



May 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!

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



LightOfChristLutheran.com
lochrist@frontiernet.net



Free Fresh Produce

Sponsored by Second Harvest Heartland and NourishingHOPE food drop

Boxes of fresh produce will be available for drive through pick up on a first come, first served basis
All are welcome

Wednesday, May 13th
3pm -until gone

(more quantity available this week- one box per household/vehicle)

Locations for pick up

Corcoran

St. Thomas Catholic Church parking lot

Delano

Light of Christ Lutheran Church parking lot

Loretto

 Fire Department hosting: **site change**

Sts Peter and Paul Catholic Church parking lot

Appropriate distancing and covid mitigation practices will be employed

Montrose

Montrose United Methodist Church parking lot

Rockford

Our Father's Lutheran Church parking lot

St. Michael

Colonial Mall (Alleluia Lutheran Church)



May "Fifth Sunday" Special Offering Is for Second Harvest Heartland

Second Harvest Heartland is the provider for the Free Fresh Produce Give Away happening in May at Light of Christ and 5 other surrounding community locations. They also provide food at a low cost for our local Food Shelf to distribute.

Hunger doesn't wait. While COVID-19 affects our community, helping our neighbors experiencing hunger is more necessary than ever. Missing work and an uncertain economy mean families are missing meals. For more information on their programs and COVID-19 response visit 2harvest.org/covid19update.

So please consider giving what you can to help support this vital program, especially during this uncertain time of increasing needs. Donations may be sent to Light of Christ any time during the month of May. Thank you for your generosity and help for our neighbors in need.



Pack-the-Pews Food Shelf March/April Drive

Besides the many food donations during the beginning of March, there was a total of \$700 in monetary donations also. Thank you for donating to our local Food Shelf during this time of increasing needs.

From Food Shelf Co-chairs Sandy Kremer & Jeanie Pilarski:

Thank you for your generous donations through the "Pack the Pews" drive. We appreciate that you have changed the drive to monetary donations. The dollars will be used to purchase food from Second Harvest Heartland. For every dollar, we are able to purchase \$9.00 of food. We have seen an increase in the number of neighbors in need. We are so grateful we can be open to serve.

Delano Senior Center's Meal Program March "Fifth Sunday" Offering Drive

Total donations raised to help our local Senior Center provide meals for seniors were \$2,430. Thank you to all who donated to this local program.

From Nick Neaton—Community Services Director:

Thank you for your generous donation to the Delano Senior Center's lunch program. Though we are currently in an uncertain time, we are looking forward to opening back up and bringing seniors together again over lunch and at our various activities. We appreciate your donation and we are honored to have been selected as the beneficiary organization for March.

The Lord Is My Pace Setter

Psalm 23 has probably been set to music and paraphrased more than any other part of the Bible. This contemporary version was written by Toki Miyashina, a Japanese Christian. It seems especially timely right now as many of us have had to slow down and live at a less hurried pace while we have been sheltering in place. The peace, serenity and tranquility that this psalm evokes is something I hope we can take with us after this pandemic is over as we seek to "walk in the pace of my Lord."

The Lord is my pace setter . . . I shall not rush.
He makes me to stop for quiet intervals.
He provides me with images of stillness
which restore my serenity.
He leads me in the way of efficiency
through calmness of mind
and his guidance his peace.

Even though I have a great many things to accomplish each day,
I will not fret, for his presence is here.
His timelessness, his all importance
will keep me in balance.

CARING CORNER

(Created by Light of Christ
Healing and Wholeness Ministry)



May is National Mental Health Awareness Month

LOC's Healing and Wholeness Ministry recognizes that this time of quarantine and isolation brings a new dimension of concern for all of us who struggle with (or love someone who does) anxiety, depression, loneliness, addiction, and many forms of mental illness.

Our connection as a faith community is so important and we hope you feel you can reach out for support, prayer, a listening ear. This week we continue with a daily dose of encouragement along with suggestions for Zoom classes through NAMI (National Alliance on Mental Illness). See the website www.namimn.org, click on **Find Classes** for the links.

May 11: Write a thank-you note.

