



Worship

- In-person worship—
9:00 am Sundays—
masks required
- Online worship
continues, and will be
posted on the [church
website](#) and [Facebook](#)
page



Church Council 2022

Mike Boyack
Tim Current
Steven Dickey
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Lisa Spencer
Natasha Werner
Pastor Bruce Kuenzel

The Marks of Discipleship

- † *Pray daily*
- † *Worship weekly*
- † *Read the Bible*
- † *Serve at or beyond
Light of Christ*
- † *Relate to others for
spiritual growth*
- † *Give of my time, talents
and resources*

Contact us!

Light of Christ Lutheran
3976 County Line Road SE
Delano, MN 55328
(763) 972-2400



LightOfChristLutheran.com
Terri.Reuter@locdelano.com



Free Fresh Produce and Dairy

**Monday, February 14th
4:00pm–Until Gone**

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

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

Food Distribution Volunteer Opportunities

Interested in helping folks in and around our Delano community by distributing fresh food from Second Harvest food bank and other food sources? Two ways to serve: helping to pack the boxes over at Our Father's Lutheran in Rockford in the morning; or by helping to distribute the boxes here at church later in the afternoon. The next scheduled distribution and need for volunteers is for **Monday, February 14:**

- 11:30 am at Our Father's for packing boxes (register at link below):
(<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food>)
- 3:30 pm here at LOC for distribution of the boxes (register at link below):
(<https://www.signupgenius.com/go/30E0848A9A72AAAF85-food1>)

⇒ **Special need for anyone who can pick up the trailer at Delano Rental and be the transportation point person.**

We also invite prayer requests from those we serve. Let [Tim Johnson](#) (email or call 952-472-1755) know if you would like to join a group to pray for special needs.



Caring Corner

(by Julie Wischmann with the
Healing and Wholeness Committee)



Positivity, healthy choices & spirituality for mental wellness

Finding positivity in life is tough when you have a mental illness. Positivity is not some magical feeling you wake up with one day. A wonderful website: www.healthyplace.com shares an article regarding 5 ways on how to create positivity with a mental illness, which I'd like to share:

- **Rewrite your story:** Your story of a life with mental illness is perfectly valid, but it's not the only story, and it doesn't define you. Therefore, it pays to not listen to your own narrative sometimes. Mental illness might make you feel worthless, unloved and weak, but chances are there is at least one person in your life who would disagree with this version of your tale. Listen to their stories as well as your own.
- **Show your mental illness compassion:** Just like you would if you had the flu or a broken leg, take care of yourself when you experience a mental health dip. Get to know your symptoms and triggers and commit to working on yourself and improving your mental health. You really are worth it.
- **Find good in the bad days:** Don't punish yourself for having a bad mental health day. Instead, do as many things as possible to build yourself back up. Take a hot bath while reading your favorite book or snuggle up to watch a feel-good movie. Cook your favorite meal at home or take yourself out to dinner. When you stop beating yourself up and start rewarding your resilience and courage, the bad days don't seem so bad.
- **Make positive life changes:** When you're feeling good, think about ways you could bring about a more positive lifestyle. This means building habits that see you through the bad times as well as the good, while helping turn your negative energy into something more productive. Meditative hobbies like writing, journaling, cooking or exercising are ideal.
- **Find your people:** Mental illness wants you isolated because that's how it thrives. Therefore, connecting with others who understand and empathize with your condition will loosen its hold over you.

In addition to positivity, healthy choices are helpful for those who suffer from mental illness. Below are common everyday things to enhance positive mental health:

- Exercise regularly. Along with weight management and physical health, exercise offers protective benefits to your mental health.
- Enjoy a healthy diet.
- Get enough quality sleep.
- Spend time with loved ones and build positive relationships.
- Make time to relax.

And last, but certainly not least, is the connection between spirituality and mental health. In the past couple of decades, a holistic approach to understanding individuals has paved the way for research to explore spirituality as one dimension of the cognitive, emotional, behavioral, interpersonal and psychological facets that make up a human being.

This interest in the relationship between spirituality and mental health is being explored in a number of ways. Researchers in a range of disciplines, including psychology, psychiatry, theology, nursing and gerontology, are exploring the connections between various elements of these two areas of human existence. Service users and survivors as well as those in various faith communities are also adding their voices to the evidence base and identifying the ways in which spirituality can contribute to mental health and wellbeing, mental illness and recovery.

To learn more about how faith and spirituality can benefit mental health, go to www.nami.org/faithnet.

Online Youth Fundraiser – Charcuterie Style!

