



April Worship

All worship services will be recorded and posted on the [church website](#) so you can watch and stay connected each week. Online worship will continue until the restrictions for large group gatherings are lifted.



Church Council 2020

Kylee Amdor
Wes Aylsworth
Carmen Hanson
Jennifer Hinker
Jon Holzer
Elizabeth Kohlhof
Dan Langner
Tom Sebelien
Stacy VanCura
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

Contact us!

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You can make a difference.

Share each other's burdens, and in this way obey the law of Christ. *Galatians 6:2*

One day I will ask myself, how did I respond in the face of this historic pandemic? I will certainly reflect on cancelled activities, working from home, supporting our children's remote learning, strategically maneuvering through grocery stores, adapting to a new longer hair style and the many challenges associated with minimizing physical interaction. However, I believe my more lasting memories will center around the ways in which this conflict has brought out the best in people. I am watching family, friends, and co-workers connecting with each other more deeply. Conversations often begin with, "How are you doing...really"? People are sharing their honest fears, stories of resilience, encouragement, and hope. I observe people taking time to truly listen in an empathic manner and are offering support and assistance when possible. The phrase, "We are in this together", could not be more true. Let's challenge ourselves to be even more compassionate, to listen, and to support those around us. We can make a difference.

You may find the [Patty Wetterling shares coping strategies](#) news story helpful as you deal with the challenges and anxiety associated with this pandemic.

Thank you! ~ Stewardship Committee



Staying Connected/Helping Where Needed

A priority for Light of Christ in our commitment to "Stay Vibrant Despite the Virus" is our ability to aid any member in need of support.

This can mean running errands for essential items such as groceries, health & personal needs, prescriptions, etc. It could potentially mean rides to necessary clinic or other appointments. It may be to offer pet care/dog walking, etc. It might include assistance in navigating on-line ordering of items. It may be as simple as a phone call merely to check-in and ask how someone is doing.

We have several Light of Christ members willing to reach out and provide services to anyone who may not currently be able to do such things for themselves. If you or someone you know could benefit from this support, please email locvolunteer@frontier.com or call Jinnelle Weis at 952-250-5527. I also invite anyone who is able to help and would like to support this effort to email or call me and I will add you to the group!

In these uncertain times of safe-distancing and self-quarantine it is more important than ever to nourish relationships, connect in ways possible and to care for each other. Please reach out if you need support or are in a position to support others. With these efforts we will "Stay Vibrant – Stay Connected and Stay Strong" together!



Donate to Food Shelf Pack-the-Pews Campaign

Delano Helping Hands Food Shelf has discontinued accepting public food donations. In alignment with federal and state guidelines, they need to follow extra sanitizing measures to assure that all their products are safe. So for our Pack-the-Pews Campaign we are still asking that you would consider sending any monetary donations that you can to help those facing food insecurity in the uncertain days ahead. Your generosity will be most appreciated.

Free Meals Available for Seniors 60+

Wright County Community Action and the Delano Senior Center continue with their partnership in providing ten frozen meals to **Wright County seniors (age 60 plus)**. Meals will be delivered directly to homes for the duration of the CoVid-19 crisis. If you are a senior, or know of a senior, that would benefit from this program, please email senior@delano.mn.us or call 763-972-0574 to sign up. You can also contact the Delano Senior Center and their volunteers or staff are available to reach out to seniors that may be interested in participating.

If you would like to support this initiative, monetary donations would be greatly appreciated. Additionally, there is a need for temporary freezer space, preferably walk-in. Please call Terri Harris at 763-742-3113 if you have freezer space that can be shared with this program.

Caring Cards

Is there someone you would like to receive a personally written message of support or encouragement from the Light of Christ family? Please complete this [form](#) and email or send to the church office. Or email the information below to lochrist@frontiernet.net. A card will be created and sent to the intended recipient.

Please send a card to: **Name:** _____

Address: _____

This person needs support dealing with:

grief depression, brokenness

illness family discord

optional details: _____

To ensure an age-appropriate message, please indicate the recipient's age.

youth-young adult 30-60 60-100

*This outreach is provided by the
Healing and Wholeness Ministry.*

CARING CORNER

(Created by Light of Christ
Healing and Wholeness Ministry)



We care about how you and your loved ones are managing through this challenging time of social distancing and cabin fever! If you are struggling with anxiety, depression, stress, loneliness and isolation, grief and just feeling lost, you are not alone. We encourage you to call Pastor Bruce if you need some support. His cell is 505-412-3013.

You can also call the Minnesota Warmline Monday-Saturday 5-10pm (651-288-0400 or text "Support" to 85511) to talk/text with a trained Certified Peer Specialist. They provide a safe, anonymous confidential environment to connect with people who are "here to listen".

Find online resources through Mental Health Minnesota for help in crisis, apps to help you cope and manage your mental health. Many counseling centers are offering phone sessions or virtual visits. You can do the Google!

