



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!

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Ash Wednesday Worship

Join us for Ash Wednesday worship on March 2nd. The service begins at 7:00 PM and will be held in-person and [live-streamed](#). There are options for you to participate in the imposition of ashes at home (see instructions below) If you would prefer “pre-made” ashes, we will have a limited supply available for pick-up at the church on Ash Wednesday, between 7:30 AM and 3:00 PM.

We will also hold weekly Wednesday Lenten services beginning on March 9th. These services begin at 7:00 PM and incorporate the Holden Evening Prayer service and will also feature the 10th graders’ faith statements. They will continue through the season of Lent.

How to participate in the imposition of ashes at home

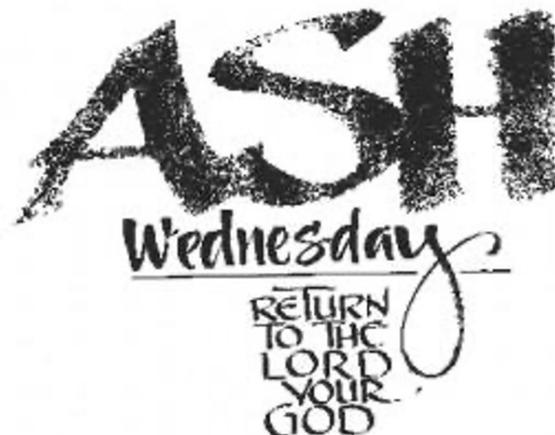
If you choose to use ashes, it isn’t necessary to find palm fronds to burn – just be aware of what kind of ashes you are using and make certain there isn’t anything in them that will react badly with the skin. For safety, mix the ashes with oil before use. **Do not mix the ashes with water. A mixture of water and ash on skin can often lead to irritation and burns.**

Please use caution whenever burning anything to make ashes.

Follow these steps once you have created your own ashes or picked palm ashes up from church.

Step 1: Add one or two drops of olive oil to the ashes in the bowl and mix with a teaspoon. Mix the ash and oil until the ash begins to stick together, the mix should have a paste-like consistency. Add oil or ash until the mixture is right.

Step 2: Cover the ash and oil paste with plastic wrap until ready to use to prevent anything from falling in and contaminating the mixture.



Caring Corner

(by Sue Fink with the Healing and Wholeness Committee)



General Treatment for Mental Illness

A quote from Robert Frost: "The best way out is always through."

From Brad Stulberg on [The Practice of Groundedness](#): "You don't need to feel good to get going.....You need to get going to feel good."

Oftentimes symptoms of mental illness drag us down so we can't see the forest through the trees. It's tough to recognize when it's time for help, but it's never too early to seek treatment. If you feel you've lost yourself somewhere along the way, that life is too hard or you can't enjoy things that you usually do, make an appointment with your primary doctor. Be open and honest and do not feel guilty or ashamed that you can't fix it yourself. There may be a physical illness or imbalance to be remedied as well.

For anxiety or depression, your physician may prescribe an antidepressant or anti-anxiety medication and recommend talk therapy if appropriate. Medications usually take at least 2 weeks to feel improvement and up to 6-8 weeks for full effectiveness. In the meantime, talking with a licensed therapist or psychologist will get you started on working your way back to wellness. There are many counseling centers in our area.

In cases of severe mental illness such as episodes of psychosis, bipolar, schizophrenia or trauma-related disorders, loved ones will often need to intervene. You may have to call 911 if the person is unsafe for himself or others. Communities are working to provide crisis response teams to help get the ill person into the hospital for evaluation rather than utilizing the police (which makes mental illness feel like a crime). Coming in July of this year is a new emergency number for mental health emergencies, "988." Stay tuned for updates.

There are no lab tests to determine a mental illness diagnosis, but rather, defined symptoms point to a specific diagnosis. Psychiatrists use the DSM-5 manual to diagnose and prescribe treatment and allow insurance coverage. Mental illness is unique to each person, so usually the most effective treatment is a combination of medication and talk therapy. For more severe illness, mood stabilizing and antipsychotic medications help stabilize the symptoms so talk therapy is even possible.

Sometimes mental illness becomes so severe that inpatient care in a psychiatric hospital is necessary, followed by residential treatment for a time. If a dual diagnosis of mental illness along with alcohol or substance misuse is the case, there are treatment programs that simultaneously treat both.

Support groups can be very helpful for all levels of mental illness for the patient as well as the family. It can be a very sad and scary time learning that you or your loved one has a life-changing mental condition. But remember you're not alone! 1 in 4 people are challenged with a mental illness.

