



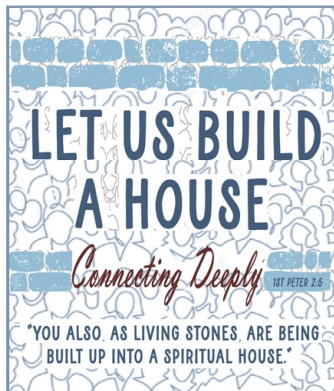
## Worship

- In-person worship—**9:30 AM (new time)** Sundays
- Online worship continues, and is live-streamed to our [YouTube](#) and [Facebook](#) pages



## Church Council 2024

Mike Boyack (vice pres.)  
Laurie Brown (sec'y.)  
Billie Chock  
Tim Current (treas.)  
Heidi Goldbeck  
Luke Jeseritz  
Lisa Krause  
Natasha Werner (pres.)  
Jon Wissink  
Pastor Bruce Kuenzel



## Contact us!

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[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)

## Holy Week Schedule

- **Maundy Thursday**, March 28<sup>th</sup> at 7:00 PM - Worship with Holy Communion; Allie Bunker, speaker
- **Good Friday**, March 29<sup>th</sup> at 7:00 pm - "Service of the Nails," a contemplative service with scripture, prayer, meditation, and music.
- **Easter Sunday**, March 31<sup>st</sup> at 8:30 & 10:30 am - A blend of classic and contemporary worship featuring a variety of music and plenty of celebration!



HOLY WEEK  
WORSHIP  
SCHEDULE



**From all of the Summer 2024 Trip youth:  
THANKS FOR SUPPORTING  
OUR FUNDRAISER!**

## With HEARTFELT thanks!

The youth going on our summer 2024 trips want to extend a HUGE thank you to all who helped make our fundraiser on 3/17 a success! From those who donated auction items to those who attended the event and especially those who volunteered... we couldn't do it without you! **BECAUSE OF YOU, WE RAISED \$10,785!**

## Caring Corner

(from Rachel Boyack of the Healing & Wholeness Committee)



### **Are We Asking Too Much of Our Teens? Part 1**

In today's fast-paced world, our teens face an unprecedented level of pressure and stress. This pressure manifests in various domains, including academics, sports, and life direction, leaving them feeling overwhelmed and anxious. This article aims to explore the sources of this pressure and the potential consequences for our teens' mental and emotional well-being.

#### **Increased Academic Expectations:**

In today's highly competitive educational landscape, our teens face immense pressure to excel academically. The expectation for high grades, taking advanced courses, and performing well on standardized tests is more intense than ever before. This pressure is often amplified by the desire to get into prestigious colleges and secure scholarships, adding a significant financial dimension to their academic pursuits.

#### **Intense Sports Participation:**

Sports, once considered a fun and extracurricular activity, have transformed into a highly demanding and time-consuming endeavor. Teens are encouraged to specialize in specific sports at an early age, requiring multiple practices per week and year-round commitment. The pressure to excel, coupled with the expectation of additional training and conditioning, can be overwhelming for our teens.

#### **Unrealistic Expectations from Parents and Peers:**

Some parents may inadvertently contribute to their teens' pressure by placing high expectations on them. The desire for their children to succeed can lead to constant comparisons, pressure for perfection, and a focus on external validation through grades and achievements. Peers, especially through social media, can also create a culture of comparison and unrealistic standards, making our teens feel inadequate and insecure.

#### **Diminished Opportunities for Relaxation and Connection:**

The relentless pursuit of academic excellence and extracurricular involvement leaves little time for relaxation and connection with family and friends. Teens spend long hours studying, practicing sports, and attending various activities, often sacrificing quality time with loved ones. This lack of downtime and social support can contribute to feelings of isolation, loneliness, and burnout.

#### **Impact on Teens' Mental and Emotional Well-Being:**

The chronic stress and pressure experienced by our teens can have profound effects on their mental and emotional well-being. They may exhibit symptoms such as anxiety, depression, and low self-esteem. The constant pressure to perform can lead to perfectionism, a fear of failure, and a diminished sense of self-worth. In extreme cases, it can even lead to self-harm or suicidal thoughts.

