



## Worship

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



## Church Council 2023

Mike Boyack  
Laurie Brown  
Billie Chock  
Tim Current (treas.)  
Steven Dickey (pres.)  
Derek Horeis (v. pres.)  
Dan Paulson  
Lisa Spencer (sec'y.)  
Natasha Werner  
Pastor Bruce Kuenzel



## Contact us!

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



[LightOfChristLutheran.com](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)



NourishingHOPE

## Free Fresh Produce and Dairy

**Monday, September 11<sup>th</sup>**  
**4:00 pm—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

### 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](mailto: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](http://www.ourfatherschurch.org/nourishing-hope.html)



## A Wonderful Way to Put Faith into Action

Our next food distribution is on **Monday, Sept. 11<sup>th</sup>**. At **10:00 am** at Our Father's Lutheran Church in Rockford, we join with the other four churches to pack hundreds of boxes of various food items. We also load up our own LOC trailer with the boxes we distribute later in the day. [Click here](#) to sign-up for this shift.

You may also serve our neighbors and guests by coming to the church parking lot

at **3:30 pm** to help us set-up for a 4:00 pm distribution of the boxes. Elementary school-aged through retired make up our wonderful team each month. [Click here](#) to sign up.



## Caring Corner

(from Sue Fink of the Healing & Wholeness Committee)



### September is Suicide Prevention Month

I recently purchased a newly published book for our Healing and Wholeness Library called “Depression, Anxiety, and Other Things We Don’t Want to Talk About.” It was written by Ryan Casey Waller, a licensed psychotherapist, lawyer and pastor who also has suffered from depression and anxiety. He speaks of Christ’s love for us, and how it is the church’s responsibility to minister to those of us who suffer mental illness in ourselves or a loved one. People who have mental illness can get lost - even if they have great faith and loving families.

I want to share, in brief, what I learned on “the epidemic and problem of suicide.”

**FACT:** Two-thirds of people who die by suicide talk about their intentions beforehand, even if in vague terms like, “I won’t be around much longer.”

**FACT:** One in five college students will consider suicide in a 12-month period.

**FACT:** Feeling suicidal is almost always a temporary feeling. Research shows that suicide attempts are up to 30 times more common than completed suicides, indicating that the person often has very mixed emotions about the act.

**FACT:** Talking or asking about suicide will not put the idea into the person’s head, it’s already there and they are likely desperate to talk to someone about their thoughts, feelings and life circumstances. Bringing up the topic is far more likely to save a life than take one!!

**FACT:** Thousands of individuals who seriously contemplate or even go so far as to attempt suicide recover and go on to live healthy, happy and productive lives!

What should you look for in someone whom you’re worried about their mental health?

- Changes in personality- for example becoming quieter or more boisterous and riskier.
- Changes in a person’s typical behavior. Lost interest in things that they had previously enjoyed.
- Changes in a person’s day-to-day attitude. Complaining and negative, sullen.

What can you do to help?

- ASK, ASK, ASK: Are you feeling suicidal? BE BLUNT!
- LISTEN, LISTEN, LISTEN: When in doubt just sit with them and listen without judgment or answers. Let them know they are not a burden to you, you’re glad to have them in your life, they matter, and you are here for them.
- Offer to help them make an appointment and get into the doctor or therapist- keep at it: the suicidal person is often in a fluid situation that can change day by day or moment by moment. Check on that person every day!

A quote from this chapter by Christian writer, Henri Nouwen: “The friend who can be silent with us in a moment of despair or confusion, who can stay with us...who can tolerate not-knowing, not-curing, not-healing and face with us the reality of our powerlessness, that is the friend who cares.”

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Please see resources for mental illness on [lightofchristlutheran.com](http://lightofchristlutheran.com) under Support/Mental Health/Resources.

