

## Worship

- Indoor worship—9am Sundays
- Outdoor worship—6:30pm Wednesdays, weather permitting
- Online worship will continue and will be posted on the [church website](#).



## Church Council 2021

Carmen Hanson  
Jennifer Hinker  
Jon Holzer  
Derek Horeis  
Elizabeth Kohlhof  
Tom Sebelien  
Lisa Spencer  
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
- † Give of my time, talents and resources

## 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)

## The great thing about giving is.... It "honors my father and my mother"



Father's Day marks 30 years since my dad's sudden death. How can that be? The memories are still vivid.

Long before I was old enough to know my parents' *financial* giving to church, their *volunteerism* was ingrained: organist, council member, Sunday School chairman, building maintenance. I learned to carry sticky plates to the ladies in the kitchen as soon as I was old enough to balance them.

It's a blessing to have the skills and financial security to follow my parents' lead. I know they look down from Heaven with pleasure that I have a church home like Light of Christ and a church family like all of you. Each year when Lee and I increase the time and money we give to LOC, it honors Charles & Ingrid and Henry & Veronica.

**How do you carry on your parents' legacy through your giving?**  
Stretch as you can. Grow each year. Set an example for the generation that follows you.

~Cheri Ashfeld, Stewardship Committee



## Free Fresh Produce and Dairy

Sponsored by NourishingHOPE Food Drop and Second Harvest Heartland

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

Please note  
new day and  
time

## MONDAY, June 14 4pm -until gone

### Locations for pick up

#### Corcoran

St. Thomas Catholic Church parking lot

#### Delano

Light of Christ Lutheran Church parking lot

#### St. Michael

New Alleluia Lutheran Church parking lot

#### Rockford

Our Father's Lutheran Church parking lot

#### Buffalo

Buffalo Covenant Church parking lot

## Caring Corner

(by Sue Fink with LOC  
Healing and Wholeness Committee)



On Memorial Day we remembered all the fallen soldiers who have served our country in past wars. But let us also remember those veterans who have sacrificed their lives by suicide and those who live with the reminders of their service on a daily basis, whether due to a physical, mental or moral injury.

June is National PTSD Awareness month. It is most often thought of as a mental disorder that affects veterans but anyone can develop post-traumatic stress disorder as a result of a physical, psychological or sexual abuse; terrorism and war; domestic violence; witnessing violence against others; accidents and other natural disasters; significant loss and grief. About 3.5% of the adult population suffers from PTSD.

The two most common trauma disorders are acute stress disorder and post-traumatic stress disorder. The difference is acute stress disorder usually lasts about a month following a traumatic experience, whereas PTSD lasts much longer and may not even surface for several years following the trauma. Other psychological disorders may co-occur in conjunction with PTSD including depression, anxiety and alcohol/substance abuse problems.

Everyone experiences trauma differently but those who develop PTSD usually experience flashbacks of the trauma which cause acute episodes of anxiety and panic as well as a profound sense of grief and/or guilt and shame. They may have recurrent negative thoughts, nightmares and insomnia and may startle very easily and quickly go into “combat” fighting mode. They avoid any situations that may trigger an attack.

PTSD must be treated, it’s not something that will just go away with time. It is important to talk to a mental health professional to tailor a treatment that is custom-made. Everyone responds differently. The goal is to help the person work through the trauma and learn ways to develop healthy ways to deal with the anxiety, anger and stress. Antidepressants may be helpful in controlling sadness, worry, anger and feeling numb inside. There are also other meds to help with insomnia and nightmares.

See the resources listed on our [LOC website under “Support/Mental Health.”](#)

The Crisis Line is 1-800-273-8255.

A big **thank you** to all who participated in our first annual Mental Health Awareness walk on May 23<sup>rd</sup>. Mental illness has impacted so many of us, especially since the additional trauma of the past year from Covid, daily gun violence, political unrest and unkindness. As a Christian church we have a responsibility to minister to and care for all those who suffer in any way.

