



## 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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# THANK YOU!

Thank you for all the meals, cards, calls, visits, well-wishes and prayers that I received while recovering from my hospital and rehab stay. It is all very much appreciated.

- Vern Lange



Thank you to everyone who helped set-up, serve, and clean up at the funeral reception last week. A special thank you to Pastor Bruce, Paul, and Terri.  
~ Mary Ann McKay & the Women of LOC

## Fifth Sunday Contributions

Thank you to all Light of Christ members who contributed to the very important and necessary work Karen Anderson does in Chile for those in need. We collected \$650! Your generosity will make a great difference for those who need our support.

**THANK YOU!!**

## A Wonderful Way to Put Faith into Action

Our next food distribution is on **Monday, Sept. 11<sup>th</sup>**. 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.



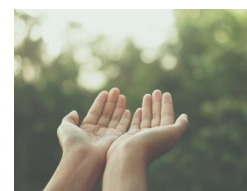
**FOOD DISTRIBUTION 8/14/23**



## 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:



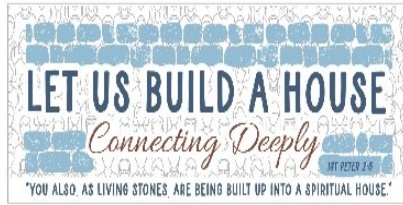
1. American Psychological Association (APA). (n.d.). Help your child manage stress during transitions. Retrieved from <https://www.apa.org/topics/children/school-anxiety>
2. National Alliance on Mental Illness (NAMI). (2021). Supporting Families And Children Returning To School. Retrieved from [https://www.youtube.com/watch?v=obdcIn\\_JFo0](https://www.youtube.com/watch?v=obdcIn_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.

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!

## Summer Musical Series Based on All Creation Sings



Join our Director of Worship and Music, Katie Anne Kohler, every Wednesday as she shares music and information about the new ELW Hymnal supplement, *All Creation Sings*. Videos will be posted every Wednesday on our Light of Christ Devotions YouTube page, found at this web address: <https://youtube.com/@lightofchristdailydevotion5560>

## 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>

## 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 **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/Blessed-Experiencing-the-Promise-of-the-Book-of-Revelation-Guthrie-Nancy/dp/0781433580)

"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!

## 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.

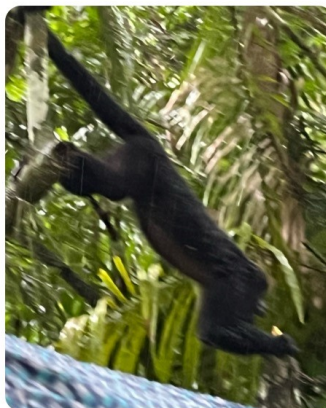




Over the next few weeks, we are going to be sharing different photos from our Belize mission trip. We took thousands of photos, and we hope these will help paint the picture of the incredible life-changing trip that we had! Our hearts grew so much and we hope you'll ask us about all of our stories. Because 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>

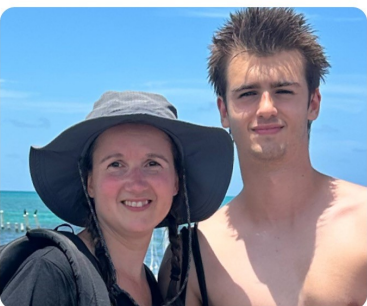
Thanks for your love and support!

### Howler monkey tour





## CHILDREN, YOUTH & FAMILY NEWS



### Strengthened Families

There were 21 youth on the Belize mission trip (out of 35) that had a sibling, parent and/or grandparent on the trip. As I was tracking down these photos, I heard from some of the parents that this was the only photo they got with their child. Although it is a shared experience, many parents/kids find that they hardly see each other throughout the week. Yet even though this is the case, how the relationships are strengthened through these trips is almost indescribable. Ask any of these people in these pictures and I think they will tell you that the trip was priceless, even though they didn't spend a lot of it together. We grew in faith, we grew in our friendships, and we grew stronger as families and also as one big mission trip family! God is so good ❤️