



Worship

- In-person worship—**9:00 am Sundays—masks required**
- Online worship continues, and will be posted on the [church website](#) and [Facebook page](#)



Church Council 2021

Steven Dickey
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!

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Beloved Creation. While it might be tempting to focus upon and care about only upon that which is near to us -- our families, our church, our immediate community -- the reality is that we are a part of a global family. As well, we know that God's creation--the earth, the land, the air, sea, animals--all of

it has so powerfully been entrusted to our care. We are not called to care about or love one or the other, but rather as children of our Almighty Creator God, we are stewards near and far, of it all.

As a church, we seek to grow in the ways we care for God's beloved children, community and creation. But we cannot do this alone. You are needed--your time, talents and treasure.

Please watch the video below, and please pray about how you might make a financial pledge as one expression of your partnership in this ministry we all share for 2022. Pledge cards are in the fellowship hall, or you can make your intentions known through this link: <https://bit.ly/LOC-Campaign-2022>.

Thank you for being the generous and faithful partners in Christ's work and life together here at and through Light of Christ!



Watch [this week's video](#)
that focuses on Light of Christ
as part of God's
Beloved CREATION.

Columbarium Update

On October 24, 2021 a Special Congregational Meeting was held for the purpose of holding a vote, hoping to gain congregational approval on the financing and construction of a Columbarium and Memorial Garden at Light of Christ. The Columbarium Committee is grateful to share that the vote to move forward on this project was passed – almost unanimously.

The Committee has now moved on to Phase 2, which includes working with our identified suppliers to prepare for construction to begin in the spring and beginning pre-sales of niches.

If you are interested in learning more, and/or purchasing a niche, please contact Amy Bigot at 763-443-3750 or amybigot@gmail.com. She can answer any questions you may have and can help you initiate the purchase process. The cost to acquire a niche is \$3800, and one niche can hold up to two urns. A pre-sales discount price of \$3610 is available for niches purchased through **12/31/21**.

We look forward to having a space at Light of Christ to honor our loved ones who have gone before us.



Feed My Starving Children Event



The Community Life committee invites you to join them for fellowship as they gather together to pack life-saving meals at Feed My Starving Children on **Tuesday, December 7th from 7:00 PM-8:45 PM.** We will meet in the church parking lot at 6:00 PM for those who choose not to drive and would like to carpool. This is a great opportunity for everyone, especially high school kids if you need some volunteering hours for confirmation or for school. If you have any questions, please feel free to contact either Kelly Harstad at 763-227-8246 or Heidi Goldbeck at 612-418-0111. We hope to see you there! <https://www.signupgenius.com/go/9040A4AA5A62CA64-feed>

Food Delivery Assistance Is Needed

THANK YOU to those volunteers who pick up donated food every Thursday morning from Delano's Coborn's and Kwik Trip. Food is donated every week for the Delano Food Shelf, the Senior Center and others in need in the Delano area. JoMarie Williamson coordinates this effort. She has a need for two volunteers to assist one Thursday morning in each of the upcoming months of January and February to pick up this donated food and distribute to the above locations. If you are available to volunteer with this effort, please email Jo at jmw2158@gmail.com or contact Terri in the church office for her phone number.

Upcoming Food Distribution Date:

* **Monday, December 13 @ 4pm**

Please contact Tim Johnson at tim.johnson@locdelano.com if you are interested in more information or in helping with this ministry.



Caring Corner

(by Lona Jose with LOC Healing and Wholeness Committee)



Co-Occurring Substance Use Disorder & Mental Illness

The Healing and Wholeness Committee at Light of Christ hopes to continue offering support, resources, prayer and encouragement to those experiencing mental illness. We hope our Caring Corner can provide that.

A very difficult challenge in life for some people is co-occurring substance abuse along with mental illness. A substance use disorder (SUD) is a mental disorder that affects a person's brain and behavior leading to a person's inability to control their use of substances such as legal or illegal drugs and/or alcohol. According to the National Institute of Mental Health, research has shown that half of those experiencing SUD will also experience in their life time a co-occurring mental health disorders such as depression, anxiety, PTSD, bipolar disorder, personality disorder and others. Although current research shows one does not necessarily cause the other. It suggests three possibilities where they may occur together. Common risk factors:

- They can both run in families thus genes may be a factor. Environmental factors such as stress or trauma can cause genetic changes that can be passed down through generations.
- Mental health disorders can contribute to SUD: studies have found that people with mental health disorders such as those listed above may use drugs or alcohol for self-medication. Also, some experience brain changes and they get rewarding effects from substances and thus continue to abuse.
- Substance abuse can contribute to mental health disorders over time triggering changes in brain structure and function that can make a person more likely to develop a mental health disorder.

If ignored and no treatment is received, the condition is likely to get worse. It is recommended that it is better to treat these two together rather than separately to assure therapies and medications are tailored to an individual's specific combination of needs. Research has found that there are several excellent therapies and medications now that can help the person regain their life. This co-occurring diagnosis can also be very difficult for family and friends of the person as well. There are excellent resources and services such as the websites NAMI (National Alliance on Mental Illness) and My Quiet Cave (a spiritual and wellness website) that can help provide support for the person struggling as well as loved ones during and after the recovery process. The LOC website has several links for help during this difficult time under the Support link. The LOC library also has several excellent books on this topic.