Join us on Sunday, March 13th for a repeat of the awesome event that we did last year... our online Charcuterie Youth Fundraiser! Our team will prep the charcuterie supplies at church (including meats, cheeses, fruit, olives, chocolate and drinks) and then deliver it to your house the day of the event. We will gather on Zoom at 7:30 pm for a short program put on by the youth (this year they'll come to you *live* from church) while you enjoy your food and drinks! It was so fun last year to see all of the fun charcuterie arrangements (see photo)! Then after the youth "program" and slide show, Marcus Hanson will grace us again with his gift of music and wine or beer tasting (optional). All money raised will benefit our youth attending our summer trips. We hope you'll join us for this great night of food and fellowship ([CLICK HERE TO REGISTER!](#))



Adult Education in February

The Holy Spirit—Then and Now – The Holy Spirit is probably the least understood person of the Holy Trinity. Yet the Holy Spirit is a vital, vibrant presence in our lives. So, how do we learn to be more aware, more awake, and more in tune to the presence of the Spirit within us and around us and between us? One way is to study the Book of Acts. The full title of Acts is *The Acts of the Apostles*, but it could also be titled *The Acts of the Holy Spirit*. In Acts, we see the Holy Spirit at work transforming lives, communities, and situations.

Pastor Bruce will be leading a four-week series on the Book of Acts. We will meet Sundays in February at **10:15 AM in room 106**. We will be using the Bible Project videos for the basis for our learning and discussion. No need to register. Just come with your Bible and a mind and heart that is open to the transforming



Attention Women!

Women's Bible Study Would you be interested in joining a monthly women's bible study? We would like to start a women's bible study at Light of Christ that would be held weekday evenings or on the weekend. Times we are considering for the bible study to take place are:

- Tuesdays 6:30 or 7:00
- Thursdays 6:30 or 7:00
- Friday 6:30 or 7:00
- Saturdays 10:00 or 2:00

If you are interested in participating, please respond to Lindsay Lindall at lindsay.lindall@gmail.com with a time/s from above that you would be able to attend. If none of the above options work, please let us know what other options could work. Thank you!

"Praise the Lord, my soul; all my inmost being, praise his holy name."
Psalm 103:1

There's something deep within us that is made for God. The Bible calls it our "inmost being."

Worship and praise is a part of what we're each made for. Please join us on Sundays, here at church or online streaming via our [Facebook page](#). Your soul needs it!



Word for the Week from Pastor Bruce **Forgiveness**

Blessed are you when people hate you, and when they exclude you, and revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven. For that is what their ancestors did to the prophets. Jesus—Luke 6:20-21

These words of Jesus are not easy to embrace, at least for me. Rejoice in being hated, and excluded and reviled and defamed? This is a blessing? Yes, it can be, and the story of Ruby Bridges reveals how this can be true.

Ruby Bridges was a tiny six-year-old Black girl back in 1960. She was the first Black child to attend Franz Elementary School. Every day she was escorted into the school by federal marshals because the city and state police refused to protect her. Every morning and afternoon she had to walk through a mob of white people who were screaming obscenities, yelling threats, and waving their fists at her. And once she arrived inside the building, she spent the day all alone because all the white students were held out of school by their parents.

Robert Coles was a young Air Force psychiatrist at the time. He just happened to be driving through New Orleans as the protest erupted. He stopped and watched the scene unfold and started asking around. He learned that Ruby ran this gauntlet every day.

As Coles watched the scene unfold, it occurred to him that Ruby would make an ideal subject for studying the effects of stress on children. It took him some time to earn the trust of the family because no white person had ever stepped inside their home.

Ruby agreed to participate and when they ran out of things to talk about Coles asked Ruby to draw pictures. Over the next months, an astonishing thing happened. Coles, the psychiatrist, the expert, the graduate of Harvard, Columbia, and the University of Chicago, had come to treat this uneducated, disadvantaged Black child from a poor neighborhood in New Orleans. But as the months passed Coles felt a reversal of roles taking place. He was becoming the student, and she was becoming the teacher. She was teaching him how to live an ethical, loving, meaningful life.

At night, Coles talked with his wife, Jane, about Ruby and her situation. What would he do, if it were him, if he were in that same situation? He'd call the police – but Ruby and her family couldn't do that. The local police had refused to protect her. He'd call his lawyer and get a court order. But Ruby and her family did know any lawyers and couldn't afford one anyway. At the very least, he'd rise above the mob by explaining their behavior psychologically. But Ruby couldn't do that – she was just learning to read and write.

So how did she do it? How did she endure such an ugly, awful verbal abuse each day? One day, Ruby told Coles that she prayed each day. She prayed for herself, that she would be strong and unafraid. And she also prayed for her enemies, that God would forgive them. "Jesus prayed that on the cross," she said. "Forgive them because they don't know what they're doing."