**If you or someone in your life is in a mental health or suicidal crisis CALL, text or chat 988!!**

(988 Lifeline provides emotional support for people in distress or experiencing a suicide, mental health, or substance use crisis. It can also connect callers to additional local resources and community support services as needed.)

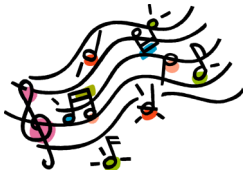
### Family Meals At Love INC

Serving a family meal at Love INC Heartland’s *Fresh Start Program* is a simple, impactful way to show the love of Christ. We have multiple openings to fill from September to November. Sign Up On Meal Train: [bit.ly/fsmeals23](http://bit.ly/fsmeals23)



### Love INC Volunteers

The Love INC ministry would not be possible without the generous hearts and hands of our volunteers. Do you have the heart to listen, clarify information, or pray with people over the phone? Our Connection Center (helpline) needs you! Get Involved Today: [bit.ly/loveincvolunteer](http://bit.ly/loveincvolunteer)



## Adult Choir Rehearsals Begin September 12<sup>th</sup>!

Rehearsals are held every Tuesday, 6:30-7:30 pm. All skill levels are welcome! Talk to Katie for more information. You can reach her at [katie.kohler@locdelano.com](mailto:katie.kohler@locdelano.com)

## What would you say Light of Christ's top priorities are?

How might you characterize our mission? Our Purpose? Our Giftedness?

Our Transition Team has been at work completing the Mission Site Profile. This is the main communications document used by churches, bishops, and pastoral candidates. This first step in our Call Process includes articulating some key aspects of our congregation as well as some of what we think we'll need or look for in our next pastor, as Pastor Bruce will move into retirement in the coming year or so.

On two upcoming **Sundays, September 17<sup>th</sup> and 24<sup>th</sup>**, our Transition Team will share with you some key parts of the Mission Site Profile and invite your feedback. The MSP contains important descriptions, hopes and perspectives on our church. Please feel free to join us for about 50 minutes following worship, in the Sanctuary.



## Live-streaming to YouTube!



We have added our YouTube page as a source of live-streaming. Please note, we will continue streaming on Facebook as well! Links to both our YouTube and Facebook pages can be found at <https://www.lightofchristlutheran.com/worship/worship-schedule>



The Church Council is requesting feedback from the congregation on Sunday service times, to evaluate potential needs to change. Please fill out the survey at the link below, giving your preferences and comments. There are several factors that weigh into the decision to make any changes, and

this is one important piece of the puzzle. No changes will be made without adequate notice and partnership with other groups, committees, and staff. Thanks in advance for your feedback! Responses will be accepted through **Sunday, September 17<sup>th</sup>**.

<https://forms.gle/oWwVJcJQX2MPCbkb8>



## KIDS HOPE USA

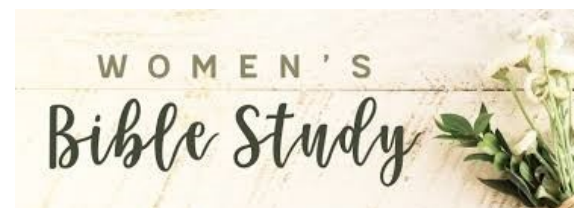
Light of Christ partnered with an exciting program called KIDS HOPE USA and Delano Elementary last school year and it was VERY successful. We are hoping to add a few more mentors. Volunteer Light of Christ mentors spend **1 hour mentoring one child, one day a week at the elementary school during the school year and we do our best to work with your schedule.** Delano Elementary staff selects the students. The primary goal of this one hour is **building a friendship relationship with the student and to help the child feel more comfortable in their school setting.** We are happy to tell you more about the program if you are interested in joining us. This very successful program has been helping kids for over 25 years and is located in more than 40 states including MN. We look forward to talking more with you about Kids Hope. If you are interested, please contact Terri at the church office and she will connect you with us. Thank you!