NAMIMN.ORG is the website for the National Alliance of Mental Illness Minnesota. They have quickly put together numerous live Zoom classes available at various times during the day, but are currently working to have recordings of these classes available for you to use at a convenient time for you. Here is a sampling of what is currently offered:

Creating Caring Faith Communities (this is the class we had at LOC in November if you missed it): Thursday, April 30, 2-3pm

Keep in Touch - staying connected with social distancing: Friday, May 1, 2-3pm

QPR - Question, Persuade, Refer; suicide prevention: Wednesdays, 12-1:30pm

Gray Matters - Understanding Depression in Older Adults: Friday, April 24, 3-4:30pm

Gray Matters - Understanding Anxiety in Older Adults: Monday, April 20, 11:30-1pm

Together We Can Make It Okay - commitment to changing misperceptions of mental illness by encouraging open conversations: Wednesdays, 3-4pm

Remember: "Be gentle with yourself, you're doing the best you can."

SPARK Resumes!!

SPARK for 6th graders resumed virtually on Wednesday, April 15th. It was great reconnecting with everyone and getting a chance to share each other's "highs and lows". Unsurprisingly, most of the kids said their low was school work. Some things never change. Pastor Bruce took the students on a virtual tour of the sanctuary and together, he and the 6th graders, reviewed the names for the different elements. Memories were understandably a little rusty given that we last met for SPARK a month ago. The class continued with Miss Katie Kohler introducing a music activity that 6th graders will complete on their own and share for the next SPARK class. Lastly, the students participated in a game of "Scattergories", which essentially rewards creative-thinking skills. It was nice to end the session with a few laughs. SPARK will run consecutively for the next 2 weeks on Wednesday afternoons.



Spring Confirmation

Over the next 4 weeks, our Confirmation youth (grade 7-9) will be meeting virtually with their small groups to wrap up the year. Our final unit is on forgiveness. Confirmation Guides will be reaching out to the kids/families in their group to set up their meeting times and details. If you have a child in Confirmation, please watch your email for details. Lent projects (self-portraits) will be due by the end of this Confirmation year, **May 13**. Please keep our Confirmation youth and Guides in your prayers as they reconnect and support each other during this time.

Facebook/YouTube

You can find great videos and resources posted by our CYF staff on a regular basis. Our weekly schedule for posts is as follows: **Monday Meal Time** (prayers), **Tuesday Tunes** (song/video), **Wednesday Words** (of encouragement), **Thursday Tunes** (song/video) and **Friday Fun!** Contact our staff if you have any questions about how to access these resources!

Youth Zoom Connect Times

4th and 5th grade youth will be meeting bi-weekly through the end of the school year to do a check-in and play some games to hang out. Here is the upcoming schedule:

- **4th grade:** Tuesdays at 3 pm (April 28, May 12, & 26)
- **5th grade:** Thursdays at 3 pm (April 30, May 14, & 28)

Bible Study for LIFE

Jesus said that he came that we might have life and have it abundantly. (John 10:10) Even now? With all of this?

Beginning April 28th, Tuesday evenings, from 7-8 p.m., you are invited to an online Bible study designed to explore how the Bible speaks to some questions, issues, interests and concerns we all have. Light of Christ member, Tim Johnson, will lead a casual study and conversation using the acronym, **LIFE**, as a guide.

L -- is to **Listen** to God's Word. This means to listen, read, be open to hearing God speak, both through the Bible but also through our conversation together. "Whoever has ears, let them hear." (Matthew 13:8)

I -- is to **Internalize** what you hear or read. The Bible puts it this way--"Let the Word of Christ dwell richly within you." (Col. 3:16)

F-- **Follow** the stirrings of the Holy Spirit and God's Word. In other words, do what it says. "Be not only hearers of the Word, but doers as well." (James 1:22)

E -- **Experience** and **Enjoy** the fruits of being connected more deeply to God. Taste and see that the Lord is good; blessed is the one who takes refuge in him." (Psalm 34:8)

The idea is that we'll learn together, and that we'll each do our best to internalize/meditate upon what we read and learn, and then seek to put that Word into practice and see what happens. Then we'll share the next time we're together what we're sensing or learning (our experience) as we try to apply God's Word.

This is for beginners or those who have years of Bible study under their belt. But our orientation will be simple, trusting that God will indeed come to us and speak to us in these very Words we will read and share together. After all, God nudges and speaks to each of us in different ways.

Our first four topics will be:

- ✚ How to find peace in all of this.
- ✚ Praying for my family, friends, church, myself. How?
- ✚ Being hopeful instead of fearful. How do I do this?
- ✚ Simplicity instead of complexity. What is this mustard seed conspiracy of Jesus'?

An email containing sign-up information will be forthcoming. Or, please email Tim directly at tdale57@gmail.com. Please share your name, phone and email.

Submit Your Family Pictures

Light of Christ Members: don't forget about pictures for the online Church Directory! While we are all staying safe at home, this may be a great time to gather the family members and take a picture of the gang. All you have to do is email your picture to **Terri at the church office** who will coordinate adding it to our directory.



Get Your Daily Devotions

Pastor Bruce and Worship and Music Director, Katie Kohler, post a morning devotion five days a week — Monday, Tuesday, Thursday, Friday, and Saturday—which can be found on our [website](#) under the "Staying Vibrant Despite the Virus" tab (*Worship/Music/Devotions*) or on our [YouTube channel](#).



Church Library Has Many Resources

Just a reminder that even though the public libraries are closed, the church library has many books and resources for members to check out, and for all ages and topics. Just stop in during office hours (Wednesdays 9:15-11:30 am) to check it out while still remaining socially distanced!