What a blessing—to know as a six-year-old the power of praying for your enemies and forgiving those who persecute you. What a blessing to know at such an early age that darkness cannot drive out darkness, that hatred cannot drive out hatred, that evil cannot drive out evil. Only light and love and goodness can do that.

Ruby, you were—and still are—blessed.

First Communion Instruction

Light of Christ will once again be offering communion instruction in preparation for participating in communion. The next celebration of **First Communion** will be on **Maundy Thursday, April 14, 2022 at 6:00 PM**. In keeping with our new First Communion policy and practice here at Light of Christ, we are inviting our children of all ages to prepare for, and then receive, their First Communion. The decision about when a child is ready to receive their First Communion is your decision as a parent. Families who have not received communion instruction should have received a letter of invite. We apologize if you have not received one. Please contact the church office if you would like more information.

We are offering two identical Orientation/Getting Started sessions. The first is on **Sunday, March 6th**, 11:15 AM – 12:15 PM, and the second is on **Wednesday, March 9th** from 5:30 – 6:30 PM. You are welcome to attend either one, but you don't need to attend both. Please click this link to register **by Feb. 15th**: <https://lightofchristdelano.breezechms.com/form/FirstComm2022>



Summer Bible Camp Registration Is Now Open!

WAPO Youth: We have spots reserved for 4th-8th graders at Camp Wapo for **2 different weeks – June 26th-July 1st and July 31st-August 5th** – as **Light of Christ camps**. Camp is amazing, the stories youth bring home will be exciting! To provide a little encouragement to participate, **Light of Christ will pay \$100 towards the cost of registration**. Spots are reserved until **Feb. 15th** on a 1st come, 1st served basis. This is an action-packed week of fun activities and new friendships that will stretch campers to new heights of joy and growth. For more information about the camp go to <https://lakewapo.org>

WAPO Seeds: For those who have completed grades 1 -3. Bible Study, campfires, crafts, water activities and tons of games. Light of Christ has reserved Seeds spots for **June 24th-26th** through **Feb. 15th**. In support of this program, **Light of Christ will pay \$50 towards the camp registration fee**.



There is no Sunday school on Sunday, February 20th.

Confirmation this Winter

The past few months, we have had the great opportunity to meet in person with the Confirmation youth at church! Pastor Bruce and Kirsten have been trying a new way of teaching... 7th and 8th grade gather each week in the Sanctuary with Pastor Bruce, and the 9th graders meet in the Living Room with Kirsten. We continue to look for ways to make the Confirmation ministry the best it can be. The older youth seem to benefit from having their own time as they complete their Confirmation journey and they love being in The Living Room! We can safely fit more youth in this space and each week you can hear joy and laughter in the game room. Thanks for your continued support of our youth ministries at Light of Christ!



Living Room Celebration

Thanks to everyone who attended the blessing and celebration of our newly remodeled Living Room space on Sunday, January 23! It was wonderful to see all of the people gathered and enjoying the beautiful new room. If you didn't get a chance to see the slideshow of the project from start to finish, we encourage you to check it out by clicking [HERE](#)... it truly was a transformation! We are using the space on a daily basis but will continue to add some décor and things, so we hope you'll stop by to see the continued progress. The barn doors (between the Game Room and Living Room) will be added soon! Thank you for all of your support of this project and we pray that it will be a blessing to many over the years to come!



Online Store—Support Our Youth

We invite you to visit our Equal Exchange (fair trade) table in the Narthex or click [HERE](#) for our online store for some great gift options! Items for sale include:

- Chocolate
- Coffee
- Tea
- Cashews
- LOC coffee mugs
- LOC masks



All sales support our summer youth trips as well as small farmers around the world! These items make great gifts for teachers or friends. Our Light of Christ kids shirts are also available for \$10 each and would make a great gift for your kids, if they don't already have one! Items can also be delivered for free around the Delano area and you can include a note and even gift wrapping. Thanks for your support of our LOC Youth!

High School Ministries

- **Donuts & Discussion** – We have started a new Bible study for HS youth called Donuts & Discussion (D&D). We will meet once/month on Sunday mornings, typically the first Sunday of the month, at 10:10 am in the newly remodeled space (The Living Room). We had originally planned to join the Sunday Morning Adult Bible Study group but changed this and now will be meeting just as a HS group. These mornings will be a chance to hang out, talk about our highs and lows (faith and life) and have donuts. We hope you can join us for this great opportunity!

⇒ **Sunday, March 6th, 10:10 am**

- **HS Fellowship** – Each week our 9th-12th grade youth will meet as a group on Wednesday nights from 7:30-8:45 pm (but come when you are able) in the new Living Room space to share time with friends, have food, fellowship and fun! Bring a friend and enjoy some time in a safe space where all are welcome!

