



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!

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LightOfChristLutheran.com
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Special Congregational Meeting

There will be a special congregational meeting on **Sunday, October 1st** following worship at 10:30 am in the sanctuary to elect the Call Committee. Your attendance is encouraged!



Rally Day 2023!

A big shout out to all the children who shine with the Light of Christ!

We had 58 young people participate in the games and activities. Thank you to everyone who helped set up, donated items, to the youth who helped lead games, and to the people of Light of Christ for your awesome support of our children.



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

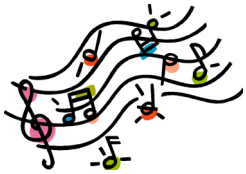
Serving a family meal at Love INC Heartland's *Fresh Start Program* is a simple, impactful way to show the love of Christ. We have multiple openings to fill from September to November. Sign Up On Meal Train: [bit.ly/fsmeals23](http://bit.ly/fsmeals23)



### 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

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)

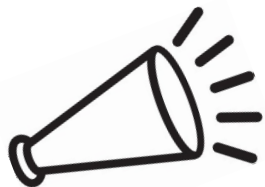
## What would you say Light of Christ's top priorities are?

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 **Sunday, September 24<sup>th</sup>**, our Transition Team will again 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.



## Results Are In!

The winner of the Worship Knowledge Quiz is Lindsay Lindall. *Congratulations, Lindsay!* The quiz answers are posted below:

- How many people does it take to prepare and execute a worship service? **25. This includes ushers, communion assistants, members of the Worship and Music Committee, Altar Guild members, our Sunday morning council rep, musicians, soundboard/livestream volunteers, greeters, all staff, and our coffee fellowship volunteer.**
- How many services have we live-streamed since last Rally Sunday? **64**
- What was our average online attendance since last Rally Sunday? **94. Are you wondering how we calculate online attendance? We take the amount of 1-minute+ views on Facebook and times by two. We do the same for the number of views on YouTube. This formula is used by many other churches as well!**
- How many different songs did we sing in worship since last Rally Sunday? **164.**

## Minneapolis Area Synod Fall Women's Gathering



**Saturday, November 4, 2023**

**9:00 AM - 5:00 PM**

**First Lutheran Church, Columbia Heights, MN**

- Inspire Bible Study • Worship • Connection • Music • Friendship
- Ignite Explore Mental health & loneliness • Social justice & women's imprisonment
- Refresh Coffee & Lunch • Childcare • Chair Massage • Yoga
- Serve On-site impact projects • Global market

**Gather your gals and come to this incredible opportunity to connect, inspire, and create a better world--one act of love at a time!**

Visit [www.MplsWomenOfELCA.org](http://www.MplsWomenOfELCA.org) to learn more and **secure your spot for this transformative day!** Secure your spot and ensure your kids have an unforgettable time, too. **REGISTER TODAY** to receive a **FREE \$10 gift card for the global market at the gathering.** Registration for kids is only \$1 until **October 15<sup>th</sup>!**

## Calling All Musicians!

We're looking for more musicians to join our Light of Christ Praise Team! We could especially use a bass player! However, we would welcome more singers and instrumentalists in general. The more the merrier! If you are interested, please contact Katie at [katie.kohler@locdelano.com](mailto:katie.kohler@locdelano.com).

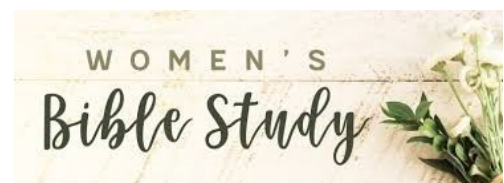


## Women's Bible Study

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)



## CHILDREN, YOUTH & FAMILY NEWS

### The Blessing of Children as they start a new school year



### Presentation of Bibles

On Sunday, September 10<sup>th</sup> the following children received their story Bibles: Sam and Nora Lindall, Logan Dickey, Emilia Olson, Cameron Prickett, Lola Haugen, Addy Wissink. What does it mean to these young people that they have their own Bible?



