



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!

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LightOfChristLutheran.com
lochrist@frontiernet.net

Fresh Produce Distribution

Once again, in collaboration with Our Father's Lutheran Church in Rockford and through generosity of Second Harvest Heartland, Light of Christ volunteers packed and distributed boxes of fresh produce to area residents. With the overwhelming response from the April initiative, the number of boxes distributed on May 13th was increased to 213. Light of Christ is extremely grateful to be included in this effort to assist area families in need. It is heartwarming to experience the willingness of so many to provide resources and assistance so necessary during this pandemic.

The response is indicative of the current need in our community and the positive impact Light of Christ can have in participating in this type of collaboration. Currently we anticipate an additional distribution prior to the end of May with Light of Christ again providing volunteers willing to pack, load and distribute fresh produce.

A huge thank you to the following Light of Christ volunteers serving the May 12th and 13th initiative – Aaron Amdor, Cheri Ashfeld, Wes and Jessie Aylsworth, Cheryl Gielau, Sophia and Kiera Grant, Dave and Kirsten Kelly, Dan Langner, Troy, Kaitlyn, and Kaci Malo, John and Natalie McClelland, Brad Pappas, Britta and Ava Reiersen, Anne and Lexi Rothstein, JoMarie Williamson.



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.



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)



May is National Mental Health Awareness Month

Light of Christ'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. We continue with a daily dose of encouragement for mental wellness, along with suggestions for Zoom classes through NAMI (National Alliance on Mental Illness). See the website namimn.org, click on "Find Classes" for the links.

May 18: Spend time stretching or try Yoga.

12-12:30pm NAMI Moments: Mental Health Crisis Planning for Families. Learn to recognize, manage, and plan for your child's mental health crisis.

2-3pm Wellness Series: Keep In Touch. It's human nature to want to connect with others, but that can be hard while practicing social distancing. Join us to talk through tips on staying connected with others as we navigate COVID-19.

May 19: Reprioritize to make time for God today.

12-12:30pm Teen Tuesday: Staying Social during Social Distancing. Teen Tuesdays are short presentations for teenagers about mental health and the COVID-19 pandemic.

10:30am-12pm Understanding Anxiety in Older Adults

May 20: Read and pray Psalm 142.

2-3pm In Our Own Voice. Understand the journey of people with mental illness in recovery.

1-2pm Wellness Series: Physical Activity. Come learn how physical activity can benefit your mental health.

May 21: Try the "CALM" app.

May 22: Send a note of encouragement to someone.

May 23: Call/conference with a group of friends.

May 24: Count your blessings. Thank and Praise God through online worship and communion.

Love INC Reopens for Donations

Love INC is opening up 2 days/week and is looking for volunteers to receive donations only. There is a need for more help since most of their volunteers are over 60 years in age. They will be accepting donations on **Tuesdays & Fridays from 9am-12pm** in their alley, using practices to keep donors and volunteers safe. Please be respectful of their donation hours. The store remains closed until further notice.



A huge **THANK YOU** to all our Sunday school teachers and parent volunteers for all your help through the past year!

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 a birthday, 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 once they arrive. Thanks for your patience and understanding. And we invite your feedback and input!)



Kid's Connect via Zoom!

Fourth Graders gathered virtually on May 12th to chat and participate in two activities. The first activity benefited those with strong imaginations while the other favored those who could think quickly under pressure. Their next meeting will take place on Tuesday, May 26th. The Fifth Graders participated in the same games during their own Zoom session on May 14th. Their next one will be on Thursday, May 28th. We look forward to reconnecting virtually with Third Graders on Tuesday, May 19th. We are thankful for the technology that allows us to communicate with others during this challenging time. It has been wonderful being able to see the children's faces and hear their voices.

Summer Ministry Opportunity

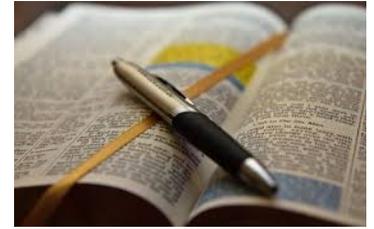
Light of Christ staff is looking for adults/families that would be interested in leading and recording a "Sunday School" type lesson that can be used for families to continue to connect and practice faith at home during the summer months. It might be you or your family reading a Bible story and sharing 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.

"Finding Peace in These Times" Tuesday Evening Bible Study/Conversation

All are welcome! Good conversation. Friendly. Open.

An opportunity to connect with others and to learn about prayer. What is the power of prayer? How is prayer communicating with God? How does prayer work? Other questions for anyone struggling with prayer.

Every Tuesday evening, from 7-8:00 p.m. Via Zoom. For a link or if you have questions, please email Tim Johnson at tdale57@gmail.com.



Let's Connect!

The Community Life Committee and Sisters of LOC are hosting virtual connect events for our members at Light of Christ. The purpose is to create connection and informally give people the chance to connect for some fun conversation and camaraderie.



We currently have two events scheduled for **Thursday, May 21st** and **Thursday, June 4th**. Events will take place from 7-8pm. If you are interested in joining either event, please contact Elizabeth Kohlhof at elizabeth.kohlhof@gmail.com for the Zoom meeting links.

Vibrant | Connected | Serving

With the Minnesota "Safer at Home" continuing, Light of Christ staff and congregation renew our commitment to staying connected, providing support, and giving assistance within and beyond our congregation.

If you or someone you know is in need of support, please email locvolunteer@frontier.com or call Jinnelle Weis 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.

Since the initial order prohibiting in-person gatherings, our Light of Christ members have volunteered to reach out through a multitude of different initiatives. Area residents have benefited by Light of Christ volunteers who have willingly packed and distributed fresh produce in collaboration with Our Father's Lutheran Church and Second Harvest Heartland. Many persons have offered to run errands or give assistance in navigating online ordering and virtual communication opportunities.



What's Your Favorite Hymn?

During our Saturday devotions 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, Wednesday, 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](#).



Light of Christ youth and adults have been connecting with a note to members to say we are thinking of you or simply checking in with a "how are you doing" phone call. We continue saying "thank you" and express our heartfelt gratitude to all those on the front lines – our medical personnel, public and private school educators, grocery store employees and so many more.

Thank you to all our amazing volunteers who have actively participated in nourishing relationships, in caring for each other and in finding ways to stay connected even when we cannot do so face to face. Your hands and feet are doing God's work in this time of need and we are truly blessed!