



Pastor Bruce Kuenzel

July 11, 2022

Worship

- In-person worship—
9:00 am Sundays
- 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



NourishingHOPE

Free Fresh Produce and Dairy

Monday, July 11th
4:00pm–5:00pm

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

Delano

Light of Christ Lutheran Church
3976 County Line Road SE
Delano, MN 55328

Rockford

Our Father's Lutheran
3903 Gilbert Ave SE
Rockford, MN 55373

Buffalo

Buffalo Covenant Church
1601 Highway 25 North
Buffalo, MN 55313

Hanover

Influence Church @ City Hall
11250 5th Street NE
Hanover, MN 55341

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

**These boxes of produce and dairy are for anyone and everyone!
You, a neighbor, someone in the community.
No qualifications. No questions. No cost.**

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, July 11**:

- 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.

OUTREACH



KIDS HOPE USA

Light of Christ has begun partnering with an exciting program called KIDS HOPE USA, along with Delano Elementary. LOC members Lisa Spencer and Lona Jose will serve as co-directors of this amazing program. We will be recruiting our church members to be mentors who will provide one hour of mentoring to one child, one day a week at the elementary school during the school year. Delano Elementary staff will be selecting the students. The primary goal of this one hour is **building a friendship relationship with the student**. In addition, we will be asking for volunteers to be prayer partners with the mentors for each child. Recruiting will be starting shortly, and time spent with the volunteer's assigned student will begin in late September. This very successful program has been helping kids for 25 years and is located in 40 states including MN. We look forward to talking with you about this and look forward to members of our congregation volunteering. More information including videos and handouts will be coming out soon to our congregation. You can also check out this highly recognized organization on their website, kidshopeusa.org.

*****Click here for an informational video*****

The Great Thing about Giving...is knowing that you make a difference.

Each month, Light of Christ packs and distributes about sixty boxes of produce, dairy and other food items for free to those who need it. We partner with four other area churches through Nourishing Hope and Second Harvest. In all, through our five locations, well over 1,000 people are provided needed food.

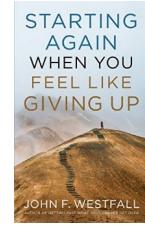
Here at Light of Christ, we have sought to make a bit more of a personal touch and a faith connection by inviting our guests to share any prayer requests they might have by writing them on the back of their half-sheet brief data info they share. Each month we receive 10-15 prayer requests. These are shared with all our LOC participants, and they are offered up in the Prayers of the People in our worship services, too.

The past couple of months we have also offered small devotional and other faith books or booklets to those interested. Well more than half of those we serve are grateful to be given something to help or inspire their own faith or those in their own circle of people (we encourage them to consider themselves or others when the books are offered).

Truly, making a difference in our neighbors' lives is a great feeling. Light of Christ not only makes a difference through nutritional food for the body but also spiritual food for the soul. God's Word puts it this way: "Let all that you do be done in love." 1st Corinthians 16:14

Thank you for helping this place make a difference through the giving of your prayers, volunteering and serving, prayers and love!

Tim Johnson, Stewardship Committee



Caring Corner

(for the month of July)



8 Tips for Talking About Mental Health

(Source: the Mental Health Foundation Website)

1. Set time aside with no distractions

It is important to provide an open and non-judgmental space with no distractions.

2. Let them share as much or as little as they want to

Let them lead the discussion at their own pace. Don't put pressure on them to tell you anything they aren't ready to talk about. Talking can take a lot of trust and courage. You might be the first person they have been able to talk to about this.

3. Don't try to diagnose or second guess their feelings

You probably aren't a medical expert and, while you may be happy to talk and offer support, you aren't a trained counsellor. Try not to make assumptions about what is wrong or jump in too quickly with your own diagnosis or solutions.

4. Keep questions open ended

Say "Why don't you tell me how you are feeling?" rather than "I can see you are feeling very low". Try to keep your language neutral. Give the person time to answer and try not to grill them with too many questions.

5. Talk about self-care

Talk about ways of de-stressing or practicing self-care and ask if they find anything helpful. Exercising, having a healthy diet and getting a good night's sleep can help protect mental health and sustain wellbeing.

6. Listen carefully to what they tell you

Repeat what they have said back to them to ensure you have understood it. You don't have to agree with what they are saying, but by showing you understand how they feel, you are letting them know you respect their feelings.

7. Offer them help in seeking professional support and provide information on ways to do this

You might want to offer to go the GP with them or help them talk to a friend or family member. Try not to take control and allow them to make decisions.

8. Know your limits

You will have your own limits to the support that you can provide. And it's important to take care of yourself too. Give yourself time to rest and process what they have told you or what's happened. Try to help them create a support network of other friends, relatives and mental health professionals who can help them too.



Join us for outdoor worship on July 17th at 9:00 am!

The music will be bluegrass themed.

