura Carstens family*

## Caring Corner

(by Sue Fink with LOC Healing and Wholeness Committee)



### Mental Health and Suicide Prevention Resources

Mental health crisis services are available 24/7 for all adults and children across Minnesota. If you're in crisis, help is available and there are options to help you cope. Support is available if someone you know is thinking of suicide. Excellent resources are found on [NAMIMN.org](https://www.namimn.org) and MN Dept of Health websites.

During Suicide Prevention Awareness Month and beyond, NAMI offers free Question, Persuade, Refer (QPR) classes for the public. Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5-hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention.

- **Tuesday, October 12, 1:00-2:30 PM**
- **Friday, October 22, 12:00-1:30 PM**

The Minnesota Dept. of Health has published a very useful guide to resources, support and information. <https://www.health.state.mn.us/communities/suicide/whoweare>

### MN Dept of Health: Suicide Prevention in Action

Minnesota suicide prevention efforts are based on evidence that most suicides are preventable, mental illness is treatable, and recovery is possible. Suicide is a serious public health problem that can leave lasting effects on individuals, families and communities. Suicide is complex; there is no single cause of death by suicide. But most importantly, suicide is preventable.

Our goal is zero. The Suicide Prevention Program is working to reduce suicide in Minnesota by 10% in five years, and 20% in 10 years, ultimately working towards zero deaths. Our Minnesota State Plan calls for a comprehensive, public health approach that promotes health, wellness, resilience and connectedness in all communities. Key partners include schools, coaches, faith communities, law enforcement, tribal nations, and health and behavioral health care practitioners

### Crisis Resources

**If you, or someone you know, is in immediate danger, call 911.**

**National Suicide Prevention Lifeline 1-800-273-TALK(8255)** – The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**State Mobile Crisis Services** – Every county in Minnesota provides Mobile Crisis Services for both children and adults that may be experiencing suicidal feelings or mental health crisis. Crisis services are available within each county 24 hours a day, 7 days a week. County crisis teams are available for phone support as well as in-person crisis help. Find the number in your area.

#### Wright County: Buffalo 1-800-635-8008

Carver County: Chaska 952-442-7601

Hennepin County: Minneapolis Adult: 612-596-1223, Child: 612-348-2233

McLeod County: Glencoe 1-320-864-2713

**Crisis Text Line – Text MN to 741741.** The Crisis Text Line provides free crisis support 24/7 for any crisis.

## Starting this week—Faith, Earth and Living Sustainably Discussion Group

We are called to steward the earth and it seems that we're failing. The press is good at reporting negative news, but not at what to do about it. So, if you're confused and don't know how to become better stewards you are not alone. This discussion group is being formed to give members who want to do more a place to share and learn – not only about the problems, but also about the steps we can each take to live more sustainably while being rooted in faith. 12 Thursday night sessions are planned, **starting this Thursday, October 7<sup>th</sup>** and ending in January. The discussion group will be led by new Light of Christ member, Paul Nelson. Paul is a trained facilitator and spent his career in the environmental field. For more in-depth information regarding the discussion group, please [click here](#). To register for the group, email your contact information to the [church office](#).



## Upcoming Food Distribution Dates:

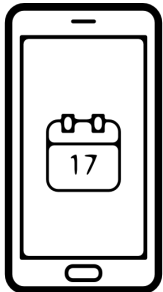
- \* **Monday, October 11 @ 4pm**
- \* **Monday, November 8 @ 4pm**
- \* **Monday, December 13 @ 4pm**



Please contact JoMarie Williamson at [jmw2158@gmail.com](mailto:jmw2158@gmail.com) (note new email address) if you are interested in more information or in helping with any of these dates.



Your generosity is a blessing to this ministry we share. Your offerings fuel our mission. Your giving makes ministry happen. Thank you!



## Fall Youth Schedule

From now through MEA, our youth ministries will be meeting entirely outdoors. On Wednesday nights, Confirmation (grades 7-9) will take place from 6:30-7:45 pm in the lawn/parking lot at Light of Christ, with HS Fellowship from 7:15-8:45 pm around the bonfire pit. HS youth (grades 9-12) will begin by helping to lead large group games for the end of Confirmation time (from 7:15-7:45) and then end with bonfire, discussion, food and fellowship. Unit #1 for Confirmation is "Learning to Pray." Our HS will have various discussion topics each week (see below). Friends are always welcome! Here is the fall schedule:

Date	Confirmation	HS Fellowship
6-Oct	Lg/Sm Gp Night (Prayer 3)	Bonfire at Church (Topic: Trust)
13-Oct	Lg/Sm Gp Night (Prayer 4)	Bonfire at Church (Topic: Rest)
20-Oct	No Confirmation	No HSF
27-Oct	Feed My Starving Children Service Event, Chanhassen (meet at LOC at 6 pm, return at 9:30 pm) must RSVP	



## Stay Informed!

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

## Volunteers are needed each Sunday morning

- Click [HERE](#) to sign up as a greeter/usher.
- Click [HERE](#) to sign up as a lector





## It was a beautiful day for outdoor Sunday school!

We have 88 students registered for Sunday school. Sunday school is held Sunday mornings at 9:30. There's always room for more! You can still register at this [link](#). Special thanks to all the teachers and parent volunteers!

## SPARK

We had 17 3<sup>rd</sup> & 4<sup>th</sup> graders registered for the first round of SPARK. SPARK meets after school on Wednesdays from 3-5:00 pm.

Beginning on Wednesday, October 6<sup>th</sup>, the 1<sup>st</sup> and 2<sup>nd</sup> grade rounds of SPARK begin and continue for three weeks. There is still time to register at this [link](#)!

