



## Worship

- **In-person worship—  
9:00 am Sundays**
- **Online worship  
continues, and is live-  
streamed 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!

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## Call Committee Update

We have completed our first big step as the Ministry Site Profile (MSP) was successfully submitted to the Synod. We received very positive feedback from Bishop Ann and want to extend a huge THANK YOU to all those who participated in putting that together or provided input during the congregational meetings. Now that the MSP is live, we will start to receive candidate names through one of three ways: candidates applying to the open position, the Synod reaching out to candidates who the Synod thinks would be a good fit, and nominations from the LOC congregation. If you wish to nominate a potential candidate to the call committee, please fill out the Nomination Form found [HERE](#) on our website. Nomination forms will also be available in the Narthex of the church through January 7<sup>th</sup> and can be submitted electronically or placed in the offering plate during service.

Next steps in the call process are reviewing potential candidates' resumes and conducting interviews starting in mid to late January.

The Call Committee will continue to provide updates to the congregation on a monthly basis or as appropriate.

## Carols & Sips

We had a great night of fellowship to kick off Advent with Carols and Sips! Thank you to Katie and Marcus for leading us in a wonderful array of Christmas songs. Community Life catered an Italian themed meal from Carbone's, including dessert and beverages.



There will not be a January 1st Beacon issue.

## Caring Corner

*(from Rachel Boyack of the Healing & Wholeness Committee)*

### Nurturing Mental Wellness in Youth During the Holiday Season: A Christian Perspective

The holiday season is often a time of joy, connection, and celebration. However, for some youth, this period can also bring about feelings of stress, anxiety, or even isolation. As Christians, we are called to be a light to the world, and this includes supporting the mental wellness of our youth, especially during the holiday season.



#### Understanding the Challenges

Youth face a unique set of challenges during the holidays. The pressure to participate in social gatherings, meet academic expectations, and balance family dynamics can be overwhelming. Additionally, the commercialization of the holidays can create unrealistic expectations and feelings of inadequacy.

#### A Christian Approach to Mental Wellness

As Christians, we believe that God created us with inherent value and worth. We are called to love and support our youth, not only during the holidays but throughout the year. Here are some ways we can nurture their mental wellness from a Christian perspective:

1. **Emphasize God's Unconditional Love:** Remind youth that God loves them unconditionally, regardless of their circumstances or feelings. This unwavering love can provide a sense of security and comfort during challenging times.
2. **Encourage Open Communication:** Create a safe and supportive environment where youth feel comfortable expressing their emotions and concerns. Listen patiently and without judgment, offering guidance and reassurance when needed.
3. **Promote Healthy Habits:** Encourage regular exercise, nutritious eating, and adequate sleep. These habits can positively impact mental health and overall well-being.
4. **Engage in Meaningful Activities:** Encourage youth to participate in activities that bring them joy and purpose, whether it's volunteering, spending time in nature, or pursuing hobbies.
5. **Seek Professional Help When Needed:** If youth are experiencing persistent or severe mental health struggles, encourage them to seek professional help. Remind them that they are not alone and that there is support available.

#### Putting Faith into Action

Here are some practical ways to put these principles into action:

1. **Organize a youth group holiday service project:** Help youth connect with their community and make a positive impact. Light of Christ's Confirmation group has service projects already scheduled; encourage these youth to participate!
2. **Host a potluck or game night:** Provide a safe and welcoming space for youth to socialize and connect with others. Light of Christ hosts monthly Friday Night Lights for 7-12th grade youth and their friends; encourage these youth to participate!
3. **Share stories of faith and resilience:** Remind youth that they are not alone in their struggles and that there are examples of individuals who have overcome adversity through faith.
4. **Promote self-care practices:** Encourage youth to engage in activities that promote relaxation and stress reduction, such as mindfulness exercises or journaling.
5. **Create a holiday gratitude list:** Help youth focus on the blessings in their lives, fostering a sense of appreciation and contentment.

By incorporating these principles into our interactions with youth, we can help them navigate the holiday season with greater resilience and mental well-being. As Christians, we have a responsibility to care for the whole person, including their mental and emotional well-being. By extending support, understanding, and encouragement, we can help youth experience the joy and peace that the holiday season has to offer.



## OUTREACH

The quilters took a break in December. But before that, we were busy making quilts to donate (see pictures below) to organizations such as *WeCAN*, *Village Harvest*, and *Friends 4 A Cause*.

Happy New Year! We will resume quilting on Monday, January 8, 2024 at 10:00 AM. Join us for some creative and fun fellowship. No quilting experience necessary.



### Thankful For 53 Families Served



A special thank you to The Highlands, Lyndale Lutheran, and Christ Lutheran church partners, who provided 35 Thanksgiving meals and 18 turkeys to neighbors in need. We value you and your commitment to our mission to transform lives and communities In the Name of Christ.