There is a wealth of information on the web but try starting with mayoclinic.org and search *Pt. Care and Health Information*, then *Mental Illness*. Remember to also refer to our [LOC website, Support tab, Mental Health](#) for resources. Educating yourself and your family and friends about the mental illness is so important, don't suffer in silence. Just as with physical illnesses like cancer, diabetes and heart disease, people want to know what you're going through and how they can support you.

There is hope!!! Even after years of untreated mental illness, people can still recover and learn to manage and lead a full life with proper care and support.

Please reach out to our LOC Prayer Chain if you or someone you love is challenged with mental illness. Also, call Pastor Bruce for guidance and support. Please continue to pray for all those who suffer or love someone who does. Thank you.

March Is Food Share Month

Every year Light of Christ designates March as Food Share Month for the Delano Food Shelf. LOC members are encouraged to donate items in need or monetary contributions are also appreciated. Items most needed include canned soups, tomatoes, meals, all personal care items, soap/cleaning and laundry supplies, coffee/tea, baking items (sugars, soda, flour), spices, salt, pepper, sauces and condiments, gluten free pasta/flour, cereal, oatmeal, grocery bags and any other items are appreciated. Please do not donate outdated items. They can be dropped off at the Food Shelf on Thurs. 1-4, at church in the shopping cart inside the fellowship hall door or in the designated back pews at church. Thank you also for those who manage the Food Shelf including LOC's JoMarie Williamson and other LOC members who volunteer at the Food Shelf. Your service is so needed!

TABLE TALKS ARE COMING!



We're excited to invite you to our Light of Christ Table Talks gatherings. These are an important opportunity for us to connect with one another. This has been a challenging past couple of years, and we're all in different places. Some are feeling pretty well connected; others of us feel like we've fallen off the edge. And everywhere in-between.

Table Talks are a chance to connect. Think of them as having a cup of coffee with an old or new friend. How have you been? How have these past many months gone for you...your family? Have you or are you making any discoveries? What's been your experience of faith, of God? How's your connection been with Light of Christ? This sort of thing.

Table Talks are also an important time for us to share in some conversation and imagination about LOC's future. What's God up to with us? What feels to be particularly important? What do you think about being a "hybrid" church, connected in-person and online? Who are we to be to the broader Delano community? Where do we most need to invest energies and passion? Your thoughts and perspectives are so important in this visioning year for us!

Table Talks.... So, when are they? Where? Who's leading them?

- ◇ LOC's Health & Wholeness Committee is undergirding these efforts through prayer support, help with coordination and in getting the word out.
- ◇ Watch for days and times to be posted. There will be Sign up Genius schedules created for you.
- ◇ Most Table Talks will be here at church; some will be via Zoom; some others perhaps at the coffee shop.
- ◇ Table Talks will be between 4 and 8 people.
- ◇ Table Talks will be 60-75 minutes or so. We want to have a comfortable chance to sit together and talk, and yet we promise to keep these from too long. Plus, you can leave a bit early if you need to...no worries!
- ◇ Staff, Council leaders and anyone else interested can host one of these. If interested, please email [Terri in the church office](#) or [Tim Johnson](#) for more information.

More to come.... we'd love for everyone to enjoy some good connection and conversation!



"Then you will call on me and come and pray to me, and I will listen to you." Jeremiah 29:12

Together we come to the Lord. Together we call upon the Lord. Together we pray to the Lord. And, what a promise...that the Lord will listen to us!

Join us on Sundays, both in-person and live-streaming via our [Facebook page](#). Or find LOC on [YouTube](#). Either way, be sure to "call...and pray...and come to the Lord!"



Word for the Week from Pastor Bruce *Icons*

About twenty years ago, a good friend of mine, Rich Carter, spent a semester in St. Petersburg, Russia, teaching theology at a small Lutheran seminary. When he returned, he gave me a book. It's called "Praying the Icons" and it's filled with prints of Russian Orthodox icons. Interspersed among the prints is a commentary on the meaning of the icons, written by Henri Nouwen, a Roman Catholic priest.

That's when I discovered that icons are painted according to strict rules. There is no room for artistic freedom. In fact, the painter strives to become invisible, so that the focus is on the icon itself and not on the skill, or technique, or style of the painter.

But much more importantly, I also learned that icons are meant to be looked through, not at. They're meant to be transparent, not opaque; to extend our vision, not stop it. Icons are meant to be a window that gives us a glimpse of heavenly glory.

