



Worship

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



Church Council 2022

Mike Boyack
Tim Current
Steven Dickey
Carmen Hanson
Jennifer Hinker
Jon Holzer
Derek Horeis
Lisa Spencer
Natasha Werner
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
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LightOfChristLutheran.com
Terri.Reuter@locdelano.com

Table Talks are central to how we're working to reconnect and connect here at Light of Christ! Building relationships, sharing thoughts and stories, dreaming a bit together about our future, are all ways you have an opportunity to help strengthen our bonds. Some of us have been around over the past couple of years; some of us have felt disconnected; some of us are somewhere in-between.



Click on the [Table Talks link](#) to see upcoming meeting options or check out the Sign-up Table in the narthex. And, if you feel so moved, host a group yourself. Just reach out to Tim Johnson, our Shared Ministry Director, and he'll get you all set up, including resources you'll need and quick training.



Our Vision

What is God calling LOC to accomplish?

In what ways can we best serve the surrounding Delano community and beyond?

What priorities should be central to our ministry?

Might you sense a call to serve on our newly forming Vision Team? A group who will help to gather input, to engage our congregation, and to give shape to answering questions about the shape of ministry into this next chapter of life here at LOC.

If you are interested in learning more or serving on this Team, please reach out to Pastor Bruce or to Tim Johnson.

This Team will meet about once a month throughout 2022.

Watch for more info.....



Caring Corner

(by Sue Fink with the Healing and Wholeness Committee)

Healing and Helping Through Grief



(Last week's article provided education on what grief is and how it affects us. Today will cover suggestions for working through grief, when it's time to seek professional help, and how to help others in their grief. I have utilized resources from the internet such as familydoctor.org, npr.org, University of Washington Counseling Center and HelpGuide.org. Our LOC library has a section of books on Grief and Loss you can check out.)

The saying "Time is a Healer" is true but going through the grieving process takes work to achieve a healthy outcome. Here are some things others have found useful in their healthy grieving. Choose the ones that fit for you:

- Attending church services, reading scripture, praying, meditating, or talking to a clergy member can offer great comfort and help you derive meaning from your loss.
- Give yourself time. Accept your feelings and know that grieving is a process.
- Expect and accept that you will be less productive with disrupted thinking.
- Try to avoid taking on new responsibilities or making major life decisions for a time.
- Talk to others. Spend time with friends and family. Don't isolate yourself.
- Accept help and support when offered. Tell those around you what helps you and what doesn't. Most people would like to help if they knew how.
- Be particularly attentive to maintaining healthy eating and sleeping patterns. Exercise moderately and regularly. Take a yoga class. Take warm, leisurely baths. Get a massage.
- Keep a journal. Write down your lessons. Healthy grieving will have much to teach you.
- Read books and articles- If grief is understood it is easier to handle. Connect on the Internet. There are many resources for people in grief, as well as opportunities to chat with fellow grievers.
- Plan, and allow yourself to enjoy some good times and laughter without guilt. The goal is balance. Plan for special days such as holidays or anniversaries. Feelings can be particularly intense at these times. Return to your hobbies. Get back to the activities that bring you joy.
- Carry or wear a linking object—a keepsake that symbolically reminds you of your loss. Anticipate the time in the future when you no longer need to carry this reminder and gently let it go.
- Set aside a specific private time daily to remember and experience whatever feelings arise with the memories.
- See a counselor. Join a support group—people have a wonderful capacity to help each other.
- Plant yourself in nature. Do something to help someone else.

Do I Need Professional Help?

In some cases, grief doesn't get better. You may not be able to accept the loss. Doctors call this "complicated grief." Less than 10% of people experience prolonged grief disorder. Talk to your doctor if you have trouble keeping up your normal routine, like going to work and cleaning the house; feelings of depression; thoughts that life isn't worth living, or of harming yourself; any inability to stop blaming yourself.

When you're in deep, emotional pain, it can be tempting to try to numb your feelings with drugs, alcohol, food, or even work. But be careful. These are temporary escapes that won't make you heal faster or feel better in the long run. In fact, they can lead to addiction, depression, anxiety, or even an emotional breakdown.

A therapist can help you explore your emotions. They can also teach you coping skills and help you manage your grief. If you're depressed, a doctor may be able to prescribe medicines to help you feel better.

On how to support grieving people in your life:

When you care for someone who is going through this terrible process of loss, it really is more about listening to them and seeing where they're at in their learning than it is about trying to make them feel better. The point is not to cheer them up. The point is to be with them and let them know that you will be with them and that you can imagine a future for them where they're not constantly being knocked over by the waves of grief.

Pray for them and call on support from the Prayer Chain with their permission.

