



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!

Light of Christ Lutheran
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Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



NourishingHOPE

Free Fresh Produce and Dairy

Monday, August 14th
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

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

Hanover

Influence Church @ City Hall
11250 5th Street NE
Hanover, MN 55341

For assistance locating a specific site or for questions, please contact us at nourishinghope.oflc@gmail.com or Facebook Messenger.

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

A Wonderful Way to Put Faith into Action

Light of Christ monthly food distribution is always the **second Monday of each month**. Two opportunities to serve. At **10:00 am** at Our Father's Lutheran Church in Rockford, we join with the other four churches to pack hundreds of boxes of various food items. We also load up our own LOC trailer with the boxes we distribute later in the day. [Click here](#) to sign-up for this shift.

You may also serve our neighbors and guests by coming to the church parking lot at **3:30 pm** to help us set-up for a 4:00 pm distribution of the boxes. Elementary school-aged through retired make up our wonderful team each month. [Click here](#) to sign up.



Caring Corner

(for the month of August)

(from Rachel Boyack of the Healing & Wholeness Committee)



Nurturing Mental Wellness Through the Transition from Summer to School

As the summer draws to a close, we find ourselves preparing for a new chapter—the return to school. This transition can be both exciting and challenging, especially for our elementary and high school-aged students. In this newsletter article, we will explore practical ways to support mental wellness during this period, intertwining insights from mental health resources with the comforting guidance of our Christian faith.

1. Acknowledge and Validate Feelings:

Transitioning from the freedom of summer to the structure of school can evoke a range of emotions in our children. It is crucial to create a safe space for them to express their feelings and concerns. By acknowledging and validating their emotions, we can help them process their experiences and foster their mental well-being.

Therefore encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5:11

2. Establish Routines:

Routine is a valuable tool for promoting mental wellness. Returning to school often requires adjustments to sleep schedules, mealtimes, and homework routines. Gradually introduce these changes to help children acclimate and reduce stress. Implementing consistent devotionals or prayer time can also provide spiritual grounding amidst the hustle and bustle.

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity. Ephesians 5:15-16

3. Encourage Open Communication:

Effective communication plays a vital role in maintaining mental wellness. Encourage your children to share their concerns about school openly. Create an environment of trust and support, emphasizing that you are available to listen and help navigate any challenges.

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. Psalm 34:17

4. Cultivate Healthy Coping Mechanisms:

Transition periods can heighten stress levels. Teach your children healthy coping mechanisms, such as deep breathing exercises, physical activity, and creative outlets like journaling or painting. Additionally, encourage them to find solace in prayer and the assurance that God is our refuge and strength.

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

5. Foster Peer Connections:

Supporting social connections is essential for mental well-being. Encourage your children to reconnect with old friends and make new ones. Organize playdates or attend community events that facilitate positive interactions. Hebrews 10:24-25 reminds us of the importance of encouraging one another and building each other up.

Remember, as parents and guardians, you play a significant role in your child's mental wellness. By nurturing their emotional, physical, and spiritual needs, you empower them to face the challenges of the new school year with confidence and resilience.

**References:

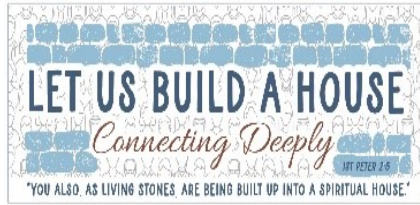
1. American Psychological Association (APA). (n.d.). Help your child manage stress during transitions. Retrieved from <https://www.apa.org/topics/children/school-anxiety>
2. National Alliance on Mental Illness (NAMI). (2021). Supporting Families And Children Returning To School. Retrieved from https://www.youtube.com/watch?v=obdcln_JFo0
3. Mental Health America (MHA). (n.d.). Back to school toolkit: Tips for parents and students to make the transition easier. Retrieved from <https://www.mhanational.org/back-school>