We also encourage you to dress in your interpretation of bluegrass attire! Treats and fellowship will follow the worship service. Don't forget to bring your lawn chairs! Masks are optional.



HS Service Trip Prayer Partners

We are looking for at least 20 people who will commit to praying for our HS youth and adult leaders as we head to the North Shore on July 23-29 for our Service Trip. [Click here to complete the short form](#) to indicate your interest. Thanks for your partnership in ministry!

Visioning Forward



Our Light of Christ Vision Team continues on in our Discovery and Listening phase of our work. At a recent Sunday morning gathering, we considered the reports from the MAP and I-MAP surveys. There were a lot of things we learned even though the number of responses were less than we had anticipated. Fifty-two compared to 152 four years ago. The sampling size was most certainly smaller, though there is still important information.

When measuring respondents experience of Belonging, the vast majority see a direct relationship between feeling a sense of belonging the more one participates in LOC's ministries, with 87% finding this to be true. Also, almost 90% feel that they are a part of something bigger than themselves in our congregation. Yet, describing our church as a "cohesive community" drops to about 2/3. And it drops even a bit more when people reflect upon that in a very personal way—about one-half seeing themselves as "an integral part" of the congregation.

Interestingly, among those who took the survey, we had growth in people's sense of excitement over the last time the survey was shared. About three-quarters like telling others about what is going on at LOC, compared with about two-thirds four years ago. And, a full 96% believe that Light of Christ is "making a difference in people's lives."

When asked about what should be our top priorities in moving forward, the number one priority was, "Growing worship attendance." Yes, we miss folks who aren't around. And we know that we have potential to grow our reach out into the Delano community and beyond.

Watch for more tidbits from the survey results. Or, head to the [website](#), under the *About/Visioning for the Future* tab, to see a full report.

Join Us! Community Leader Gathering

July 18th 6:30 – 8:00 pm, here at Light of Christ

We have invited a number of leaders from organizations in and around Delano to share with us what they're seeing to be pressing needs and opportunities, especially as they related to people in need, those on the margins. This will be a sort of panel discussion.

We know that these past couple of years have been particularly trying for many. And as a church who is shaped by the love and compassion of Jesus Christ, we seek to be responsive in all the ways we can. As we step forward in creating our vision for ministry into the coming 3-5 years, we want to be faithful in serving and helping.

Come to listen; come to learn; come to join in the conversation.

If you have questions, please reach to Tim Johnson. Tim.Johnson@LOCDelano or 952/472-1755





Opportunities for Children at Light of Christ

- **Mega Sports Camp:** our Vacation Bible School for children 3-years through 4th grade runs July 24-27 from 5:30-8 pm. [Click here to register now!](#)
- **Wapo Bible Camp:** While students may register to attend any time during the summer, upcoming designated Light of Christ week is July 31-August 5. <http://lwbc.com/lightofchrist>
 - * There is a Wapo one-day camp on August 3 for those who completed K-4th grade to experience what camp is like.

Youth Summer Activity Nights

- ◊ Mondays: July 18th and August 8th
- ◊ 7:00-8:30pm
- ◊ No cost or need to RSVP
- ◊ Join us for a variety of activities such as spike ball, sand volleyball, bean bags, gaga ball and more!
- ◊ Open to youth who have completed grades 6-12—friends welcome!
- ◊ Snack and drinks will be provided - please bring your own water bottle.



CHURCH COUNCIL

Meet your 2022 Church Council members! Throughout the summer, we have featured several council members in the newsletter, with a picture and a brief bio, so you can get to know their faces and a little bit about them and their families.



Derek Horeis

My wife, Katie and I both grew up in Delano and are happy to be raising our 2 children, Grant (16) and Grace (13) here as well. I have enjoyed being a member of Light of Christ for the last 18 years. The LOC faith community has been involved in the most important aspects of my life...my marriage, children's baptisms, first communions and soon to be confirmations. I look forward to working with my council peers and congregation to give back to this community that has given me so much.

Lisa Spencer

Our family joined Light of Christ in 2001 after the birth of our second child and the September 11 attacks on our country. I found comfort in the messages of the pastor and have always felt welcome in this faith community. Over the years I have been involved in teaching Sunday School, leading confirmation and volunteering during worship services. My husband Brad also volunteers on soundboard during worship services. Our children Derek (22) and Jordan (20) have graduated from high school and are both attending college. I am excited to be serving on the Church Council and continuing to serve Light of Christ in a new capacity.



Natasha Werner

My family moved to Delano in 2009. We joined Light of Christ a few years later and have truly enjoyed the community of people and the connection to others it brings. Our daughters Ava & Mya enjoy the youth programming, and Jeremiah and I have enjoyed being involved in the church in several ways over the last few years. I am looking forward to serving on the Council to continue to give back to this tight community and to help deliver on the priorities to help us continue to grow.