



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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The Great Thing About Giving....

I was reminded of Light of Christ's generosity once again as I dropped my daughter and her friend off at Camp Wapo this past Sunday. Did you know Light of Christ generously gives campers \$100.00 toward their camp fees? There are also scholarships available. The excitement Eva and her friend had upon arrival was priceless! I'm excited to hear about their adventures and discover how her faith has grown when she returns home. I'm grateful that LOC invests in our children! Thank you!

Natalie Dinger-Stewardship Committee



HS Service Trip Prayer Partners

We are looking for at least 20 people that 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!





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.



The Lost and Found box at Light of Christ has claimed a number of children's (elementary age) hoodies and water bottles, as well as some coffee mugs, an umbrella, hats and gloves. If your child is missing a "favorite hoodie," please check by **July 7th** to see if we have it. While the lost and found box is typically located by the church office, for your convenience in identifying items, we will have them laid out on a table in the fellowship hall. The church is open **Monday-Thursday 7:30 am-4:00 pm; office closed on Fridays, and also closed on July 4th & 5th.** Unclaimed hoodies and items will be donated to Love INC after **July 7th.**

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.



Help People Connect!

One of the most important things we do when we're together is to simply check in with one another. "How are things?" "What's new with you?" "How is your family?" And having a cup of coffee or other refreshment, perhaps a donut, can help make that

happen just a bit easier.

Coffee and donuts/treats is also a great way to raise money for a special ministry project. Taking a Sunday is easy. We'll go ahead and make the coffee. If you bring and set-up the treats, you'll be ready to go in helping people connect.

You may have noticed, we've been putting the coffee (and donuts, etc.) out on Sunday morning more and more. Sometimes it's just because; sometimes a group may be raising money for their ministry. Either way, we'd love to encourage you to "take a Sunday," either as a ministry, a family, a team or committee, or as friends. And you can do it simply to create some good Sunday hospitality or to raise awareness. (BTW, we'll cover the donut costs unless it's a fundraiser.)

Click [HERE](#) to sign up. While you have more than one or two who will cover bases, each Sunday only has two slots. But recruit your servers as you'd like. If you have any questions, please reach out to our Shared Ministry Director, Tim Johnson, at (952) 472-1755.



The church office will be closed on July 4th and 5th.

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.



Visioning Forward

Our Light of Christ Vision Team continues to move forward and consider input and processes which will help us chart the next chapter of Light of Christ's mission and ministry.

A site exploration group has started meeting to consider what building/facility needs might best serve our mission and ministry into the years ahead. We're calling this group the **Facilities Exploration Team**. This is Gary Prinsen, Scott Dallmann, Angela Fegers, Brandt Dinger, Pastor Bruce and Tim Johnson. They're looking at everything from the bathrooms to the kitchen to the front entrance/space as we enter the building, to security, to the outdoor worship area, and the like. Not to worry....your input is central to this. Watch for opportunities once a few ideas/options get drafted.

A **Community Leader Gathering** is scheduled for Monday, **July 18th at 6:30 pm**. This will be an opportunity for us to hear from area leaders and organizations about what they see to be pressing needs in the broader community. Be sure to put this on your calendar!

Our Vision Team is committed to hearing from you and involving you in the process. Please reach out to any of us at any time!

LOC Youth at Valleyfair!

When: Tuesday, July 12th

Time: 9:30 am - 7:30 pm

Ages: Completed 6th through 12th grade (if you have younger kids and would like to attend as a family and get discounted tickets, please contact Kirsten)

Cost: \$34 total (\$28 for group ticket, \$6 for bus transportation – checks payable to **LOC Youth**. Or pay \$35 online (with extra to cover our online transaction fees). [Click here](#) to visit our online Give page and scroll down to the “Valleyfair” tile.

Register: [Online at this link](#) by **Friday, July 8th**!

Misc Info: Friends are welcome! If you have a season pass, you can deduct \$28 from your total due.



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.



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](#).
- **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://lwlbci.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.



CHURCH COUNCIL

Meet your 2022 Church Council members! Throughout the summer, we will feature 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.



Carmen Hanson

My husband, Marcus, and I joined Light of Christ after moving from Minneapolis to Delano in 2007. What drew us to Light of Christ was the uplifting community of people, the thought-provoking messages from the Pastor, and the music. I joined the council in 2020 to give more time and attention to the priorities of our church, which is a very important part of our lives, and the lives of our son, Leo, and daughter, Alice.

Jen Hinker

Jen is originally from Glenwood City, WI. She and her husband, Greg, have 2 daughters who attend school in Delano. Both Jen and Greg are school administrators—Jen works for the Osseo School District and Greg works at the Delano Intermediate School.



Jon Holzer

My wife Jamie and our twins, Josh and Lilly (10), have called Delano our home now for over 16 years. We love the community and small town feel of Delano and Light of Christ. The church and the wider community are warm and welcoming to both longtime residents and newcomers alike. I hope that we can continue to grow Light of Christ and open the doors to new members by being a welcome and inclusive community in faith.