LOC members, we are there for you and want to support you in this journey. You are not alone. Things can be done to conquer this to get on the road to recovery and reclaim lives back. There is always HOPE! **YOU ARE GOD'S BELOVED. As Jeremiah 17:14 says, Heal me Lord and I will be healed; save me and I will be saved for you are the one I praise.**



Word for the Week from Pastor Bruce *Caretakers*

In Genesis 1, we are told that God created humans in God's own image. Then God said to the humans: "Be fruitful and multiply and fill the earth and subdue it. And you shall have dominion over the fish of the sea and the birds of the air, and over every living thing that moves on the earth."

Then in Genesis 2, in the second creation story, we get a picture of what "dominion" looks like. We read that God created Adam and Eve and placed them in the Garden and God told them to tend and keep the garden. They were to be like gardeners, the caretakers of the creation.

That's the task and the privilege we're given as humans. We are to be like gardeners and landscapers and forest rangers. That's what it means to "have dominion" over the creation.

It's something like working at the Minnesota Landscape Arboretum. If you've ever been there, you know how beautiful the Arboretum is: the flowers, the trees, the bushes, the marshes, and the wild grasses. There is also the wildlife – the birds, the fish, and the animals who have found that habitat to be a wonderful home. The employees at the Arboretum work hard to keep the landscape and the wildlife healthy and thriving.

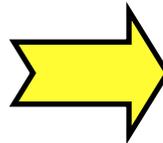
Katharine Hayhoe is a world-class climate scientist at Texas Tech. She is also the chief scientist for The Nature Conservancy. In addition, she is a believing, practicing Christian. She grew up as a part of the Plymouth Brethren. Her husband is a pastor and professor as well.

She just published a new book: *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*. In this book she lays out the reasons for hope. She says that it is not too late, and that the future is in our hands. We can still alter the trajectory when it comes to the warming of our planet. This is not blind optimism or wishful thinking. It is, she says, a rational hope.

Check her out. Go to her website. Watch her videos. Read her books and articles. Listen to her interviews. I think her insights will give you hope--hope for our future, hope for our planet, and hope for the generations yet to come.



"Like" us on Facebook to get news, info and updates.



[Click here](#) to visit our Facebook page.

2021 Annual Reports are due **before December 10th**. Please submit them to [Terri in the church office](#) when ready. Thank you!



Donate from Your Smart Phone

Light of Christ offers a mobile version of our online giving page to make it easy for you to give anytime from your smart phone. Simply scan the image you see here using your phone's QR code reader or go to the [church website](#) and locate the online giving page.



Our young people embraced the joy that comes with a heart of giving. From heart suncatchers to musical chairs, enjoying cupcakes to learning the love of giving, these young people gave \$148+ for the Love INC Birthday Ministry and birthday room located here at LOC. Well done!



Young Adult Small Group

Our new Young Adult Small Group met again recently for fellowship and conversation about faith and life. If you are 20-something and live in the area, we'd love to have you join us! We usually meet every other month on Monday nights. Our next meeting will be in January 2022 (*specifics TBD*). Contact [Kirsten](#) for more details.

The B-I-B-L-E, Yes, That's the Book for Me!

An invitation to help our young people connect with the whole church family and the Book that is so central for our lives...



Recently our young people received Bibles. I'm working on a project that hopefully helps them see why this book called the Bible is so important. If you would be so kind as to share your favorite Bible passage and briefly state why this verse is so important, I would greatly appreciate it. You can [email it to me](#), text or call me (320-212-2583), or put it in the basket by the Bibles in the church entry way.

Thanks much! *LaDonna*

Confirmation Service Events Continue!

Last week we held our 2nd week of service rotations at Love INC, the Helping Hands Food Shelf and making Homeless Kits at church. The Confirmation youth are making such a large impact through these events! Each night has been a great way to serve, learn about local social-service agencies and also spend time in fellowship! Even with the masks you can see the smiles. 😊 If you'd like to make a donation to help pay for the supplies of the homeless kits, we'd welcome monetary donations **through 11/17!** So far we have raised \$492 to help pay for the 150 kits that we are making over the 3 weeks. Thanks for your support and prayers!



HS Bible Study – Donuts & Discussion

We are starting a new Bible study for HS youth called Donuts & Discussion (D&D). We will meet once/month on Sunday mornings, typically the first Sunday of the month, at 10:10 am in the newly remodeled space. Our youth will be joining the Sunday Morning Adult Bible Study group (that is meeting weekly on Sundays at 10:10) for a cross-generational conversation about faith and life. Here is the schedule for the first 3 times. We hope you can join us for this great opportunity (and some delicious donuts)!

- ⇒ Sunday, December 5th, 10:10 am
- ⇒ Sunday, January 9th, 10:10 am