***Come back next issue for information on how to support our youth that face pressure and stress.***

***Content sourced and adapted from:***

The Liv Project. "Under Pressure: Are we asking too much from our Teens?" *The Liv Project*, 20 December 2022, [https://thelivproject.org/under-pressure-are-we-asking-too-much-from-our-teens/?mc\\_cid=86f13ea3b0&mc\\_eid=951d5b0e61](https://thelivproject.org/under-pressure-are-we-asking-too-much-from-our-teens/?mc_cid=86f13ea3b0&mc_eid=951d5b0e61). Accessed 5 March 2024.

## March Fifth Sunday Offering

Our March Fifth Sunday offering will go to Second Harvest Heartland. Light of Christ has local connections to Second Harvest as well. Second Harvest provides food to Delano Helping Hands – our local food shelf. They also provide the food distributed through Nourishing Hope. Nourishing Hope provides food to six local churches for monthly distribution. Light of Christ has been one of the participating churches since 2020.



For every \$1.00 donated, they can provide 3 meals to hungry neighbors. You can donate under the *March Fifth Sunday Offering* tile on our *Give* page, found by going to the [LOC website](#). You can also designate a check or cash specifically for *Second Harvest* in Sunday's collection plate or send it to Terri in the office **by April 5**. You can help feed a hungry family and make a difference! Please donate what you can.





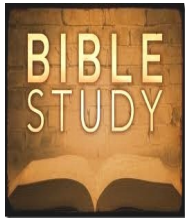
The church office will be closed on Good Friday, March 29<sup>th</sup> and Easter Monday, April 1<sup>st</sup>.

## Fish Fry Fundraiser

Light of Christ will receive a portion of the proceeds from the March 29<sup>th</sup> fish fry at the Delano American Legion Club. Tickets are available for purchase after service in the narthex or in the church office during office hours.



## Tough Questions for 21<sup>st</sup> Century Christians



Pastor Bruce leads a Bible study on the tough questions that we face as 21<sup>st</sup> century Christians today, which meets on the **first and third Tuesdays of the month** in the Living Room from 7:45 - 8:45 PM. The next study is on **April 2<sup>nd</sup> at 7:45 PM**. There is no need to

register ahead of time. The presentation will be recorded and posted on the Light of Christ website for those who can't participate in person. Please don't hesitate to reach out to Pastor Bruce with any questions you may have.

Did you know that you can find past sessions of Tough Questions on our [YouTube](#) page? Below are the links to past questions discussed:

- Introduction Video <https://youtu.be/SUP5E82IBSg>
- Where is God When the Innocent Suffer? <https://youtu.be/zNffKR1HfZU>
- Why Do Bad Things Happen to Good People? [https://youtu.be/juvWr\\_G-K-I](https://youtu.be/juvWr_G-K-I)
- What is the Meaning of Innocent Suffering? <https://youtu.be/VS5GmtleiFs>
- Can I Believe in Creation and Evolution? <https://youtu.be/O2QO4yJHLqY>
- Can I Believe in Creation and Evolution? Part 2 <https://youtu.be/nh3hcKXb9b4>
- Why do we bless LGBTQ+ marriages and ordain pastoral candidates who are in them? <https://youtu.be/Qa1PNP8FOFY>



## Sisters of LOC—Bingo Night!

Meet at 5:15 PM for dinner and fellowship (order from the menu and pay for your own meal and bingo). Bingo starts at 6:15 PM. Please click the link below to sign up—thank you!

**Date:** Thursday, April 4, 2024

**Time:** 5:15 PM

**Location:** Delano American Legion

<https://www.signupgenius.com/go/20F0B4DA5AA29A0FD0-48178639-bingo>

## New Member/Partner - Sunday April 21<sup>st</sup>

We will be receiving new members/partners on Sunday, April 21<sup>st</sup>. If you are interested in more information about joining Light of Christ, please contact the church office before **April 10<sup>th</sup>** at [terri.reuter@locdelano.com](mailto:terri.reuter@locdelano.com).