An excerpt from Interfaith Network on Mental Illness:

*I now know myself to be a person of weakness and strength,  
liability and giftedness, darkness and light.  
I now know that to be whole means to  
reject none of it but to embrace all of it. (Parker Palmer)*

## Love INC Needs Volunteers

Love INC's Fresh Start group is starting to meet again in person on Monday nights and is in need of adults to help watch children (ages approx. 4-10) while the group meets. Fresh Start is a class series designed to help adults learn new skills and set goals to break the cycle of poverty. Interested folks can contact Doug Stewart (the Executive Director) directly at [director@loveinheartland.org](mailto:director@loveinheartland.org).

Because you give...Light of Christ brings love and compassion to those in need. Your offerings help the Gospel to be preached, ministries of caring to bless people’s lives, and a faith community that receives all with the love of Christ. Your generosity helps this to happen. Thank you!



### Unwanted School Supplies

Now that school is out, if you have a lot of opened or partially used supplies that could still be used instead of thrown away (notecards, markers, pens, colored pencils - however, we **do not need** any crayons), please keep us in mind! Email our CYF staff if you have something that you think could be donated. Thanks for your partnership in ministry! -Kirsten Kelly



We are asking for our Light of Christ members to help us come up with a new name for the youth room! The vision for this room, once it is completed, is to be a community room for

us all to use. If you have any great name ideas, please send them to Kirsten at [Kirsten.Kelly@locdelano.com](mailto:Kirsten.Kelly@locdelano.com). We are excited to hear the creativity from our members!

### 2022 Offering Envelopes

A growing number of members contribute weekly or monthly using electronic giving methods. However, we understand that many prefer placing an offering envelope in the plate. To eliminate the **purchased-but-unclaimed** envelopes that are wasted, we're asking each family that **wants** pre-printed envelopes to request them from the church office by **AUGUST 1<sup>st</sup>**. Email [Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com) or call 763-972-2400. This "OPT IN" method will greatly benefit the office supplies budget. Thank you!



- ✝ Sunday indoor worship at 9:00 am
- ✝ Wednesday evening outdoor worship at 6:30 pm, weather permitting

### Summer HS Fellowship/Bonfires

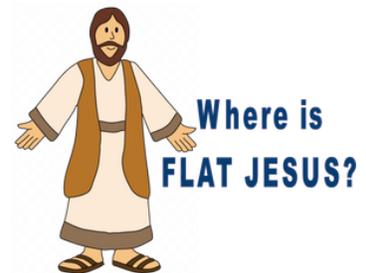
This summer we'll have a monthly fellowship event for HS youth on Wednesday nights (schedule below). Hope you can join us for a bonfire, volleyball, food and fun!

- Wednesday, June 30<sup>th</sup>, 8:30-9:30 pm
- Wednesday, July 21<sup>st</sup>, 8:30-9:30 pm
- Wednesday, August 11<sup>th</sup>, 8:30-9:30 pm (this night will be a "welcome to HS" event for incoming 9<sup>th</sup> graders)



### Where Is Jesus?

Please be sure to take Jesus with you this summer. Take a selfie with Jesus or of Jesus just hanging out and having fun at various locations/events. Send them to [Ladonna](#) or [Terri](#).



### First Communion



Over the last year, we have been unable to hold an indoor class for First Communion instruction. We hope to be able to offer 2 options this next school year: one this fall and another in the spring of 2022 (during Lent). Please watch for details in future publications and talk to Pastor Bruce or Kirsten Kelly if you have any questions. Thank you for your patience!

## Youth Room Remodel Update

Here is the progress this week from our remodeling project:

- ◇ Sheet rock, mudding and taping finished on the soffits in the entryway
- ◇ Ceilings textured
- ◇ Large dining table and chairs purchased and moved into church (we got a great deal on the last one at Costco that was already assembled, so it was quite a task getting it out of the store and into church)
- ◇ Continued work on electrical
- ◇ Schedule planned for upcoming tasks including: painting, contractor for polishing/staining concrete floors, finishing cabinets and moving granite countertops

Thanks for your continued prayers and support!!



## Summer Fun Days!

Youth are invited to join us after Wednesday outdoor worship on specific days for some time of fun and fellowship! When we meet we'll have games, snacks and a bonfire. We hope your child/family will also join us for worship on these days (and each Wednesday this summer)! Below is the schedule. Youth do not need to sign up in advance and friends are always welcome...hope you can join us!

