



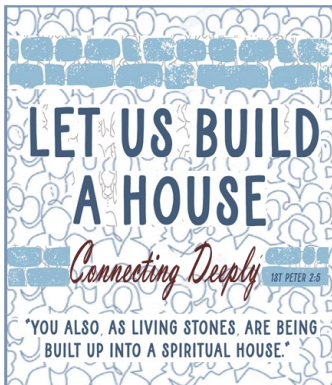
## Worship

- In-person worship—  
9:30 AM Sundays
- Online worship  
continues, and is live-  
streamed to our  
[YouTube](#) and  
[Facebook](#) pages



## Church Council 2025

Laurie Brown (sec'y.)  
Billie Chock (pres.)  
Tim Current (treas.)  
Pat Czock  
Brandt Dinger  
Heidi Goldbeck  
Luke Jeseritz  
Lisa Krause (v. pres.)  
Ryan Tool  
Pastor Tim Wheatley



## Contact us!

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Delano, MN 55328  
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[LightOfChristLutheran.com](http://LightOfChristLutheran.com)  
[Terri.Reuter@locdelano.com](mailto:Terri.Reuter@locdelano.com)

## Minneapolis Area Synod Bishop Jen Nagel will be here on Sunday, March 23 for the installation of Pastor Tim during the 9:30 AM worship service, with a reception following service.

Bishop Jen Nagel was elected to a six-year term as Bishop by the voting members at the Minneapolis Area Synod Assembly on May 4, 2024. At the time of her election, she was serving as Lead Pastor at University Lutheran Church of Hope (ULCH) in the Dinkytown area of Minneapolis near the University of Minnesota, a role she held since 2015.



Prior to ULCH, Rev. Nagel served from 2003-2015 at Salem English Lutheran in Uptown in Minneapolis during a time of transformation as that congregation co-created SpringHouse Ministry Center. She's also served as Minister for Community Resources at Central Lutheran (Minneapolis), in chaplaincy at Hennepin County Medical Center (Minneapolis), and in ELCA global ministry (Zimbabwe and Zambia). Jen spent nearly a decade working at ELCA outdoor ministries including Wilderness Canoe Base at the end of the Gunflint Trail in northern Minnesota and Camp Amnicon on the south shore of Lake Superior in Wisconsin. Over these years she held varied roles including guide counselor, trails director, program director and pastor in residence. Jen has served as teaching staff coordinator at Holden Village outside of Chelan, Washington, on the Central Committee of the World Council of Churches, on the Board of Regents at Concordia College in Moorhead, Minnesota, and as a Co-Chair of Extraordinary Lutheran Ministries.

*The Minneapolis Area Synod of the ELCA is here to support our member churches and their rostered and lay leadership. Together with our member churches, we are here to discern and follow God's will to nurture, serve, and lift up the people in our congregations, in our communities, in our region, and around the world.*

## Easter Flower Orders Due by March 23rd

Honor or remember a loved one with Easter flowers and help decorate the sanctuary for our Easter services. Click [here](#) to place your order. Deadline to order is **Sunday, March 23rd**. Thank you for beautifying our church!



# HEALTH & WELLNESS OPPORTUNITIES

*Calm your spirit. Get in touch with your inner self to make room for more Jesus!*



On **Thursday, March 27<sup>th</sup>, at 7 PM**, your Healing and Wholeness Ministry is planning a Meditative Yoga Hour with LOC member and longtime yoga instructor, Julie Wischmann. You'll be pampered with a gentle candlelit environment, prayer, and soft music as you do breath and yoga exercises. Healing refreshments will be served, such as infused water and teas. This event is open to all adults, 18 and over. This will be a very special, spiritual session as we strive to make a conscious effort to draw nearer to God during Lent and to calm our hearts and minds amidst our daily stress and anxiety.

[Please sign up here](#) by **March 25<sup>th</sup>** so we can prepare the space. We anticipate using classroom 101 unless we have a large group. Plan to wear comfortable clothes, bring your towel or yoga mat and prepare to unwind, refresh, and breathe into the love of Jesus.