### Love INC Holiday Helpers

We rely on the generous hearts of our volunteers. Thank you to all those who have volunteered in the Connection Center, Fresh Start Program, and our Love INC Heartland Thrift Stores. New to volunteering? We welcome you: [bit.ly/loveincvolunteer](https://bit.ly/loveincvolunteer)



December 8<sup>th</sup> helpers for the Love INC Christmas Sharing gift drop-off at Light of Christ.





## Seeing more videos on our Light of Christ Worship Services YouTube page?

We are currently transferring videos from our Devotions YouTube page to our worship page. That way we have all your videos in one place! If you would like to view them in a more organized manner, click on the "playlists" tab. There the videos will be divided into three different categories: Devotions, Sermons, and Worship Services. Please note, all YouTube live videos are listed under the "live" tab and are not in the "Worship Services" playlist.



## Online Christmas Devotions

Start your week off with a musical devotion! Throughout Advent our Worship and Music Director, Katie Anne Kohler, will share musical devotions featuring our favorite Christmas carols. Videos will be posted to our Light of Christ Worship Services page each Monday. You can find the link here <https://youtube.com/@lightofchristworshipservic6861?si=rLmYMIReX2eL6cJH>



## MOM'S NIGHT OUT!

- TUESDAY, DECEMBER 19TH, 7:30 PM
- MEET AT BRICKSIDE GRILLE & TAP
- NO NEED TO REGISTER
- WE HOPE YOU CAN JOIN US FOR A NIGHT OF FELLOWSHIP, CONVERSATION, AND PRAYER!



## Merry Christmas and Happy New Year to all the O.W.L.S (Older Wiser Lutherans)!!

Due to the proximity of December 21<sup>st</sup> to the Christmas weekend and the busyness of this holy season, we are canceling our December gathering. Let's look forward to January 18, 2024 at 2PM, when we'll really get the ball rolling for senior fun and fellowship! ~ Sue Fink



## Worship Time Changing

Per recommendation of the Worship and Music Committee, Church Council has approved a worship time change to **9:30 AM beginning January 7<sup>th</sup>**. We will worship at this time through May and will evaluate before the summer.



## Storytime celebrates the season

Kids...Parents...Grands! It is possible to celebrate Advent and Christmas without going-doing-buying. Find a quiet spot and enjoy book selections from the **seasonal shelf** in Light of Christ's library. There are books, DVDs and CDs appealing to all ages.



## CHILDREN, YOUTH & FAMILY NEWS



### Reader's Theater

Our Voyagers love having the Reader's Theater Group join them on Wednesdays! This picture was taken as a request from the students! We are starting to make connections and bridge the gap between our retirees and our children!



The quilts made by the LOC Quilters group were blessed by the 1<sup>st</sup>-3<sup>rd</sup> grade Voyagers during our Wednesday session. They have been blessing each other in class—and have extended that blessing to others. The quilts were then donated to *Village Ranch* and *Friends 4 A Cause*.



# Fun at Friday Night Lights! 12/8/23



We had another great Friday Night Lights event with our 7<sup>th</sup> - 12<sup>th</sup> grade youth on December 8<sup>th</sup>! We always play some indoor night games and then have other fun activities and pizza. This month we made Christmas cards and crafts for nursing home residents which we will deliver to The Legacy. Our next FNL event will be on **Friday, January 12, 2024!**

## Confirmation Corner

Here is the upcoming Confirmation schedule (all nights are 6:30-8:00 pm unless noted otherwise):

- **December 20** = Small group Christmas parties!







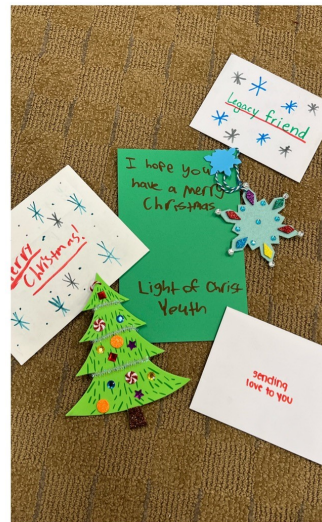
## Confirmation youth serving at Love, INC



12/13/23

## Confirmation Service Nights

On December 6<sup>th</sup> and 13<sup>th</sup>, the youth in grades 7-9 served at Love INC, the Delano Food Shelf and also made cards and ornaments for the Legacy residents. Here are some photos of the hard work they did along with the fun they had serving together on 12/13! Thank you to the adult leaders and volunteer coordinators who gave of their time to make these nights happen.



**Cards and crafts made by LOC Youth for residents at The Legacy** ❤️