## 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.

## Help a Fellow Light of Christ Family

Last month, Stan and Edie Droneck lost their house to a fire so will need to rebuild. If you'd like to donate to help, a fund has been set up at **Bankwest**. Money can be deposited in person (*Rockford, Buffalo, Hanover branches*) or mailed to **Bankwest** to the *attention of the Droneck account*: 5921 Main St., Rockford 55373.



# KICK-OFF CELEBRATION!

FEATURING



**SATURDAY, APRIL 6**

**6:30PM: DOORS OPEN**

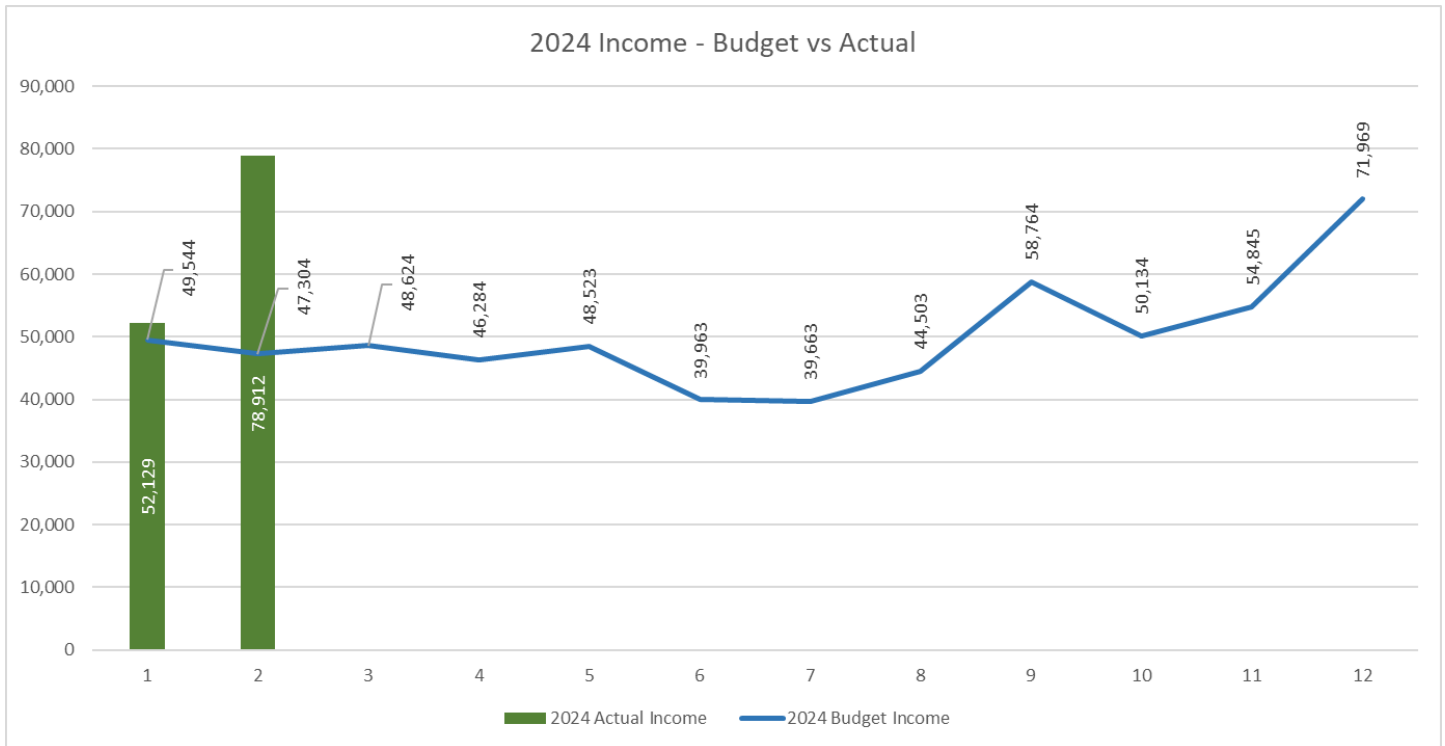
**7:00PM: PROGRAM BEGINS**

**DRINKS & DESSERTS  
WILL BE SERVED**

**LOCATION: LIGHT OF CHRIST  
LUTHERAN CHURCH**

# CHURCH NEWS

## LOC Monthly Income - Actual versus Budget



### Year To Date Summary - Feb

- YTD Budget \$96,848
- YTD Actual \$131,041 (Includes Kids Hope \$30,205)
- Actual \$34,193 better than Budget

## CHILDREN, YOUTH & FAMILY NEWS

### WHERE YA HEADED?

WHAT: SESSION ON "VOCATION" (POST-HS PLANS)

WHO: CURRENT 10TH-12TH GRADE YOUTH

WHEN: SUNDAY, APRIL 14TH

TIME: 5-7 PM

WHERE: LIVING ROOM AT LOC

COST: \$5 FOR PIZZA

LED BY PAUL NELSON AND KIRSTEN KELLY



## First Communion

On Sunday, March 17 we rejoiced with 12 young people as they celebrated their first communion. Gods' blessing of love and forgiveness be upon Wyatt Borman, Ella Brown, Emerson Brown, Rylan Brown, Teddy DeMars, Austin Dickey, Lettie Eichten, Jameson Geistfeld, Nora Lindall, Charlie Lockrem, Nolan Lockrem, Evy Prickett. Not pictured in bottom group picture are Charlie & Nolan Lockrem.



Our Voyagers were eager to help pack up the first carload of food items collected for the Delano food shelf. There is still time to bring food items for "pack the pews." Thank you!