## Classes for Parents of Youth

As chair of the Healing and Wholeness Committee, I (Sue Fink) want to share some of the great classes offered by NAMI MN (National Alliance on Mental Illness Minnesota). These classes are specific for parents of youth and are ZOOM classes so perhaps you can give these a try from your own home or computer. There is a current calendar with all the classes offered on [www.namimn.org](http://www.namimn.org) and some great education and resources, too.



### Lunchbox Talks: 30 minute online conversations

Have you ever wished that someone would give you one solid skill that you could use with your child right now? Well, here it is. Join us for a 30 minute conversation that will focus on one practical skill each month for parents and caregivers that can change the trajectory of your relationship with your child. Included in your time with us, you will receive a brief introduction to the skill, be offered hands-on practice, and be provided resources to support you.

#### Time: 12:00 – 12:30 PM

- Wed, April 2: How to Really Listen to Your Child
- Wed, May 7: The Power of Validation
- Wed, June 4: Empowering Kids through Boundaries
- Wed, July 9: De-escalating Intense Emotions
- Wed, Aug 6: Accepting the Way Things Are
- Wed, Sept 3: Building Family Wellness
- Wed, Oct 1: Supporting Kids Struggling with Executive Functioning
- Wed, Nov 5: Don't Forget About Self-compassion
- Wed, Dec 3: Building your Team

[Click for Zoom registration link](#)

### Transitions

Learn how to help your teen or young adult access resources to succeed in school, employment and independent living. Understand the rights young adults gain when they reach 18 and how to help guide them if they are not ready for total independence. This class is for parents or caregivers of youth or young adults.

- Thursday, March 27, 2025: 6:30 – 8:30 PM

[Zoom Registration Link](#)

### Understanding Early Episode Psychosis for Families

Learn about the signs and symptoms of psychosis, causes, treatment options and why early intervention is so important. Participants will learn how to advocate for and help a young person get back to work or school and achieve recovery. This class is for parents or caregivers of youth or young adults.

- Thursday, April 3, 2025: 7:00 – 9:00 PM

[Zoom Registration Link](#)

### You're the Expert

This class stresses the value of parent engagement and advocacy to ensure the best care and treatment for your child in the doctor's office, the mental health system, and in public education settings. We focus on self care so parents and guardians can effectively advocate for their loved one in all settings.

- Thursday, May 22, 2025: 6:30 – 8:00 PM

[Zoom Registration Link](#)



## Help Us Provide Food For Friends

### What's Needed

BBQ sauce and other sauces  
Coffee and Tea  
Tomato products  
Jarred Pasta Sauce  
Pasta (They get lots of elbow and spaghetti)  
Cereal (Children's cereals are popular)  
Canned beans and meats

Pickles and olives  
Hearty Soups (they get lots of chicken noodle and tomato)  
Menstrual Products  
Paper Products (especially tissues and napkins)  
Household Cleaning Products

No expired food, please.

### When and Where

We'll be collecting food through March 30. You can drop off your donation on the tables at the front of the sanctuary.

### Is a Monetary Donation Okay?

Absolutely! You can contribute cash, check or donate electronically at [delanohelpinghands.org/donate](https://delanohelpinghands.org/donate). Checks can be made out to **Delano Helping Hands**.

## Thanks for Your Support!

## Provide A Meal At Fresh Start Program

Build community by serving a meal at Love INC Heartland's Fresh Start Program!



