



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!

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(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Ministry Partners are needed each month on the second Monday for the Nourishing Hope Distribution program we share with four other west metro churches.

Due to growing need, we will increase to 100 the number of boxes of free food we will share with our neighbors in June. 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-up links are below:

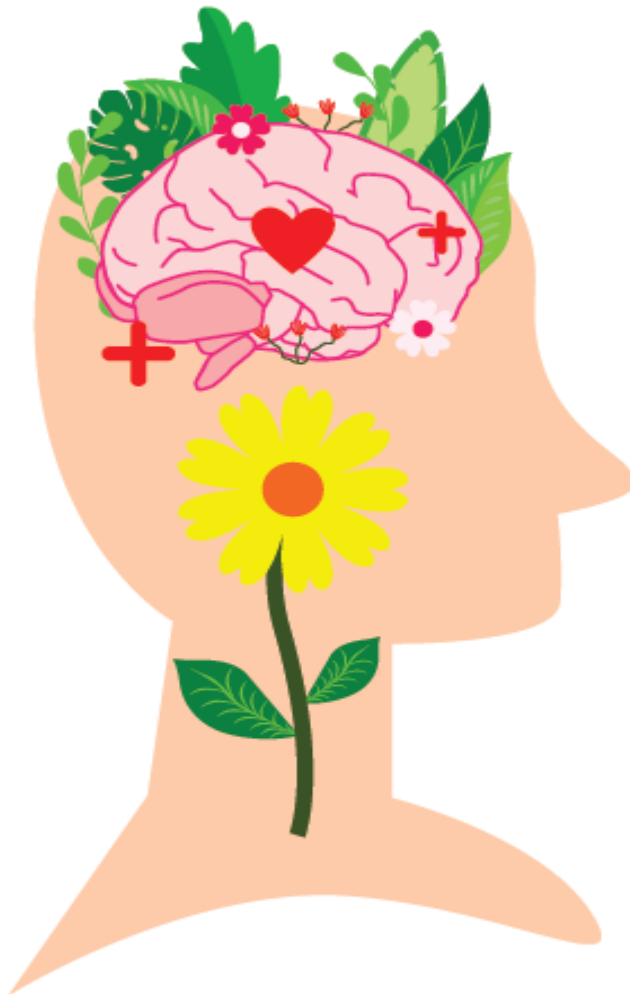
- **10:00 am** packing food boxes (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- **3:30 pm** distributing boxes of food right here in our church parking lot (<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

Donations gratefully accepted, designated for *LOC Food Distribution Ministry*.

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

Mental health resources can be found by scanning the QR code above or by clicking [this link](#).

MEMBER OPPORTUNITIES FOR OUTREACH



I've always enjoyed volunteering and giving back to my community. It started in college when I was required to volunteer as part of one of my classes and I just never stopped going, long after my class was over. Then I started having kids and it became harder for me to find opportunities that worked for me... and on top of that, I really wanted my kids to take part in the work, too! It can be hard to find opportunities that are appropriate for smaller children to help with - and then I discovered the Fresh Start Program through Love INC.

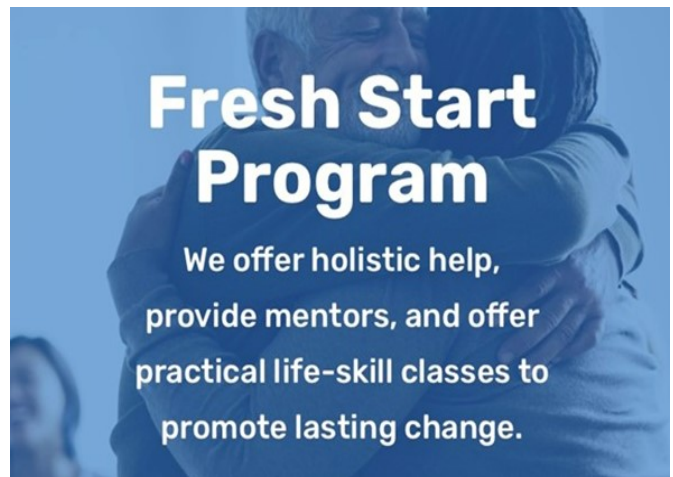
"The Fresh Start program is for families in need in our community. Love INC provides dinner and life skills classes with their support benefits. This program embodies a hand up vs. hand out approach to need. Sharing a meal together is also a time to build a community support system."

