



Pastor Bruce Kuenzel

November 6, 2023

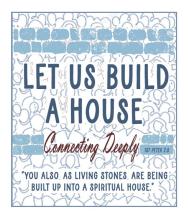
### Worship

- In-person worship-9:00 am Sundays
- Online worship continues, and is livestreamed to our YouTube and Facebook pages



#### **Church Council 2023**

Mike Boyack Laurie Brown Billie Chock Tim Current (treas.) Steven Dickey (pres.) Derek Horeis (v. pres.) Dan Paulson Lisa Spencer (sec'y.) Natasha Werner Pastor Bruce Kuenzel



#### **Contact us!**

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







LightOfChristLutheran.com Terri.Reuter@locdelano.com

### People you don't even know...now know!

We live in a world filled with "transactional" relationships. We give to get that. We invest, expecting a return. That sort of thing. But Christians are called to a different standard, a deeper motivation. Are we blessed when we give? Yes. Do we give out of a desire to have a sense of belonging? Yes. But we also give with no expectation of any personal return. We give out of faith. We give for the sake of others.

A couple of weeks ago was one of many powerful examples of how your giving and generosity helps make things happen for other people. Light of Christ was filled to overflowing in service to one of our families, the family of Johanna Johnson, who were mourning her early passing from this earthly journey. Grief. Sadness. Struggle. Pain. Questions. Yes, all of these things were evident. But so much more. Love. Hope. Kindness. Warmth. Worship. Prayers. Gospel hope. Welcome and hospitality. Food. Openness. Connection. Funerals are for people of faith, yes. They are for our church family. They are important times to be together as members. But they are also times that gather and welcome many who otherwise don't know. *They* don't know that Jesus promises life after death. They don't know that God is a God of great mercy and grace. They don't know that the church is open to all who might come. They don't know that hymns and prayers and words spoken are all like a lifeline to what most matters in life. *They don't* **know** that there can be hope in the face of such grief. **They don't know** that there is a Holy Spirit who comforts and brings peace. But now they know.

Thank you to all who have made a financial pledge for our 2024 ministry here at Light of Christ. But if you haven't, we invite you to do so. To step in faith in knowing that one of the blessings you extend is through ministries such as our funeral and worship ministry. We give not because we or our family is going to "get" something out of it. We give because we know that a blessing will be extended to others. We give because we know there are moments when those who don't know about the love of Christ can come to know or hear about it, sometimes for the first time.

"But how can they call to him for help if they have not believed? And how can they believe if they have not heard the message? And how can they hear if the message is not proclaimed? And how can the message be proclaimed if the messengers are not sent out? As the scripture says, "How wonderful is the coming of messengers who bring good news!" Romans 10:14-15

2024 FAITH GOM	
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# What should I do? How do I live out my faith? What difference am I to make?

All great questions. **We wonder**, how do I make my mark? How can I translate my beliefs into meaningful action? What is to really matter for me?

**People have been asking** these questions for eons. The Bible speaks of those who were listening to Jesus teach: "And the crowds asked him, 'What then shall we do?' And he answered them, 'Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise." Luke 3:10-11

One practical way we seek to "do likewise" here at Light of Christ is through our monthly food distribution to neighbors in need. Each second Monday there are two opportunities to serve. At 10:00 am at Our Father's Lutheran in Rockford, where we pack hundreds of boxes of various food items for distribution later in the day at our five partner churches. And then at 3:30 pm that same day here at Light of Christ where we then distribute almost 100 boxes to those who come. You don't need previous experience, and you are left with a sense with which you are making your mark, translating your faith into action, and doing what really matters.