Openings In April  
Sign Up Today!  
[bit.ly/fsmealtrain](https://bit.ly/fsmealtrain)



love  
INC  
Heartland



160  
Initial Contacts

## Our 2024 Impact

LOVE INC HEARTLAND



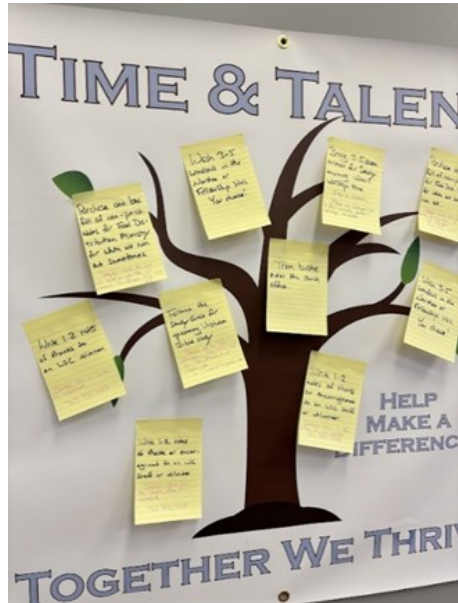
6,633  
Needs Met



150  
Class Sessions

[youtube.com/@loveinchl](https://youtube.com/@loveinchl)





## Can You Help?

Take a look at our new **Time & Talent board** in the **Narthex**, across from the **Welcome Center**! You'll find large **Sticky Notes** with a variety of ways you can lend a hand.

It's easy to participate:

- ✓ **Browse the notes** to see current needs.
- ✓ **Find one that fits your gifts or schedule.**
- ✓ **Take it with you** as a reminder to follow through!

Here are a few examples:

- **Write 1-2 notes of thanks** to an LOC volunteer or staff member.
- **Donate a box of non-perishables** for our Food Distribution Ministry.
- **Help format the Study Guide** for the upcoming *Unshaken* Bible study.
- **Wash 3-5 windows** in the Fellowship Hall or Narthex.

**Have a short-term need?** If you're on a team and could use extra hands, **add a Sticky Note** to invite others to help!

**Thank you for sharing your Time & Talents—Together We Thrive!**

## March Fifth Sunday Offering



In March our LOC Fifth Sunday offering will go to Second Harvest Heartland that provides food to the Delano Food Shelf and LOC's Nourishing Hope Food Distribution. **Second Harvest Heartland is one of the largest, most efficient and most active hunger-relief organizations in the nation** located in Brooklyn Park. As a food bank, they provide low cost or free food to food shelves, schools, community centers and other organizations in MN and western WI. Currently, they support over 1,115 organizations and more than 1,000 food shelves. Nearly 2/3 of the food they provide is fresh including meat, produce, bakery and dairy. Last year, they provided 128 million meals. For every \$1.00 donated, they can provide 3 meals to hungry neighbors. We are looking forward to providing food to as many Minnesotans as possible through our LOC Fifth Sunday donation. There is a link on our [LOC website](#) under the "Give" tab for donating. You can also donate by check or cash, specifying it for "**Fifth Sunday**" and placing it in Sunday's collection plate or sending it to Terri in the office. **THANK YOU FOR YOUR DONATION!!!**

## Shoe Collection/ Recycling!

The youth are again collecting old sneakers to be recycled and to raise funds for their summer trips. A minimal amount of money is raised, but more importantly, the shoes dropped off are recycled and then don't sit in a landfill! The shoe collection bin will be in the Narthex through **Sunday, March 23<sup>rd</sup>** and then be moved to the Fellowship Hall area... where it'll be located year-round for collection now. Thanks for supporting our youth and for helping our environment at the same time! This project is being done through [Got Sneakers](#). (Note: this project is being coordinated by Anneka Zaun for her National Honor Society project. Anneka went to Chicago last summer and is attending the N. Shore mission trip this summer!)

### EXTRA SHOES?



Be a part of a good cause and donate them!



**Recycle**



**Re-use**



**Raise money**

Drop your lightly used sneakers here!

**600 million people don't even own a pair of shoes**

**200 million pairs of shoes end up in the landfill each year**

**30-40 years for shoes to decompose**

## THE HOOT NEWS for March from Sue Fink



Our pizza party and game event in February was well attended and we had so much fun as we are getting to be very special friends. We welcome newcomers anytime!