March Is Food Share Month Food Shelf



Every year Light of Christ designates March as Food Share Month for the Delano Food Shelf. LOC members are encouraged to donate items in need or monetary contributions are also appreciated. Items most needed include canned soups, tomatoes, meals, all personal care items, soap/cleaning and laundry supplies, coffee/tea, baking items (sugars, soda, flour), spices, salt, pepper, sauces and condiments, gluten free pasta/flour, cereal, oatmeal, grocery bags and any other items are appreciated. Please do not donate outdated items. They can be dropped off at the Food Shelf on Thurs. 1-4, at church in the shopping cart inside the fellowship hall door or in the designated back pews at church. Thank you also for those who manage the Food Shelf including LOC's JoMarie Williamson and other LOC members who volunteer at the Food Shelf. Your service is so needed!

April Food Distribution

Food Distribution happens on the 2nd Monday of each month. The next distribution is scheduled for April 11 at 4:00 pm. Each month there are opportunities to do one of three things:

- ⇒ Pick up the trailer (if you have a truck to pull it) or truck from Delano Rental. Also, you're invited to stop by church to pick up empty boxes.
- ⇒ Help to pack all of the boxes for all five churches participating in Nourishing Hope. Usually about 11:30 am at Our Father Lutheran Church in Rockford.
- ⇒ Help to distribute the boxes here at LOC later in the afternoon. We arrive at about 3:30 pm to get set-up. It's a smooth process; goes pretty quickly once we begin to pass out the boxes.

Please watch for the Signup Genius to register your availability.



NourishingHOPE

And, please remember our neighbors in your prayers.

Any questions, please reach out to Tim Johnson @ 952/472-1755 or Tim.Johnson@LOCDelano.com

"Let all you do be done in love."
1st Corinthians 16:14

Helping the Ukrainians

Lutheran Disaster Response is accompanying our companions in Ukraine, Hungary, Poland and Slovakia, as well as such ecumenical partners as Lutheran World Federation and Church World Service, in their humanitarian responses to the crisis in that region. These partners provide refugees with immediate support and supplies such as food, blankets, water and hygiene kits. Your gifts designated for "Eastern Europe Crisis Response" will be used entirely (100%) to provide support for people impacted by conflict in the region.

You can support these efforts by clicking on the link below, by placing a check into the offering plate with the designation, "Ukraine," or by mailing your gift to:

Evangelical Lutheran Church in America, ELCA
Gifts Processing Center
P.O. Box 1809
Merrifield, VA 22116-8009
and write "Eastern Europe Crisis Response" or "Where needed most" on your check's memo line.

<https://community.elca.org/eastern-europe-crisis-response>



Call on the Light of Christ Prayer Chain

If you or someone you know is in need of prayer, please feel free to engage the Light of Christ Prayer Chain. [Email the church office](#), which is preferred, or call 763-972-2400 with your request, which remains confidential. The LOC Prayer Chain will 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.



Word for the Week from Katie Anne Kohler

A Musical Journey Through Lent, Week 4



Amazing Grace How Sweet the Sound

Text: John Newton (1725-1807)

Music: William Walker (1809-1875)

Amazing Grace was first published in 1779, with the words written in 1772. The history of *Amazing Grace* is complex and worth looking into beyond this short summary (yes, believe it or not, this is a short summary)! John Newton wrote the first four verses published in the Evangelical Lutheran Worship hymnal. The fifth verse's writer is unknown. The text is as follows:

*Amazing grace! how sweet the sound
that saved a wretch like me!
I once was lost, but now am found;
was blind, but now I see.*

*The Lord has promised good to me;
his word my hope secures;
he will my shield and portion be
as long as life endures.*

*'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!*

*When we've been there ten thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we'd first begun.*

*Through many dangers, toils, and snares
I have already come;
'tis grace has brought me safe thus far,
and grace will lead me home.*

The history of this well-known song begins with the history of the text writer, John Newton. In his younger years, Newton was known for being disobedient and living a libertine lifestyle. Because of his constant insubordination, he was pushed into joining the Royal Navy. After leaving the service, Newton became involved in the Atlantic slave trade. In 1748 during a return voyage to England, his ship was caught in a storm off the coast of Ireland. Newton began praying for God's mercy. Shortly after, the storm began to die down. The crew arrived safely to port four weeks later. This was the beginning of Newton's conversion to Christianity. However, despite this, he continued in the slave trade business until he was forced to retire in 1754 due to a medical issue (he would not become a self-proclaimed abolitionist until the 1780s). In 1764 he became a minister after studying theology.

Newton wrote the text to what we now know as *Amazing Grace* in 1773 to accompany a sermon. It was later published in 1779 in "Olney Hymns in Three Books," a compilation of hymns he wrote with poet William Cowper. *Amazing Grace* eventually gained popularity in the U.S. and was published in New York City in 1790. A version with music first appeared in 1835. American composer William Walker set it to the tune known as "Great Britain" in "the Southern Harmony" hymnbook. This is the tune most frequently sung today.