## Women's Bible Study

The women's bible study meets the **1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month, 6:30 – 8:00 pm in the Living Room at LOC. We will meet September – March. We will not meet in December.** If you can't make it every time that is okay! We want you to come when you can.

The study we will be doing for this session is *Blessed: Experiencing the Promise of the Book of Revelation* by Nancy Guthrie.

If you are interested in participating, please respond to Lindsay Lindall at [lindsay.lindall@gmail.com](mailto:lindsay.lindall@gmail.com)





Over the last several weeks we have shared many photos from our Belize mission trip. Next week will be our final issue with Belize photos... we hope that the pictures have helped to show the incredible relationships we developed (with each other and those in Belize) and what a life-changing trip that we had! If you'd like to hear some of our stories, here is a link to our return worship service that took place on Sunday, August 6: <https://www.facebook.com/lightofchristlutheranchurch/videos/1246904489361179>

We truly appreciate your love and support!!



# Belize Mission Trip 2023



## U Janal Masewal



As was mentioned last week, we spent one day learning, working and getting to know Frank Tzib's family at U Janal Masewal (which means "Maya Food"). This day truly impacted the hearts of our trip participants. We spent a lot of time playing with and getting to know the children in Frank's family (his nieces and nephews). We learned how to cook Maya food and about their family (for example, that Solomon, Frank's father, works three 8 hour days each week and makes only \$30/day). We also worked



hard by digging a large hole for a future septic system at their house and used the dirt/rocks from that hole to fill the foundation of a home where Frank's aging grandfather will be moving in, hopefully soon. Frank will be in the US later this fall and will be here at LOC for a few days the end of October. We hope you can meet him when he is here to visit!





## Oxmul Coffee Farm

Also mentioned last week, we worked one day at Oxmul Coffee Farm with James and his family. Look back to last week for more info about Oxmul... but here are more photos of the planting of the coffee seedlings and digging dirt to fill the foundation of the new home they are building! The kids worked SO hard, especially in the warm temps and high humidity! Our group truly made a positive impact everywhere they went.







## Fall Faith Journey for Children in 1<sup>st</sup>-6<sup>th</sup> grades



Registration open – sign up below now!

- **Voyagers (1<sup>st</sup>-3<sup>rd</sup> grades) Wednesdays, 2:45-4:45 pm:** <https://lightofchristdelano.breezechms.com/form/Voyagers.202166899>
- **Pathfinders (4<sup>th</sup>-6<sup>th</sup> grades) Wednesdays, 5:00-6:00 pm:** <https://lightofchristdelano.breezechms.com/form/Pathfinders.2021616>



## HOLY COMMUNION

**First Communion -  
October 29th at  
9 am Worship**



Here at Light of Christ, we welcome children of all ages to receive first communion instruction and then come to the Lord's Table. First communion instruction times will be Sundays, October 8<sup>th</sup> and 15<sup>th</sup> from 6:00-7:00 pm. We do ask that parents accompany children to these instruction times. Please take a moment and let us know your family's intent to participate by completing the registration form at this link: <https://lightofchristdelano.breezechms.com/form/d50eac>

Thank you!

We look forward to welcoming your child into this high and holy moment in his or her faith life!

## Youth Choir Beginning this Fall!

- Grades 3<sup>rd</sup>-6<sup>th</sup>
- Rehearsals will take place on select Sundays, 10:30-11:00 am
- The choir will sing in worship around 4 times a year
- Contact Katie for more info at [katie.kohler@locdelano.com](mailto:katie.kohler@locdelano.com)



## Explorer Volunteers Still Needed!

Beginning **Sunday, September 17<sup>th</sup>**, Explorers (children 3 years —2<sup>nd</sup> grade) will be excused from worship following the children's message to explore the Bible in an age-appropriate way. We have leaders for this time but need a second adult to maintain our "safe sanctuary" policy. Please take a moment to sign up so we can continue the explorer program. Thanks! <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-explorers>