NAMI class - Discipline tips for Stressed Parents 1-2pm

-In Our Own Voice (living with mental illness) 6-7pm

May 12: Read and pray Psalm 91

NAMI - Good Mental Health in the Workplace 1-2:30pm

May 13: Call someone who comes to mind

NAMI - Self-care and Mindfulness 2-3pm

-Creating Caring Faith Communities 11:30-12:30pm

May 14: Take a walk - bask in God's creation

NAMI - QPR (Question, Persuade, Refer) Suicide Prevention
1-2:30pm

May 15: Pray hardest when it's hard to pray...

NAMI -Mental Illness & Crisis Communication Strategies
11:30-1:30

-Gray Matters- Depression in Older Adults 3-4:30pm

May 16: Dig in the dirt!

May 17: Attend church virtually on Facebook, 10am- join your faith family for communion and conversation via Zoom (see link on the email sent out)

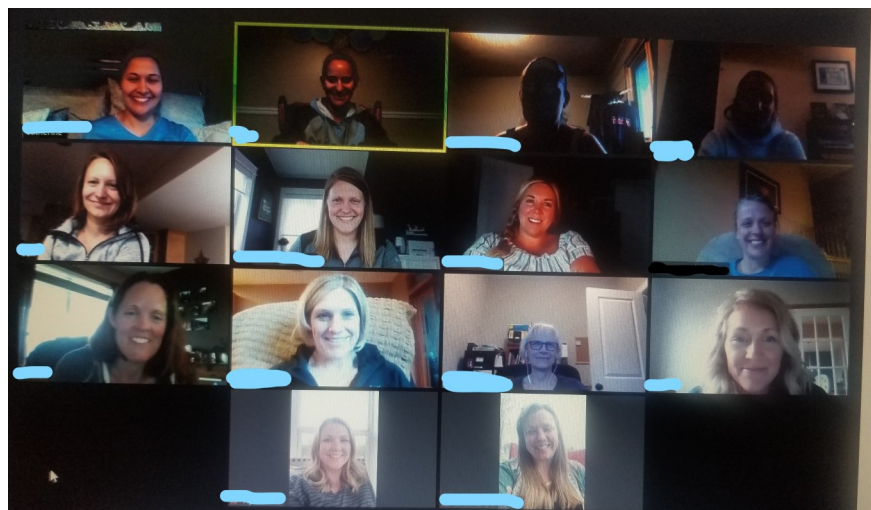
Keep on keeping on, with the help and faith from God. We care.

During this unusual time, it can be difficult for children with mental health needs and their families. A resource for parents to search in addition to NAMIMN is PACER.ORG. Click on **Learning Center** and then **Children's Mental Health and Emotional Needs** for ideas during this difficult time. Also, click on **Learning Center** and then **Mental Health Issues**.

He prepares refreshment and renewal
in the midst of my activity
by anointing my mind with his oils of tranquility.
My cup of joyous energy overflows.

Truly harmony and effectiveness
shall be the fruits of my hours.
For I shall walk in the pace of my Lord
and dwell in his house forever.

CHILDREN, YOUTH & FAMILY NEWS



Our Children and Family team is continuing to meet and coming up with ways we can keep our children connected. The CYF staff would like to thank each one of them for all their support, we truly could not do what we do without these amazing people.

Last Zoom Sunday School

Can you believe that our last Sunday school is this Sunday the 17th? To celebrate we are throwing a **BEACH BASH!!** Come dressed up in your favorite beach gear (sunglasses, hat, etc.), change your virtual back ground or decorate the space behind you. 3 year old-2nd grade from 8:30 -9:00, and 3rd—6th grade from 11:00-11:30. You will receive the zoom invite over email. Hope to see you there!!



Third Graders met for a Zoom session on Tuesday, May 5th. They got a chance to chat and play the quick-thinking game "5 Seconds." The next Zoom Meeting for Third Grade will be on Tuesday, May 19th at 3:00 pm.

Summer Ministry Opportunity

Light of Christ staff is looking for adults/families that would be interested in leading and recording a "Sunday School" type lesson that can be used for families to continue to connect and practice faith at home during the summer months. It might be you or your family reading a Bible story and sharing a craft and/or song that would tie-into the story. Or maybe you have another great idea? We are also welcoming families to help with our Sunday worship services by contributing a recording to be a part of the service (such as the Lord's Prayer, etc). If you or your family would be willing to help in either of these ways (or just get more info), please contact Kirsten Kelly, Katie Kohler or Pastor Bruce. We are thankful for the work of our entire church family as we continue to find creative ways to grow and connect in faith.