On **Tuesday, March 18<sup>th</sup>** (note the change from our usual every third Thursday), we are going to meet for lunch at the Delano Senior Center at noon. After a delicious lunch prepared by the chef of the center, we will have an introduction to all the activities that take place every week. Nick Neaton, the director, plans to share info along with leaders of other groups that meet. The Senior Center offers so many activities, classes, games, and outings but sometimes we are reluctant to try out something unfamiliar. Let's do this together!!!!

Next, on **April 24<sup>th</sup>** (again, note the change in week due to Holy Week), we are going to have a "Lunch and Learn" event in the Living Room. We'll start at noon with a Subway sandwich lunch and at 1PM we have 2 speakers scheduled. Andrea Karels, with Iten Funeral Home, is going to offer information on end-of-life/funeral planning. She is also enlisting a lawyer-friend from Buffalo who will speak on financial planning, "getting your ducks in a row," so to speak. We'll also have information on LOC's columbarium and new funeral reception guidelines. Should be a very informative day!

In May we will have our *first summer outing (yay!)* -- either a fun show or field trip, *to be determined soon*. If you have any fun ideas, please let your OWLS planning committee members know: Lona Jose, Jewel Ekern, Laurie Grimm, Sue and Bill Fink.

*Hebrews 10:24-25 "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some but encouraging one another, and all the more as you see the Day of the Lord drawing near."*

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## Finding Peace in an Uncertain World

Feeling overwhelmed by the uncertainty of life? You're not alone. This week, we launch our six-week Bible study, *Unshaken: Trusting God in an Anxious World*, exploring how faith helps us stand firm even when life feels chaotic.



Whether you're new to the Bible or a longtime reader, this study is a welcoming space to learn, reflect, and connect with others. Join us **this Thursday at 9:30 AM or 7:00 PM**—come as you are, no prior experience needed!



## Lenten Worship

Weekly Wednesday  
Lenten worship is at 7:00 PM  
and will incorporate the

Holden Evening Prayer service, as well as feature the 10<sup>th</sup> graders' faith statements. A meal will be held at 6:00 PM before each service. The Children & Family Ministry Team will be serving a variety of soups on March 19<sup>th</sup>.

## LIGHT OF CHRIST CHURCH *Paint night*



JOIN US ON APRIL 3RD FOR A NIGHT WITH THE LIGHT OF CHRIST WOMEN'S GROUP.  
THE FUN STARTS AT 6:30PM IN THE DOWNTOWN SOCIAL (OLD LUPINE ) BUILDING.  
CHOOSE FROM THREE DIFFERENT PROJECTS TO CREATE. COST \$30



REGISTER AT [WWW.STUDIO527MN.COM](http://WWW.STUDIO527MN.COM) OR  
CLICKON THE QR CODE



## Upcoming LOC Sisters & Community Life event

Please sign up using the QR code in graphic above or at this link: <https://www.studio527mn.com/collections/adult-workshops>

### Sign Up for Summer Bible Camp and VBS!



Registration for camp at Camp Wapo!  
Scholarships will be provided again this year!  
Invite a friend and join us for a life-changing week at camp this summer!

- **Seeds (Grades 1-3):** June 20-22
- **Wapo Youth (Grades 4-8):** June 22-27 and July 27-August 1
- **Wapo One-Day (Grades 1 & up):** June 25



LOC Specific Registration Link: <https://lwlbc.com/loc-delano>

### Looking for Mountains of Fun?



### You Otter Be Here!

◇ New Friends ◇ Amazing Experiments ◇ Creative Games ◇ Super-Fun Snacks  
◇ Surprising Adventures ◇ Incredible Music

### Light of Christ Lutheran Church

**Sunday, July 13<sup>th</sup> – Wednesday, July 16<sup>th</sup>**

**5:00PM – 7:15PM**

### Register Online:

<https://lightofchristdelano.breezechms.com/form/TrueNorth>