KIDS HOPE USA

Light of Christ partnered with an exciting program called KIDS HOPE USA and Delano Elementary last school year and it was VERY successful. We are excited to have last year's volunteer mentors return and are also hoping to add a few more mentors. Volunteer Light of Christ mentors spend **1 hour mentoring one child, one day a week at the elementary school during the school year and we do our best to work with your schedule.** Delano Elementary staff selects the students. The primary goal of this one hour is **building a friendship relationship with the student and to help the child feel more comfortable in their school setting.** We are happy to tell you more about the program if you are interested in joining us. This very successful program has been helping kids for over 25 years and is located in more than 40 states including MN. We look forward to talking more with you about Kids Hope. If you are interested, please contact Terri at the church office and she will connect you with us. Thank you!

Light of Christ – Transitions and Planning



As you know, Pastor Bruce will be retiring at some point in the next 12-18 months. We have a few important things guiding us forward. Our Strategic Plan (click link to [Let Us Build a House.pdf](http://lightofchristlutheran.com/Let_Us_Build_a_House.pdf)) is an overview of our vision which will enable us to continue growing our ministry while making plans for leadership transition. You've seen some invitations for you to consider serving on the upcoming Call Committee. But you may not know that there is another team already working behind the scenes – our Light of Christ Transition Team.

The focus of our Transition Team is to prepare the Mission Site Profile, which is a foundational resource for the Call Process. It essentially describes our church – the Mission Site – and many of the things that make us unique. As well, it describes some of the qualities or attributes/skills of what we imagine will be important for our future Pastor. This Profile is a key document for our Call Committee, our Synod (the Bishop and other staff), and potential pastoral candidates. You might say it's a snapshot of who we are and what we feel is important to us and our ministry.

Serving on our Transition Team are Rhonda Current, Derek Horeis, Lisa Spencer, Dave Wuerger, Tim Johnson and Pastor Bruce. And, importantly, please note that our Team Chairperson was inadvertently left off the list of participants in last week's article. Thank you, Rhonda Current, for being our lead and for your faithfulness in this process! (**Our apologies!**)

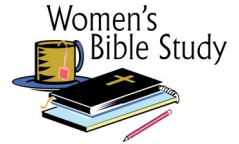
The Transition Team is relying heavily upon congregational input that has been gathered over the past year+. The MAP – Mission Site Profile, Table Talks, staff and leader conversations, Community Leader Gathering input, and more. There will be opportunity to learn more and to provide some more input.

Please continue to pray that God inspires this process and our ministry as we continue to share the Light of Christ's love, compassion, grace and importance for all!



Monday through Thursday
7:30 am – 4:00 pm

Attention, Women! Women's Bible Study is resuming on Sept. 7th!



As life and schedules get busy for the fall, please consider taking time out for yourself and joining us for the women's bible study starting in September. Participating in a bible study is a great way to dive deeper into the word and gain new insights that strengthen our faith.

The women's bible study will meet the **1st and 3rd Thursday of the month, 6:30 – 8:00 pm in the Living Room at LOC. If you need to leave by 7:30 that is okay. We will use the last 30 minutes for social time if people want to spend some time visiting. We will meet September – March. We will not meet in December.** The first meeting will be 9/07. If you can't make it every time that is okay! We want you to come when you can.

The study we will be doing for this session is "Blessed" *Experiencing the Promise of the Book of Revelation* by Nancy Guthrie. Below is a summary of the study. Source: [Blessed: Experiencing the Promise of the Book of Revelation: Guthrie, Nancy: 9781433580208: Amazon.com: Books](https://www.amazon.com/Blessed-Experiencing-the-Promise-of-the-Book-of-Revelation-Guthrie-Nancy/dp/9781433580208)

"Over 12 chapters, *Blessed* covers the full text of the book of Revelation, exploring its call to patient endurance as God's sovereign plans for judgment and salvation are worked out in the world. In this book, Guthrie shows how Revelation is less about when Jesus will return and more about who we are to be, what we are to do, and what we can expect to endure as we wait for Jesus to return to establish his kingdom in the new creation."

If you are interested in participating, please respond to Lindsay Lindall at lindsay.lindall@gmail.com

We hope to see you in September!