**Sign-ups** for Monday, November 13<sup>th</sup> are below:

- Click here for the morning shift in Rockford
- <u>Click here</u> for the afternoon shift in the church parking lot





### Ready For a Mission Trip?

Whether our thrift store visitors are shoppers, families connected with us, or individuals seeking help--all are valued and loved by God. You can be on a mission trip here in our communities through our Love INC Heartland Thrift Stores. Join our thrift store crew today: <a href="mailto:bit.ly/loveincvolunteer">bit.ly/loveincvolunteer</a>

# Stock The Christmas Store - Love INC Heartland



Health issues, job loss, and single parenting can prevent our families from being able to embrace Christmas. Our partnership with WestPointe provides a worry-free way for families to pick and wrap Christmas gifts. <u>Help stock the Christmas Store--we especially need gifts for teenagers.</u> View ideas here: <u>bit.ly/christmasstore23</u> Drop off donations on Friday, December 8, at WestPointe Church in Delano from 10am-4pm. Questions? Contact help@loveincheartland.org or call 763-972-6547

## Caring Corner

(from Elizabeth Kohlhof of the Healing & Wholeness Committee)

As the seasons turn, so do our hearts and time as we begin focusing on the upcoming holiday season. The holiday can be a fun-filled season – filled with gratitude, festivities, and joyous memories, but it can also be a stressful and challenging time especially for those impacted by mental illness. In fact, a NAMI (National Alliance on Mental Illness) study showed that 64% of people with mental illness report holidays make their conditions worse.

This next Caring Corner is focused on how we can best care for our mental health during the holiday season. I was inspired by several helpful tips and ideas provided by NAMI. I will keep this list handy as a reminder to care for myself and others during this holiday season. May it serve as a reminder to you that your mental health is important.

**Be realistic.** Do you really *have* to do everything on your list? You can't please everyone the rest of the year, so why try to during the holidays? Saying 'no,' whether to gatherings or a present on someone's wish list that you simply cannot find (or afford), can be one of the most challenging parts of the season. But your own mental and physical well-being needs to come first.

**Don't try to be a superhero (or heroine).** We all have complex family dynamics. Acknowledge them, but also acknowledge that, despite the season's near-universal message of unity and peace, it's not a realistic outlook. If you must spend time with these people, try to limit your exposure.

**Volunteer.** Volunteering can be a great source of comfort, simply knowing that you're making an impact in the lives of people who are not as fortunate. This is a great strategy if you feel lonely or isolated. Consider seeking out other community, religious or other social events.

**Spend time in nature.** Studies show that time in nature reduces stress. Need to break away during a holiday gathering? Take a walk in a local park. Exercise can also help, with its known anti-anxiety, anti-depression effect.

**Write a gratitude list and offer thanks.** As we near the end of the year, it's a good time to reflect on what you are grateful for, then thank those who have supported you. Gratitude has been shown to improve mental health.

**Eat well.** With dinners, parties, and cookie trays at every turn, our eating habits are challenged during the holiday season. Try to maintain a healthy diet through it all. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind.

Make sure that the "holiday blues" haven't become a scapegoat. You could be experiencing Major Depressive Disorder with a Seasonal Pattern or another biological or psychological cause. If these are persistent feelings, make an appointment to see your doctor.

### STAYING CONNECTED

### New Member/Partner Sunday – November 19<sup>th</sup>

We will be receiving new members on Sunday, November 19<sup>th</sup>. If you are interested in more information about joining

Light of Christ, please contact the church office **before Nov. 8**<sup>th</sup> - <a href="mailto:terri.reuter@locdelano.com">terri.reuter@locdelano.com</a>.

# TH thanky 0!

Jesus, move us to bring your feast of love into real life encounters. Sending a <u>huge thank</u> <u>you</u> to <u>everyone</u> who helped with Johanna Johnson's funeral on October 27.

Mary Ann McKay

# **Tough Questions for 21st Century Christians**

Pastor Bruce will be leading a Bible study on the tough questions that we face as 21<sup>st</sup> century Christians today. We will take up questions like these: where is God when innocent people suffer and even die? How do I believe in both the biblical accounts of creation and the scientific evidence for evolution? Did Christ die to save all people--across the continents and across the centuries-- or only some people? Did God really create more than one race--the human race? What kind of marriages does God bless?

We will meet on the **first and third Tuesdays** of the month in the Living Room from 7:45 - 8:45 pm, beginning on **November 7<sup>th</sup>**. There is no need to register ahead of time. Just come as you are. There will be time for checking in, praying, conversation, and a biblical/theological presentation by Pastor Bruce.



The presentation will be recorded and posted on the Light of Christ website for those who can't participate in person. Please don't hesitate to reach out to Pastor Bruce with any questions you may have.



