



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!

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Join Us! Community Leader Gathering

TONIGHT, 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



HS Service Trip

Prayer Partners Needed!

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!



Help Support July Fifth Sunday Cause

July 31st is a "Fifth Sunday." Donations made this month specifically designated for *Fifth Sunday* offering will be supporting the ELCA missionary Karen Anderson and her work in Chile.



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*****

Call on the Light of Christ Prayer Chain

If you or someone you know is in need of prayer, please feel free to engage the Light of Christ Prayer Chain.

[Email the church office](#), which is preferred, or call 763-972-2400 with your request, which remains confidential. The LOC Prayer Chain will pray for you as requested. Feel free to call on this team in your time of need. Anyone wishing to join the Prayer Chain should contact the church office.



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.

STAYING CONNECTED



Fresh Produce and Dairy Distribution

Light of Christ volunteers distributed fresh produce and dairy products to area residents on Monday, July 11th. Helping to pack the produce boxes in Rockford were Oda Carlson, Lowell Johnson, Tim Johnson, Charlie Jose, Alex, Ben, Drew & Kirsten Kelly, and Paulette Podratz. Coordinating the truck to haul the boxes from Rockford to Delano was Charlie Jose. Those who helped with distribution in the church parking lot were Cheri Ashfeld, Wendy Caslavka, Tim & Rhonda Current, Charlie Jose, Lowell & Maxine Johnson, Tim Johnson, Max Lotzer, Al Stoeckman, and JoMarie Williamson. Thank you to all who help with this important ministry!

2023 Offering Envelopes

A growing number of members contribute weekly or monthly using electronic giving methods. However, we understand that many prefer placing an offering envelope in the plate. To eliminate the ***purchased-but-unclaimed*** envelopes that are wasted, we're asking each family that ***wants*** pre-printed envelopes to request them from the ***church office*** by ***AUGUST 5th***. Email [Terri in the church office](#) or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget. Thank you!



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.





Opportunities for Children at Light of Christ

- **Vacation Bible starts next week! 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](#).
- **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://lwlbc.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

- ◇ **TONIGHT, July 18th** and Monday, 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.