Newton was not outwardly an abolitionist until the late 1780s. Therefore, the hymn text is not thought to be directly linked to abolitionist views. However, the first three stanzas were used in Harriet Becher Stowe's, "Uncle Tom's Cabin." It also became a ballad for the Civil Rights movement in the 60s. The song was then used for more political reasons in the Vietnam War era by war protestors. It's a hymn that has remained relevant into the 21st century. For example, President Obama sang *Amazing Grace* at a 2015 memorial service for Celestina Pinckney, one of nine victims of the Charleston shooting. The fact that this song has remained relevant for over two centuries and is used in popular culture, political settings, and church settings shows how relatable and accessible the lyrics are. We all feel lost at times, and all want to be shown the way. A message of hope and mercy is something all of humankind wants to hear.

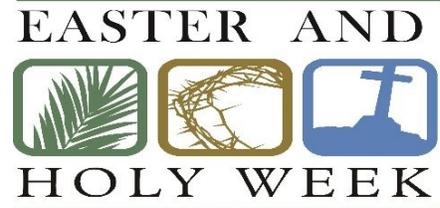


Wednesday evenings during Lent

7:00 pm In-person Worship in the Sanctuary or via livestream. Worship will incorporate the Holden Evening Prayer service and feature the 10th graders' faith statements.

The Holy Spirit in the Bible and in Our World Today.

Pastor Bruce is leading a six-week series on the person and power of the Holy Spirit, both in the Bible and in today's world. We will be using videos from the Bible Project to explore this facet of our spiritual lives in a deeper way. We meet from 10:10-11:10 AM in Room 108, Sundays through April 10. There is no need to register. Please come with an inquisitive mind and an open heart.



Maundy Thursday, April 14 – Worship with Holy Communion at 6:00 pm; First Communion for youth

Good Friday, April 15 – Good Friday Tenebrae Service at 7:00 pm

Easter Sunday, April 17 – Worship with Holy Communion at 9:00 & 10:30 am

Are you looking to get more involved in worship?



We are looking for new Altar Guild members!! As we are transitioning back to "normal" communion, we are in need of more help. It is a low commitment and a great way to volunteer at church. If you would like to become a member, please contact [Terri](#) in the church office or Kim Wortz at kimw1517@gmail.com.



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

Together we come to the Lord. Together we call upon the Lord. Together we pray to the Lord. And, what a promise...that the Lord will listen to us!

Join us on Sundays, both in-person and live-streaming via our [Facebook page](#). Or find LOC on [YouTube](#). Either way, be sure to "call...and pray...and come to the Lord!"

The children at Light of Christ welcomed spring and the promise of new life on Sunday, March 20. The Bible lesson for the day was Lazarus. The young people enjoyed becoming wrapped up like Lazarus and then, even more, being freed to enjoy life. They also learned it is okay to cry when sad and how God turns those drops of tears into something beautiful as a butterfly bursting forth. It is great seeing more and more children each Sunday and having some of our Club 5-6 help as leaders.

God is good, all the time—and all the time, God is good!



HS Summer Trip – Registration Closing Soon!

Join our high school youth for a great service-learning trip to the North Shore this summer from **July 23-29!** We will serve at some social-justice agencies in/around Two Harbors for 3 days and then have time for fellowship and adventures on the North Shore. Registration is open to current 9th -12th grade LOC youth and friends. The cost is still being determined (based on numbers) but each youth will receive a \$100 scholarship from our congregation. Talk to Kirsten if you have any question and [register by Monday, April 4th!](#)



Opportunities for Children at Light of Christ

SUNDAY SCHOOL: for children 3-years through 4th grade – Sundays from 10:10-11:10 am
Note: Sunday school will not meet April 3 or April 17

CLUB 5-6: for youth in grades 5 and 6. We meet on Wednesdays from 5-6 pm.
There is no Club 5-6 during Lent. We resume April 20 and go through May 25.

SPARK:

- 1st and 2nd grade resumes **April 20** for 4 weeks. This is an afterschool program from 3-5 pm.
[Click here to register.](#)
- 3rd and 4th grade Spark will meet for an additional 2 weeks on **May 18 and 25** – sign up link coming soon.

MEGA SPORTS CAMP: our Vacation Bible School, for children 3-years through 4th grade, runs **July 24-27** from 5:30-8 pm. [Click here to register.](#)

WAPO BIBLE CAMP: While students may register to attend any time during the summer, designated Light of Christ weeks are **June 26-July 1** and **July 31-August 5**. Register at this link:
<http://lwlbci.com/lightofchrist>

- There is a Wapo one-day camp on **August 3** for those who completed K-4th grade to experience what camp is like.



During the season of Lent our Sunday school students will be collecting money for God's Global Barnyard. Global Barnyard recognizes how an animal can make a world of difference for a family in need, providing food to eat, fertilizer to grow crops, or milk, honey or eggs to sell at the market.

Students will be provided barnyard boxes to collect money. If you would like to help by providing a box at your place of employment or within your community, please feel free to take one. There will also be boxes at church for you to contribute to as well.

On Palm Sunday we will determine how much our young people raised and they will be able to choose what animal(s) they would like to purchase for a family or community in need.