Please join Sisters of LOC for a Christmas craft night Tuesday, Nov. 28<sup>th</sup> at 6:30 pm at Lupine Brewery. Use the QR code below to sign up and pick one of four craft options.

### 2024 Pledges & Online Giving

If you need to change your automatic contribution amount due to your 2024 pledge, please log in to your <u>MyVanco account</u> or contact Terri in the church office to make the change. Your pledge card does not authorize the church to make these changes.

You might find it helpful to <u>watch this video</u>, which will walk you through the steps to cancel your current transaction and then create a new transaction. Please contact Terri in the church office if you have any questions.

You are encouraged to still make your 2024 pledge if you haven't already done so. Pledge cards can be found at the usher station or in the church office.

### 2024 Offering Envelopes



If you requested preprinted 2024 offering envelopes, (or did not opt out) they are now available to be picked up in the narthex.



### **Gratitude for Veterans and Present Military Members**

November 11<sup>th</sup> is Veterans Day, and we want to recognize and thank the veterans from our congregation who have served our country, on Sunday, November 12<sup>th</sup>. We also want to thank those from our congregation who are presently serving in the military for our country. We want to make sure we have the names of all of those who have served and are serving now. The Light of Christ Mission Committee is planning to put together and send a thank you package of treats to each of our present miliary members. To make sure we recognize and honor all, please send Terri at the church office any names of Light of Christ veterans that we have not recognized in the past and those who are presently serving. If you wish a present military family member to receive a thank you package from LOC, please complete the form at this link by NOVEMBER 8<sup>th</sup>. We appreciate all that each of you have done and are doing for all of us in America. THANK YOU!

## **CHILDREN, YOUTH & FAMILY NEWS**



**Note**: Youth are allowed to arrive late or leave early, if needed. **Sign Up**: We are asking youth to <u>SIGN UP</u> <u>HERE by Friday at Noon</u> so that we know how much food to order and how many adults to have! If you forget to sign up (or plans change last minute), you're still welcome to attend... registration isn't required. However, *if we have less than 5 youth sign up by Friday at noon, we'll most likely cancel the event* (to be respectful to our adult leaders and let them know in advance). **Parents**: <u>Sign up here to help volunteer</u> at one of the upcoming events. Invite a friend and hope to see you Friday, November 10<sup>th</sup>!

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# CHILDREN, YOUTH & FAMILY NEWS







Our Explorer group had a special guest on Sunday, October 29. It was great to have singer, songwriter and guitarist Peter Steiner visit. It didn't take long for him to have them singing, dancing and marching in God's love.

### FIRST COMMUNION

Prayers and blessings to nine young people who received their first communion on Sunday, October 29. May you always know God's loving presence and forgiveness.

Joey Bitterman, Rose Bitterman, Vayda Streich, Paige Froehle, Nolan Beyer, Addy Wissink, Rilynn Peterson, Siena Dinger, Reagan Krysan







# CHILDREN, YOUTH & FAMILY NEWS



Our after-school Voyager group enjoyed their time with Frank Tzib from Belize and learning Mayan numbers



## **CHILDREN, YOUTH & FAMILY NEWS**

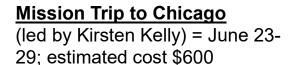
### Summer 2024 Youth Opportunities

This summer we have 3 great trip opportunities for our HS Youth (grades 9-12)! Last week we had an info meeting with some additional details. Click here to go to our Youth Summer page on our website to view the PowerPoint from the meeting (scroll down to Summer 2024 bullet). Please complete this short form to indicate your interest in any/all of the trips. This does not commit you to attending but will help us plan. The registration deadline for all trips will be **Wednesday, November 29**. Here is a bit of info about each trip:



2024 ELCA Youth Gathering Including MYLE the tAble Young Adult Gathering

2024 ELCA Youth Gathering to New Orleans (led by Pastor Bruce & Cynthia) = Youth Gathering July 15-20; estimated cost \$1,500







BWCA Adventure 2024









Led by Jennifer Slipka and 1 adult male (TBD)

**BWCA Trip** (for current 11<sup>th</sup> & 12<sup>th</sup> grade youth only; led by Jennifer Slipka) = Dates and cost TBD (most likely a 4-5 day trip costing under \$500)