They are equipped to explore God's Word.

They are blessed and prayed for.

They are loved, now and forever!



## CHILDREN, YOUTH & FAMILY NEWS



This week is our final issue of Belize photos. Here is a link to our return worship service that took place on Sunday, August 6 if you weren't able to be there : <https://www.facebook.com/lightofchristlutheranchurch/videos/1246904489361179>

We truly appreciate your love and support!!



## Youth Activity Night in Bermudian Landing at Pastor Floyd's Church





## Bus Rides

With so many people, lots of different service locations, and spending time in multiple communities, our group had a lot of time on the 2 school buses we had all week. Our bus drivers were incredible and became good friends with our entire group! The bus rides were a time that we bonded as a group and took many naps!



**Many fun bus rides**



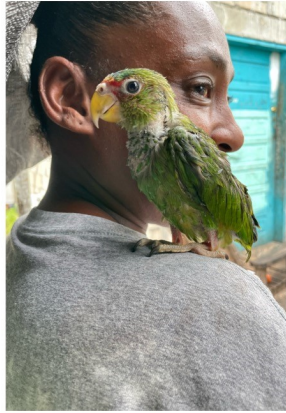
## Youth-Led Worship

Each evening, a different small group led worship for the night at our hotel. The groups got to choose the worship songs and scripture and also led the prayers and message. Each night we also shared God Sightings, which included the way that we saw God work through each other. It was a powerful time to grow together in faith and also watch the gifts of our youth come out as they led worship each night.





# CHILDREN, YOUTH & FAMILY NEWS



## Home Visits in Bermudian Landing



On Wednesday, we went from San Antonio to Bermudian Landing for the second half of our trip.

That afternoon we worked with Pastor Floyd and his church to pack some food for our home visits. Our large group was split up into 4 smaller groups and went to visit some local families in need and pray with them. These families/visits greatly impacted us and changed our perspectives on our own lives! We continue today to find ways that we can help and send love to these families beyond our prayers.

## Packing Food for Home Visits





## CHILDREN, YOUTH & FAMILY NEWS



### Kid's Club

Two of the days on the trip, our youth and adults spent time with local children from San Antonio... playing games, making bracelets, talking and getting to know one another. The children brought a lot of smiles and joy, which made it hard to leave them each afternoon! They touched our hearts and we hope to see them again someday.





# CHILDREN, YOUTH & FAMILY NEWS



**We left a  
piece of  
our heart  
in Belize**



**Thanks for  
sharing in our  
stories and  
reading about all  
of our great  
adventures! This  
trip changed our  
lives and has  
forever impacted  
our hearts.**





*le* JOIN US!

## RAISE AWARENESS FOR HOMELESSNESS

**Date:** Saturday, October 7th, 2023

**Time:** Sat 5pm - Sun 9am

**Location:** Light of Christ



**9th-12th graders!** Join us for an evening of fellowship, food, and service! Bring shelter supplies (tents or large cardboard boxes) to camp out overnight on the church lawn. **Everyone** is welcome to bring donations, food, clothing, and/or hygiene products. If you have any questions please contact Sophia Grant ([grant4sophia@gmail.com](mailto:grant4sophia@gmail.com)) Ellie Chalk ([elliechock@gmail.com](mailto:elliechock@gmail.com)) or Grace Ulberg ([graceulberg06@gmail.com](mailto:graceulberg06@gmail.com))

### 9<sup>th</sup>-12<sup>th</sup> Graders!!!

We hope you can join us for this great event. The cost will be \$10 (to help cover food) and a registration link with more info will be emailed to you soon. Save the dates!