## Youth Fundraiser Recap

We had such a fun event gathering as a community to support our 23 youth going to Chicago and the 6 youth going to the BWCA this summer! The online auction went great and brought in \$6,800! We enjoyed appetizers, special music and wine/beer sampling from Marcus Hanson and Lindsay Wallace during the auction. Then we had an amazing spaghetti dinner complete with music by the youth and the highly entertaining dessert auction! We want to share special thanks to the following:

- Lesley Berscheid, Kristy Klaphake, Jeanne Schansberg, Jennifer Slipka and Heidi Wuerger for their extra time on the online auction!
- Marcus Hanson & Lindsay Wallace for giving of their time and talents at our wine and beer sampling!
- Jennifer Grant and the Community Life Team for putting together the awesome Spaghetti Dinner!
- Melanie Paulson for donating the breadsticks for our dinner
- Peter Grant for being our dessert auctioneer!

And a huge thank you to all of the businesses that donated – we hope you will frequent these organizations who so generously support our youth!

- 4<sup>th</sup> Street Design
- 12/12 Meats
- Absolute Automotive
- Apple Tree-O
- Big Bore BBQ
- Carbone's Pizzeria
- Coborn's
- Dairy Queen
- Dave's Town Club
- Delano Dental
- Delano Floral and Gifts
- Forkless (Maple Plain)
- Kathy Baluski Massage
- The King House
- Lulu's Retail Therapy
- Lunderby Photography
- Mask Hair Design & Day Spa
- Monticello Family Dentistry
- Pioneer Creek Golf Course
- Rent It Forward
- Skogman's Shack
- Tina Fisher (Roots Salon)
- Tuffy's Treats Company
- Stephanie Adickes (Crow River Studio)
- Wilbur's Coffee Cafe



We truly appreciate your love and support as we work to serve, learn and grow through our trips this summer!



## CHILDREN, YOUTH & FAMILY NEWS

**Online Auction  
raised \$6,800!**



**Thanks for your  
support! ❤️**



**Spaghetti Dinner  
raised \$1,450!**



**Delicious Desserts -  
Raised \$1,600!**



**Heads or Tails fun!**