Kid's Connect via Zoom!

Here is the remaining schedule for Zoom Connect times for grades 3-6. Hope you can join us!

- ◇ 3rd Grade = May 19 and June 2
from 3:00-3:30 pm
- ◇ 4th Grade = May 12 and May 26
from 3:00-3:30 pm
- ◇ 5th Grade = May 14 and May 28
from 3:00-3:30 pm

New High School Mission Trip Opportunity

Since our 2020 HS Mission Trip to Denver has been postponed, Pastor Bruce and Kirsten are looking into the option of having a "Virtual HS Service Experience" at Light of Christ this summer instead. This experience would take place later in the summer (dates TBD) and would follow all CDC and social distancing guidelines. But we are hoping we can gather at church for some service learning videos put together by Service Learning Camps, as well as do some hands-on service activities that would benefit local social service agencies. Since this is a whole new opportunity and the dates have changed, we are opening it up to any high school youth (completed grades 7-12) that are interested. For more information or to express interest, please contact Kirsten Kelly **ASAP** so we know an approximate number. The cost of this experience would be around \$75-100.

New Equal Exchange Online Store with FREE Delivery... order for yourself or brighten someone's day!

Light of Christ (LOC) youth are beginning a new "Online Store" with Equal Exchange items (coffee, chocolate, tea, nuts, etc.) as well as LOC Tumblers. You can order items online (<https://forms.gle/Td7By6ugsStCBALW7>) and then choose to have them delivered to someone's house to brighten their day (gift wrapping available) or order for yourself and have it delivered to your home! If you order for someone else, we encourage you to include a special note so they know who it is from. Payment for items can be made online or you can mail a check, but items will not be delivered until payment is received. Once the order is complete, a high schooler from LOC will deliver the item/s to the specified address (free within Delano and surrounding communities). We will make sure to follow CDC and social distancing guidelines during the entire process. All proceeds will benefit future youth trips/camp. What a great way to send a "thank you" to your child's teacher, get a gift for Mother's Day or just brighten someone's day! (Please note: since we're not sure how popular this will be, we are starting with the inventory that we currently have available. If we find that it goes well, we will order more Equal Exchange items and have them available



Vibrant | Connected | Serving

As we continue to "shelter in place", Light of Christ (LOC) staff and congregation commit to staying connected, providing support, and giving assistance wherever needed!

If you or someone you know is in need of support, please email Jinnelle Weis locvolunteer@frontier.com or call her at 952-250-5527. If you can provide support, please call or email and I will gladly add you to one of the many ways in which we are connecting with our church family.

LOC members have volunteered to reach out through a multitude of different initiatives. We have offers to run errands for those less able to leave their home, assistance may be available for navigating online ordering and virtual communication opportunities. Many persons, including several of our LOC youth have been connecting with a note to say we are thinking of you or simply checking in with a "how are you doing" phone call. We continue saying "thank you" to all those on the front lines – our medical personnel, public and private school educators, grocery store employees and so many more.

More than ever, it is a time to nourish relationships, connect where possible and care for each other. We are alone **together** and staying vibrant, connected and serving where needed!



"Serve at or Beyond Light of Christ"

I do not remember exactly when Light of Christ adopted "The Marks of Discipleship" but I do know that today, more than ever, they are being lived out! All five are extremely important but especially amid these unusual times I am extremely thankful for so many of you who are "Serving at or Beyond Light of Christ."

In the last 45 plus days we have had multiple initiatives designed to connect with LOC members, to thank persons on the front lines for keeping us safe and teaching our children, to extend services to those in need both in our congregation and community. In every case when we have asked for assistance to reach out, to connect, to help, to provide – our LOC members have been there to give of your time, your talents, your resources.

We are extremely fortunate as a congregation to have so many willing to volunteer no matter the need or commitment. A heart-felt **"THANK YOU"** to each one of you for your gifts and eager willingness to "Serve at or Beyond Light of Christ" – you are a blessing to each person you touch.

Conversation and Study on "Finding Peace in These Times"

An opportunity to connect with others to explore what's at stake with our sense of well-being amidst all of these changes and challenges.