On the Mount of Transfiguration Jesus revealed himself as an icon – as the original, unsurpassed, perfect icon. At one moment, Jesus looked like an ordinary human, no different than you or me. But at the next he was transfigured. He became an earthly window into heavenly glory.

Jesus garments glistened with the light of heavenly glory. Moses and Elijah appeared – two of the greatest saints dwelling in heavenly glory. A cloud descended – a sign that God is with us. Then, a voice from deep within the cloud. These were the sights and sounds of heavenly glory.

In Colossians 1:15 Paul tells us that Jesus is "the image of the invisible God." The Greek word for "image" is "icon." Jesus reveals, more than anyone or anything else, what God is like. So, do you want to know what God is like? Then look at Jesus. Listen to Jesus. For he is the Icon of God.

THANK YOU!

Dear Light of Christ Lutheran Church,

Grace and peace to you! We give you thanks for your donation of \$100 for our website and resources listed there. And God bless your Healing & Wholeness Ministry.

Rev. Alan Johnson

Are you looking to get more involved in worship?

We are looking for new Altar Guild members!! As we are transitioning back to "normal" communion, we are in need of more help. It is a low commitment and a great way to volunteer at church. If you would like to become a member, please contact Terri in the church office or Kim Wortz at kimw1517@gmail.com.



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, March 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](mailto:Tim) (email or call 952-472-1755) know if you would like to join a group to pray for special needs.

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 photos below)! 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!](#))



Use the QR code above to access the online auction. You can also access the auction at this link:

[https://
www.32auctions.co
m/locyouth](https://www.32auctions.com/locyouth)

**New items added
every day!**

This year we're adding an online silent auction to our Youth Fundraiser event! If you're able to donate an item for our auction, we'd truly appreciate it! Maybe you know a local business owner or own your own small business? Or maybe you have an item at home that would be perfect to donate! Or if you're willing to support a local business by purchasing a gift card, maybe they'll match it with a second one! If you're able to donate, please email [Kirsten](#) or complete the donation form at [this link](#) (see the letter for more info) and return it to church **by Monday, March 7th**. Online bidding will open at 10 am on Sunday, March 13th and be open for one week (closing on Saturday, March 19th @ 7pm, to allow people to pick up their items on Sunday, March 20th). Check your email for the link and more auction info! Thanks for your support!



Every athlete admires the legends of their favorite sport. It's easy for kids to look at these great players and want to be just like them. It's important to show them that becoming a legend doesn't happen overnight. It takes perseverance, lots of hard work, and a good team.

MEGA Sports Camp Legendary gives kids tools to help them in sports and in life. Each day of camp, kids will take another step on the journey to achieving greatness, both in sports and in their faith. Kids will engage daily with the Bible in music, interactive Bible stories, and scripture memorization. Through action-packed sports training sessions mixed with interactive rallies, kids will have fun and meet the One who is beyond legendary - Jesus!

The camp runs Sunday, July 24th through Wednesday, July 27th from 5:30pm - 8:00pm at Light of Christ Lutheran Church!! Registrations now open. <https://lightofchristdelano.breezechms.com/form/859fd8>

Summer Bible Camp

WAPO Bible Camp registration is now open to all people. While we no longer have reserved spots at camp, people can register and attend any of the camps as long as Camp Wapo still has openings.



- We have designated the WAPO Youth weeks of **June 26-July 1** & **July 31-August 5** as LOC camp weeks.
- We have also designated **June 24-26** as Light of Christ camp for WAPO Seeds (those who have completed grades 1-3).

Please note: while we have designated Light of Christ times, youth are welcome and able to register for any of the weeks. **Light of Christ will pay \$100 towards the cost of registration for Wapo Youth and \$50 towards the cost of Wapo Seeds. You can register at <http://lwlbc.com/lightofchrist>**



HS Summer Trip – Sign Up Today!

Join our high school youth for a great service-learning trip to the North Shore this summer from July 23-29! We will serve at some social-justice agencies in/around Two Harbors for 3 days and then have time for fellowship and adventures on the North Shore. [Registration is open](#) to current 9th-12th grade LOC youth until 3/7 and then, depending on spaces, may open to friends of LOC. The cost is still being determined (based on numbers) but each youth will receive a \$100 scholarship from our congregation. Also, join us at our [Youth Fundraiser on 3/13](#) to raise money for your trip... you might be able to raise all of your funds! Talk to Kirsten if you have any question and sign up today!