



## 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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## Last one for the summer!

**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!

## Readers Theater (i.e., Superheroes!)

Volunteers are needed for our Wednesday after-school Voyager group! This is a great way to be connected with the children at Light of Christ with only a 15-minute, 1 hour a week commitment! Contact LaDonna for details, or come to church on **Wednesday, August 23 at 2:00 pm** for an overview of our program and the fun way you can be involved!



## 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](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>





## Transition Team Update!

We invite you to continue to keep our Transition Team in your prayers. As they continue to meet, they are working to create a Mission Profile, which is an important ingredient to our upcoming call and transition process. Please refer to last week's article for more information.

Serving on our Transition Team are Rhonda Current, Derek Horeis, Lisa Spencer, Dave Wuerger, Tim Johnson and Pastor Bruce.



## 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!



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

## Attention, Women! Women's Bible Study is resuming on Sept. 7<sup>th</sup>!



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 **1<sup>st</sup> and 3<sup>rd</sup> 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/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](mailto: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>

## Fall Faith Journey for Children in 1<sup>st</sup>-6<sup>th</sup> grades



Registration open –  
sign up below now!

- Voyagers (1<sup>st</sup>-3<sup>rd</sup> grades: <https://lightofchristdelano.breezechms.com/form/Voyagers.202166899>)
- Pathfinders (4<sup>th</sup>-6<sup>th</sup> grades: <https://lightofchristdelano.breezechms.com/form/Pathfinders.2021616>)



## Rally Sunday—September 10<sup>th</sup>

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 7<sup>th</sup> grade and up or adults) <https://www.signupgenius.com/go/30E0C48A4A72AA3F94-rally>

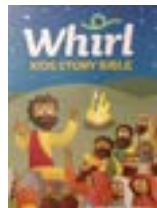


## Explorer Volunteers

Beginning Sunday, Sept. 17, Explorers (children 3 years—2<sup>nd</sup> grade) will be excused from worship following the children's message to explore the Bible in an age-appropriate way. We have leaders for this time but need a second adult to maintain our "safe sanctuary" policy. Please take a moment to sign up so we can continue the explorer program. Thanks! <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-explorers>

## Bible Presentation on Sunday, Sept. 10

At Light of Christ, we present to our 3-year-olds a Whirl Story Bible. This is the Bible the Explorers (children 3 years-2<sup>nd</sup> grade) will hear Bible stories from on Sunday morning. While they will not need to bring them on Sundays, having the same Bible is a great way to share the Bible story again at home.



We want to make sure your child is included in the presentation. If your child is 3 years old – 2<sup>nd</sup> grade and would like a Bible, please sign up at the link below **by Sept. 1.**

<https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-explorers1>

## First Communion Celebration Sunday, October 29 at our 9 am Worship Service

First communion will be celebrated during our **9 am worship service on Sunday, October 29.** Here at Light of Christ, we



welcome children of all ages to receive first communion instruction and then come to the Lord's Table. First communion instruction times will be Sundays, October 8 and 15 from 6-7 pm. We do ask that parents accompany children to these instruction times. Please take a moment and let us know your family's intent to participate by completing the registration form at this link: <https://lightofchristdelano.breezechms.com/form/d50eac>  
Thank you! We look forward to welcoming your child into this high and holy moment in his or her faith life! As always, if you have any questions, please do not hesitate to contact us.



## CHILDREN, YOUTH & FAMILY NEWS

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!



**So many new friends**



### Belize Adult Participants... "The Elite 8"!



8 of the adults on our Belize trip came as adult participants. They were not expected to lead any aspects of the youth trip (but still stepped up in HUGE ways)...they came to serve and grow and learn together. This group became incredibly tight and did some amazing projects during our week, including:

- Clearing space in the jungle for a future Christian retreat center
- Mixing concrete and starting the foundation of a home for a family (after theirs was destroyed in Hurricane Lisa)
- Building incredible relationships with those they worked with (including the Tzib family who they ate and worshipped with for 3 evenings in their home)

After this experience, their hope is to start a yearly adult mission trip at Light of Christ so others can experience the incredible adventures and faith-growth that they did in Belize.





## CHILDREN, YOUTH & FAMILY NEWS



### Snorkeling and Swimming with the Sharks!!



The two photo collages above show pictures of the day we spent cleaning up a camp that was impacted by hurricane Lisa last winter. We did a ton of scraping and painting, did tons of digging and planted MANY coconut trees! It was hard work but so fun to be together as a team on our last day of serving in Belize!

Then, on our very last day, we had a fun day of snorkeling, swimming and exploring the island off of the mainland called Caye Caulker. We enjoyed eating together and buying a few souvenirs to bring home. It was a great way to end our trip!