### Explorers Volunteers Needed

Explorers (previously Bible Story Time) starts up this Sunday, Sept. 17. We have people who will take the lead in teaching. We do need a 2<sup>nd</sup> adult each Sunday to be able to offer the program. This isn't just limited to parents; grandparents etc. can also sign up to help. It's 20 minutes on a Sunday to shine Jesus' light to our 3-year-olds-2<sup>nd</sup> graders. The sign-up link is <https://www.signupgenius.com/go/10C0F48A4AB22A4FCCF8-explorers>

### 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)



### 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!



# September Birthdays

|           |             |              |
|-----------|-------------|--------------|
| Tyler     | Mielke      | September 01 |
| Grant     | Horeis      | September 01 |
| Kristin   | Lemmerman   | September 02 |
| Donald    | Palan       | September 02 |
| Mary      | Allen       | September 02 |
| Trevor    | Williams    | September 02 |
| Madelynn  | Knisley     | September 02 |
| Gary      | Prinsen     | September 03 |
| Nathan    | Schultz     | September 03 |
| Matt      | Nohner      | September 03 |
| Darius    | Clare       | September 03 |
| Abby      | Trettin     | September 03 |
| Val       | Donahue     | September 04 |
| Chris     | Gross       | September 04 |
| Mackenzie | Motzko      | September 04 |
| William   | Nohner      | September 04 |
| Brooke    | Lemke       | September 05 |
| Joseph    | Nelson      | September 05 |
| Paige     | Froehle     | September 05 |
| Michaela  | Todd        | September 06 |
| Allen     | Bawek       | September 06 |
| Rowan     | Johnson     | September 06 |
| Abigail   | Olson       | September 07 |
| Valerie   | Nee         | September 07 |
| Stephanie | Larison     | September 07 |
| Landon    | Hiltner     | September 07 |
| Len       | Beilke      | September 08 |
| Aaron     | Amdor       | September 08 |
| Eric      | Palan       | September 08 |
| Brandon   | Haugen      | September 09 |
| Ben       | Cederberg   | September 09 |
| Alexander | Ihde        | September 09 |
| Kane      | Reinholz    | September 09 |
| Lisa      | Boecker     | September 10 |
| Heidi     | Wuerger     | September 10 |
| Marcus    | Hanson      | September 10 |
| Stephanie | Almquist    | September 10 |
| Caden     | Jeseritz    | September 10 |
| Vicki     | Noetzelman  | September 11 |
| Lori      | Skogman     | September 11 |
| Nicholas  | Cayler      | September 11 |
| Rowan     | Anderson    | September 11 |
| Peyton    | Pearson     | September 12 |
| Samuel    | Nordlie     | September 12 |
| Diane     | Beilke      | September 13 |
| Onju      | Sturlaugson | September 13 |
| Carol     | Henry       | September 13 |
| Gala      | Andreasen   | September 13 |
| Jon       | Wissink     | September 13 |

**Do you remember when we used to list members' birthdays in the Beacon? Community Life wants to bring this back, so starting this past Sunday, September 17<sup>th</sup> we served birthday treats to celebrate September, October, & November birthdays! We will continue to celebrate birthdays quarterly so everyone's birthday will be acknowledged. Don't forget to wish someone a *Happy Birthday* this quarter!**

**For those celebrating, may blessings be upon you and let faith guide your heart all year. We hope your birthday is one of joy, peace, and love.**