We have now volunteered a couple of times as a family. Not only is it a really great program, but the kids actually enjoy going there to help serve the meal and have already asked when we are signed up to go again! The volunteer work is to provide and serve a meal to the group that is meeting, Monday nights at 5pm. What I love about this program is that you can just sign up as you are available and we have done this about once a quarter. However, we could do this more or less often if we wanted.

The program director, Lisa, has let me know that they are in need of more volunteers and so I wanted to share this information with our church in case anyone else is still looking for that 'right opportunity'! Please reach out to me, katie.j.henson@gmail.com if you want to learn more, or you are welcome to reach out directly to Lisa, lisa@loveinheartland.org, for more information.

Thank you for reading this and I hope you consider helping this great program!

Katie Henson, Light of Christ member



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>



Stay Informed!

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



Did you know...

- Almost 200 million shoes end up in landfills every year
- Shoes in a landfill take up to 30-40 years to decompose
- More than 6 million people worldwide don't even own a pair of shoes

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

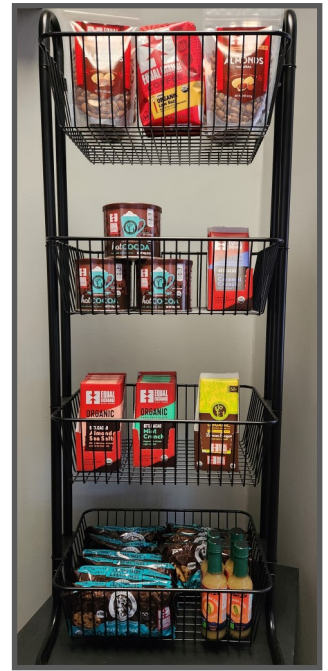
Drop Off: Collection bins at LOC (Narthex & Fellowship Hall)

Note: Only tennis shoes are accepted

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

Gifts for Dad or Teachers!

Equal Exchange items make great gifts for 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.



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.

Connecting Parents and Youth for Babysitting Opportunities

Are you a youth looking for some new babysitting or nanny/manny opportunities? Are you a parent looking for responsible, reliable babysitters (or summer care)? Complete this [short online form](#) to indicate your interest (if you are a youth) or what childcare needs you have (if you are a parent) and Kirsten will help you get connected!



Spring Confirmation Retreat at Wapo

Last weekend we had 20 youth and 5 adults attend our Spring confirmation retreat at Lake Wapogasset Lutheran Bible camp in Amery, WI. It was a quick one-night trip, but we enjoyed some fun games, great food, fellowship time together, and talking about healthy relationships. Thank you to our awesome adult leaders... Cynthia Kuenzel, Kara Larson, and Jennifer Slipka!



Prepare to Blast Off!

Registration for a STELLAR VBS is happening now!

Crew members also needed - if willing to come on board just let LaDonna know! Supply crew member also needed - see sign-up link for how you can assist!

Register at the link below or by scanning the QR code:

<https://lightofchristdelano.breezechms.com/form/859fd882>



If you'd like to donate needed supplies, you can sign up at this link: <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-stellar>

GLOBAL BARNYARD 2023



Through selling Easter baskets, promoting piggy banks, taking noisy offering and a coloring contest, our young people (with your generous support) brought in a total of **\$1524.52!**

4 of our Bible Story Group young people submitted pages they had colored for a Global Barnyard coloring contest. By coloring a picture (or 2) these 4 brought in \$42!! Shout out to Anna Krause, Austin Dickey, Emma Knisley (not pictured) and Sami Tool!

CHILDREN, YOUTH & FAMILY NEWS



Bible Story Time ended on a high note of 25 students making a special gift for Mom.

INDOOR EGG HUNT



A picture paints 1000 words



While we were bummed to have rain postpone a bounce house, we still had a fantastic time in worship, an egg-cellent egg hunt, food and fun!



Thanks for your prayers and support!

Thank you!