



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



Rachel Kurtz Coming to Delano!

When: Wednesday, May 17th – 6:30 to 8:00 pm

Where: Light of Christ Lutheran Church, Delano

Who: Open to all! Also live-streamed at facebook.com/lightofchristlutheranchurch

Join us for a night of music and an encouraging message about youth and mental health on the theme, "You are Enough" with Minneapolis native, Rachel Kurtz!!



Raising awareness for world hunger, hurricane relief, and multi-cultural reconciliation, Kurtz's powerhouse voice and heartfelt performances have been electrifying crowds in Atlanta's Georgia Dome, New Orleans' Superdome, Texas' Alamo Dome, and hundreds of other concert venues from coast to coast.

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.

***Sponsored by the Healing and Wholeness Committee and the Confirmation ministry at Light of Christ Lutheran.*

Walk a Mile in My Shoes

Sunday, May 21 at 10:30 am



May is designated as Mental Health Awareness Month to bring awareness, education, acceptance, and support while erasing the stigma associated with mental illness.

Mental Health
Awareness Month

**Light of Christ
Lutheran Church**
3976 County Line Rd SE, Delano

We'll have a short program and refreshments followed by a one-mile walk. The entire community is encouraged to attend. Donations will be collected for NAMI-Minnesota.

Families are encouraged to participate in a child-friendly scavenger hunt.

Wear green for mental health!

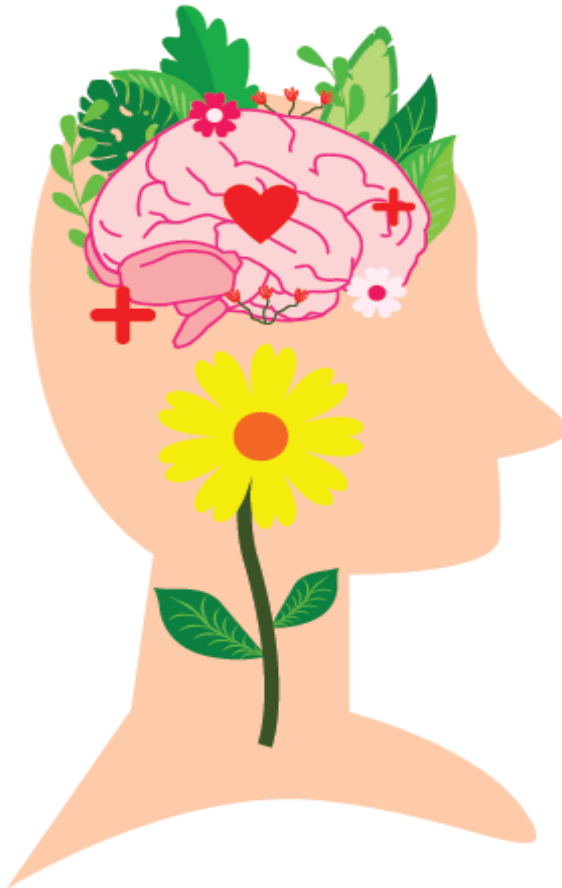
Contact us!

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(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com

MENTAL HEALTH



TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.



PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.



CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

SCAN HERE FOR MORE RESOURCES



LIGHT OF CHRIST CHURCH HEALING AND WHOLENESS MINISTRY

April Fifth Sunday Contributions



Thank you to all who contributed money that will be donated to the Delano Senior Center for the purchase of a new van for their many efforts transporting Delano seniors. The amount collected is **\$1120**. This certainly shows that Light of Christ members are partners with our community!

Position Opening

Light of Christ Lutheran Church is seeking a Congregational Ministry Director to help build and coordinate a spiritual gifts ministry where peoples' gifts and areas of interest are matched with opportunities for service and ministry. If you can see yourself supporting our congregational membership process by actively connecting visitors and members with the life of the congregation and engaging people in their areas of giftedness and passion, please contact Jo Williamson at jmw2158@gmail.com with your interest. The full job description is available through the church office (terri.reuter@locdelano.com), or on the church website:

<https://www.lightofchristlutheran.com>

THANK YOU!

Thank you to all who helped during your March Pack-the-Pews campaign. We appreciate the generous cash donation of \$350 and food. Our neighbors in need are always thankful for the food and household items they receive! Thank you for your help!

Delano Helping Hands Food Shelf



Spring weather is finally here! As you do some spring cleaning and go through shoes at home, please consider bringing old tennis shoes to Light of Christ to support our youth going to Belize! Here are the details:

What: Used sneaker fundraiser/recycling program through [GotSneakers?](#)

Proceeds: Each pair of sneakers brings in at least \$0.25 (but up to \$7 depending on the condition) and will benefit our youth going to Belize

When: Now until June 11

Drop Off: Collection bins at LOC (Narthex & Fellowship Hall)

Note: Only tennis shoes are accepted

Thanks for supporting our Belize youth as we doing some spring cleaning while also helping out our environment and those in need!

Gifts for Mom, Dad or Teachers!

Equal Exchange items make great gifts for Mother's or Father's Day or year-end teacher gifts! We even have some new items (beyond the coffee, chocolate, tea and nuts that we've had in past)... including hot sauce and chocolate chips! You can purchase items before or after worship each Sunday (from the "LOC Youth Corner") or [online through this link](#). Items can even be gift wrapped or even delivered (in the Delano area)! Proceeds benefit the youth going to Belize and also help small farmers around the world. Thanks for your support!



The church office will be closed on Fridays, starting May 26th, through Sept. 1st.

SUMMER
OFFICE HOURS

Belize Prayer Partners

Each summer we ask our congregation family to pray for our service trip participants as we prepare and then also while we are on our trip. We give each prayer partner an itinerary so that they know what we're up to each day and then encourage them to attend our return worship service after the trip (which is on August 6 this year). This summer we are looking for approximately 35 people who will commit to praying for our HS youth and adults as we head to Belize to serve, grow and learn from July 29 – August 6. [Click here to complete the short form](#) to indicate your interest. Thanks for your partnership in ministry!



Donate from Your Smart Phone

Light of Christ offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's QR code reader or go to the [church website](#) and locate the online giving page.



Graduate Recognition Sunday

Our special recognition and blessing of our Light of Christ graduates will be during worship service on June 4th at 9 am. Graduates and their parents will be invited to the front to be recognized and participate in a special blessing. Each Graduate will also receive a special quilt made by LOC members, and be featured in a special bulletin insert and slideshow.

Grads/parents of grads: remember to submit your photo and info to the church office **before May 23** to be included in the insert.



Twister Tag at Confirmation 🕶️



Final Confirmation “Content Night” 2023



High School Fellowship

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

⇒ **May 17 = Rachel Kurtz, Family Matters (6:30-8 pm)**



You're invited to VBS at Light of Christ Lutheran Church!!

Kids will be launched on a cosmic quest where they'll have a blast shining Jesus' light to the world. It's an out-of-this-world adventure that's light years of faith-building fun!



July 23rd—26th
5:15-8:00 pm

STELLAR Supplies

THANKS TO YOU OUR VBS THIS YEAR IS GOING TO BE STELLAR! We thank you for donating or letting us borrow needed items for our VBS this summer. This helps us put on a STELLAR event while keeping costs down. Items needed can be found at this link: <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-stellar>



Global Barnyard—\$1473.82 as of 5/10/23
This means we are currently able to purchase...



- 1 cow
- 2 dozen chicks
- 4 roosters
- 4 pigs
- 4 goats
- 1 bee colony with a community vegetable garden
- and a community fish farm

**Thank you for the
barnyard sent to love!**