|           |             |              |
|-----------|-------------|--------------|
| Harlan    | Grimm       | September 15 |
| Kevin     | Olson       | September 15 |
| Laurie    | Collings    | September 16 |
| Rachel    | Kopperud    | September 16 |
| Marshall  | Thorstad    | September 16 |
| Sammy     | Kirchmann   | September 16 |
| Bristyl   | Mickolich   | September 16 |
| Stacy     | VanCura     | September 17 |
| Kara      | Emmer       | September 17 |
| Zachary   | Fink        | September 17 |
| Max       | Schmit      | September 18 |
| Nolan     | Thorstad    | September 18 |
| Kendall   | Geistfeld   | September 18 |
| Michael   | Gallus      | September 19 |
| Matt      | Coyle       | September 19 |
| Grace     | Caple       | September 19 |
| Colette   | Wamre       | September 20 |
| Abby      | Bauman      | September 20 |
| Lauren    | Krysan      | September 20 |
| Wendy     | Meyer       | September 21 |
| Evan      | Amdor       | September 21 |
| Kinslee   | Gross       | September 22 |
| Everley   | Prickett    | September 22 |
| Tiffany   | Allison     | September 23 |
| Amber     | Eichten     | September 23 |
| Kianna    | Ulferts     | September 23 |
| Maia      | Nee         | September 23 |
| Charlotte | Olson       | September 23 |
| Jason     | Thompson    | September 24 |
| McKenzie  | Cayler      | September 24 |
| Holly     | Williams    | September 25 |
| Philip    | Radermacher | September 26 |
| Devin     | Russell     | September 26 |
| Brennen   | Meyer       | September 26 |
| Lona      | Jose        | September 27 |
| Adam      | Kopperud    | September 27 |
| Carter    | Peterson    | September 27 |
| Greg      | Krause      | September 28 |
| Jana      | Geistfeld   | September 28 |
| Becky     | Coyle       | September 29 |
| Brenda    | Dallmann    | September 29 |
| Cherie    | Kuechle     | September 29 |
| Heather   | Vanderlinde | September 29 |
| Daxton    | Custer      | September 29 |
| Brenda    | Black       | September 30 |
| Sara      | Schoepke    | September 30 |
| Crystal   | Stahlke     | September 30 |
| Jameson   | Geistfeld   | September 30 |
| Mya       | Motzko      | September 30 |

## October Birthdays

|            |              |            |
|------------|--------------|------------|
| Taylor     | Berscheid    | October 01 |
| Michael    | Warmuth      | October 01 |
| Aksel      | Caslavka     | October 03 |
| Douglas    | Laddusaw     | October 03 |
| Jordan     | Spencer      | October 03 |
| Lesley     | Berscheid    | October 04 |
| Scott      | Kohls        | October 04 |
| Eric       | Parpart      | October 04 |
| Doug       | Schuette     | October 04 |
| Aaron      | Sievers      | October 04 |
| Jamey      | Boecker      | October 05 |
| Dennis     | Lohmann      | October 05 |
| Matthew    | Motzko       | October 05 |
| Vince      | Pavik        | October 07 |
| Emma       | Ulferts      | October 07 |
| Lydia      | Sievers      | October 08 |
| Heidi      | Hiltner      | October 09 |
| Carrie     | Quamen       | October 09 |
| Steven     | Brown        | October 10 |
| Tim        | Johnson      | October 10 |
| Jack       | Magner       | October 10 |
| Casey      | Carson       | October 11 |
| Miles      | Eichten      | October 11 |
| Ashley     | Savage       | October 11 |
| Casey      | Schmidt      | October 11 |
| Sarah      | Bersie       | October 12 |
| Hannah     | Williams     | October 13 |
| Jen        | Peterson     | October 14 |
| Peter      | Schoepke     | October 14 |
| Bradley    | Czock        | October 15 |
| Sydney     | Imamura      | October 15 |
| Anna       | Krause       | October 15 |
| Samantha   | Tool         | October 15 |
| John       | Behnke       | October 16 |
| Kirk       | Reierson     | October 16 |
| Waverly    | Sjulstad     | October 16 |
| Dylan      | Thompson     | October 17 |
| Eric       | Anderson     | October 18 |
| Jack       | Prinsen      | October 18 |
| Karly      | Schmidt      | October 18 |
| Brad       | Wiyninger    | October 19 |
| Michelle   | Bunker       | October 20 |
| Dale       | Russenberger | October 20 |
| Maggie     | Thompson     | October 20 |
| Maya       | Carson       | October 21 |
| Addison    | Dallmann     | October 21 |
| Rick       | Zabel        | October 21 |
| Ailsa      | Boyack       | October 22 |
| Alexandria | Frake        | October 22 |