THIS Tuesday evening, from 7-8 p.m., provides an opportunity to connect with others for conversation and study around "Finding Peace." A chance to share thoughts, listen to others, learn from Scripture, feel encouragement, and grow in your relationship with God. No experience necessary. Come as you are. Discover something new. Connect with and get to know a few other folks.

If you would like to receive a Zoom link for the gathering, or if you have any questions, please reach out to Tim Johnson at tdale57@gmail.com.

All are welcome!



Call on the Light of Christ Prayer Chain

Then you will call on me and come and pray to me and I will listen to you. Jeremiah 29:12

Are you in need of a prayer during these difficult days? Do you know someone else in need of prayer? If so, please feel free to engage the Light of Christ Prayer Chain. The process is simple and 100% confidential. All you need to do is contact the church office either by email (preferred—lochrist@frontiernet.net) or phone (763-972-2400; please keep in mind office hours are currently limited to Wednesdays, 9:15-11:30 am) with your request. The church office then contacts the group of LOC members ready to 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.

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](mailto:Terri@lochrist.org) who will coordinate adding it to our directory.



What's Your Favorite Hymn?



During our Saturday devotion we are hoping to share members' favorite hymns/Christian songs and how those songs have played a part in their Christian faith. If you are interested in sharing, please contact Katie at locworshipmus@gmail.com. Video and written statements are both accepted. Katie will share your statements and sing the songs during Saturday devotions. If you wish to remain anonymous that's fine too! We are excited to hear from all of you!

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 (currently Wednesdays 9:15-11:30 am) to check it out while still remaining socially distanced!

COMMUNITY RESOURCES FOR 60 & OLDER



The Central MN Council on Aging (CMCOA) has provided Federal Older Americans Act (FOAA) funding to Catholic Charities to provide both congregate and home-delivered meals in Wright County for decades. In January, Catholic Charities developed a partnership to deliver home-delivered meals to low income older adults 60+ through two of Wright County Community Action's (WCCA) Mobile Food Shelf routes in Delano and Waverly. CMCOA also provides funding to WCCA for grocery/RX delivery. In response to the COVID-19 pandemic, older adults

nationwide are being encouraged to remain at home. We want to ensure older adults have adequate access to food during these times of uncertainty. There are several options for individuals 60 years and older to consider if services are needed:

Reassurance

Do you know an older adult who may be isolated during the Covid-19? These providers are available with support and a friendly visit via the telephone to older adults. CMCOA, through the FOAA, is funding these agencies to provide this service to older adults in Wright and surrounding counties.

Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you. 877-797-7299



Meals/Groceries/RX Covid

CMCOA, through the FOAA, is funding these agencies to provide grocery/medication delivery, frozen meals through curbside pickup, and home delivery to older adults in Wright and surrounding counties. To keep clients and volunteers safe during the Covid-19 pandemic, services will be provided as a knock & drop service. These are provided on a donation basis and no one is turned down for inability to pay. For grocery delivery/medication delivery, contact Wright County Community Action 320-963-6500

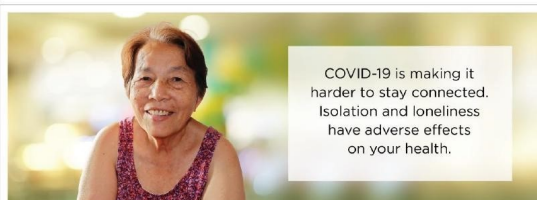
Need Help Finding Community Resources? Call Senior LinkAge Line at: 1-800-333-2433



MINNESOTA'S LINK TO A LOCAL EXPERT



Social Connect
Calm your body and celebrate
the good things in life.



Social Connect

Keeping seniors active during these changing times can be challenging, yet is for vital their wellbeing. One option is the Stay Active and Independent for Life (SAIL) program for seniors. SAIL is a weekly program for adults that is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness. SAIL can be offered through a virtual platform such as a laptop or through televisions within a site. The SAIL class is facilitated by a trained leader.

Additionally, CMCOA will be offering a Social Connect virtual class for seniors. Participants will do gentle chair yoga movements, learn about ways to reduce stress and connect with others. These 45-minute sessions will be conducted by phone or Zoom and offered Tuesdays and Thursdays through May. For registration contact: Darcy Rylander, Central MN Council on Aging drylander@yourjuniper.com 320.253.9349.