<u>Date</u>	<u>Time</u>	<u>Completed Grade</u>	<u>Notes</u>
<b>Wednesday, June 9<sup>th</sup></b>	7:30-8:30 pm	6 <sup>th</sup> grade	We'll talk a bit about entering Confirmation—watch your email for more details!
<b>Wednesday, June 30<sup>th</sup></b>	7:30-8:30 pm	7 <sup>th</sup> & 8 <sup>th</sup> grade	We'll have a short service project also so you'll get an hour of service too!
<b>Wednesday, July 21<sup>st</sup></b>	7:30-8:30 pm	6 <sup>th</sup> grade	We'll have a short service project also so you'll get an hour of service too!
<b>Wednesday, August 11<sup>th</sup></b>	7:30-8:30 pm	6 <sup>th</sup> & 7 <sup>th</sup> grade	We hope to have Confirmation groups formed to share with incoming 7 <sup>th</sup> grade!

## *Dwell Faithfully* is the theme for the Vacation Bible School Day Camp happening July 19-22 here at Light of Christ!

- **Dwelling** – We need a dwelling (a home) that is willing to welcome and house 2 camp staff.
- **Food** – The camp staff will need meals during this week (breakfast, lunch, supper).
- **Volunteers** – We also will need 2 volunteers to assist the camp staff with activities, projects.
- **Volunteers:** Minimum age (need to have completed 8<sup>th</sup> grade); maximum age (there isn't any!!!!).
- **Junior leaders** – completed grades 5<sup>th</sup>-7<sup>th</sup>. This age group can also work with our Preschool VBS – talk to LaDonna or Kirsten if interested.

Contact LaDonna Ekern if you are willing/able to provide any of the above needs.

PS...there is still time to register for Day Camp!!!! Registration will close the end of June!!!! See registration info below for both Preschool VBS and Day Camp.



- ◆ **LOC's Preschool VBS** is for children who turn 3-years-old by July 20<sup>th</sup> up to those entering kindergarten in the fall of 2021. The theme for this camp is "Through Life's Ups and Downs, Jesus' Power Pulls Us Through." This program will run daily from 4:00-5:00 pm Tuesday, July 20<sup>th</sup>-Thursday, July 22<sup>nd</sup> and will be led by LaDonna Ekern & Kirsten Kelly. More details can be found and registration may be completed at [LOC Preschool VBS](#). There are currently 17 children enrolled.
- ◆ **LOC's VBS led by Shetek Lutheran Ministries** is for children who will be entering grades 1<sup>st</sup>-5<sup>th</sup> in the fall of 2021 and will be led by Shetek Lutheran Ministries. The theme for this camp is "Dwell Faithfully" based upon the bible verse John 15:9. This program will run daily from 9:00 am-2:30 pm Monday, July 19<sup>th</sup>-Thursday, July 22<sup>nd</sup>. More details can be found at [LOC VBS led by Shetek Lutheran Ministries](#). There are currently 24 children enrolled for this program.

## Register for Summer Camp!

Join us at camp this summer! We encourage you to invite a friend and sign up for *any* week that works for your family!

**Lake Wapogasset Lutheran Bible Camp** (<https://lakewapo.org/>)

So far, we have 15 youth signed up to attend Wapo this summer. Wapo is welcoming church staff to visit kids for at least a day. So, if that helps you feel more comfortable to register your child, know that we will be there at least one day to check in and give you an update!

- **June 27-July 2:** completed grades 4-12
- **July 25-30:** completed grades 4-12
- **July 21-23 (Wapo Seeds):** completed grades 1-3



**Green Lake Lutheran Ministries** (<https://www.gllm.org/>) - Currently, we do not have any LOC youth registered at GLBC.

LOC will offer scholarships again to any youth who attends Bible camp (\$100 for week-long and \$50 for the "abbreviated" camp). Families are encouraged to register for the camps even if it means getting on a wait list since they are hoping to open up more spaces for each week at camp as it gets closer to summer. Please contact our staff with any questions you have.