Live-streaming to YouTube!



We have added our YouTube page as a source of live-streaming. Please note, we will continue streaming on Facebook as well! Links to both our YouTube and Facebook pages can be found at <https://www.lightofchristlutheran.com/worship/worship-schedule>

MEMBERS DOING OUTREACH

Serving the Community and Beyond

For the second year in a row, Light of Christ Ministry Partners helped staff the Delano Rest Stop for the annual Tour de Tonka Bike Ride. Over 2500 bike riders participated this year. Staffing the rest stop meant setting up and preparing to hand out snacks of all sorts and gallon and gallons of water and Gatorade.

One of the top priorities LOC folks shared in the MAP congregational survey was to increase our engagement with the broader community. This was a fun way to do just that! Involved in this year's event were: Rhonda Current, John Magner, Paul Gabrelcik, Carrie and Zach Quamen, Brad and Jordan Spencer, Butch Priester, and Tim Johnsonson.



Fall Faith Journey for Children in 1st-6th grades



Registration open –
sign up below now!



- Voyagers (1st-3rd grades: <https://lightofchristdelano.breezechms.com/form/Voyagers.202166899>)



- Pathfinders (4th-6th grades: <https://lightofchristdelano.breezechms.com/form/Pathfinders.2021616>)

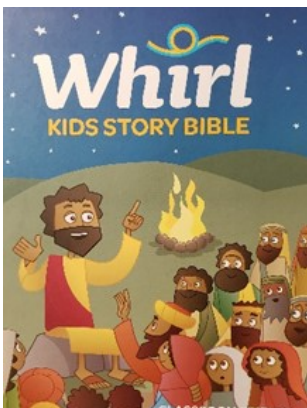
Rally Sunday—September 10th



Outdoor Games and Activities: Bounce House, Cake Walk, Bingo, Ring Toss, Bozo Bucket Toss, Sucker Tree, Rock Painting, Face Painting. Fall registration/orientation.

- Needed items: store bought cookies, cake, pies, cupcakes for cake walk; bottles of soda or sports drinks for ring toss <https://www.signupgenius.com/go/30E0C48A4A72AA3F94-donations>
- Volunteers to help with few of the games (youth 7th grade and up or adults) <https://www.signupgenius.com/go/30E0C48A4A72AA3F94-rally>

Thanks!



3-year-olds (or Explorers 3 years-2nd grade who do not have a children's story Bible and would like one) will be receiving their bibles during worship on September 10th. Please let LaDonna or the church office know your child's name **prior to September 1st**. (\$20 suggested donation to help cover cost)

***We are also looking for 2-3 volunteers to assist LaDonna with small groups at Pathfinders (4th-6th grades) for the year. If you are interested, please let LaDonna or the church office know.

LIGHT OF CHRIST Summer 2023 Youth Activity Nights

Open to kids completed grades 6-12

Mondays 7:00-8:30pm
June 19th, July 17th & Aug 21st

No Cost

Join us for a
variety of
activities plus
snacks & drinks -
please bring a
waterbottle!



Last one for the summer!



BELIZE MISSION TRIP... *Reunion!*

Tuesday, August 15, 7:30 pm
Billie & Ellie Chock's house



Over the next few weeks, we are going to be sharing different photos from our Belize mission trip. We took thousands of photos, and we hope these will help paint the picture of the incredible life-changing trip that we had! Our hearts grew so much and we hope you'll ask us about all of our stories. Because of you, 35 youth and 20 adults grew in their relationship with each other and with God...and loved and served in HUGE ways! If you'd like to hear some of our stories, here is a link to our return worship service that took place on Sunday, August 6: <https://www.facebook.com/lightofchristlutheranchurch/videos/1246904489361179>

Thanks for your love and support!



Belize Travel Memories



Swimming fun!



CHILDREN, YOUTH & FAMILY NEWS



**So many
new
friends!**



**Xunantunich
Mayan Temple**



7/30/23



**Incredible Adult Leaders
Belize 2023** ❤️