|           |           |            |
|-----------|-----------|------------|
| Megan     | Dallmann  | October 23 |
| Jessica   | Holmer    | October 23 |
| Erin      | Olson     | October 24 |
| Mary      | Johnson   | October 25 |
| Jeremy    | Prickett  | October 25 |
| Lisa      | Spencer   | October 25 |
| Deb       | Schantzen | October 26 |
| Hailey    | Ness      | October 27 |
| Erin      | Johnson   | October 28 |
| Bradley   | Bruhn     | October 29 |
| Claire    | Bruhn     | October 29 |
| Katherine | Bruhn     | October 29 |
| Laci      | Custer    | October 29 |
| Mariah    | Todd      | October 29 |
| Kurt      | Truax     | October 29 |
| Carol     | Heyen     | October 30 |
| Liam      | Olson     | October 30 |
| Jan       | Styve     | October 30 |
| Brannon   | Imamura   | October 31 |
| Max       | Lotzer    | October 31 |





# November Birthdays

|           |               |             |
|-----------|---------------|-------------|
| Mike      | Ingebrigtson  | November 01 |
| Liam      | Dornfeld      | November 02 |
| Annabel   | Frake         | November 02 |
| Megan     | Markfort      | November 03 |
| Emme      | Savage        | November 03 |
| Grace     | Horeis        | November 04 |
| Kristine  | Lotzer        | November 04 |
| Lois      | Abel-Priester | November 05 |
| Hannah    | Bigot         | November 05 |
| Jessie    | Gallagher     | November 05 |
| Sarah     | Mielke        | November 05 |
| Eva       | Nohner        | November 05 |
| Curt      | Reuter        | November 05 |
| Rachel    | Boyack        | November 06 |
| Derek     | Spencer       | November 06 |
| Heidi     | Goldbeck      | November 07 |
| Lori      | Graunke       | November 07 |
| Braelyn   | Ludwig        | November 07 |
| Greg      | Ulberg        | November 07 |
| Dominique | Clare         | November 08 |
| Elisa     | Carson        | November 09 |
| Diane     | Irish         | November 10 |
| Corey     | McLagan       | November 10 |
| Austin    | Lundquist     | November 11 |
| Craig     | Krysan        | November 12 |
| Claudia   | Schmidt       | November 12 |
| Claire    | Vanderlinde   | November 13 |
| Corey     | Black         | November 14 |
| Joseph    | Coyle         | November 14 |
| Barb      | Danielson     | November 16 |
| Erin      | Green         | November 16 |
| Josie     | Strobl        | November 16 |
| Jamie     | Ulferts       | November 16 |
| David     | Wuerger       | November 16 |
| Kelly     | Haugen        | November 17 |
| Sarah     | Ness          | November 17 |
| Kylee     | Amdor         | November 18 |
| Greg      | Bersie        | November 18 |
| Kali      | Larson        | November 18 |
| Megan     | Behnke        | November 19 |
| Anne      | Farniok       | November 19 |
| Jessica   | Motzko        | November 19 |
| Ava       | Reierson      | November 20 |
| Sarah     | Gierke        | November 21 |
| Catherine | Borman        | November 22 |
| Tim       | Current       | November 22 |
| Nicholas  | Farniok       | November 22 |
| Lydia     | Gierke        | November 22 |

|          |           |             |
|----------|-----------|-------------|
| Bryce    | Stahlke   | November 22 |
| Charlene | Warne     | November 22 |
| Kent     | Wischmann | November 22 |
| Wyatt    | Borman    | November 23 |
| Jane     | Lewis     | November 23 |
| Kerri    | Penke     | November 23 |
| Ellie    | Stahlke   | November 23 |
| Ryan     | Tool      | November 23 |
| Marilyn  | Mielke    | November 24 |
| Brennan  | Slipka    | November 24 |
| Anna     | Henry     | November 25 |
| Dana     | Anderson  | November 26 |
| Seth     | Klason    | November 26 |
| Tyler    | Anderson  | November 27 |
| Sheryl   | Laddusaw  | November 27 |
| Reese    | Black     | November 28 |
| Stan     | Droneck   | November 28 |
| Benjamin | Engel     | November 28 |
| Collin   | Magner    | November 28 |
| Joshua   | Rothstein | November 28 |
| Jeremiah | Werner    | November 29 |
| Terry    | Cook      | November 30 |

