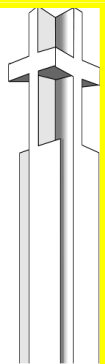
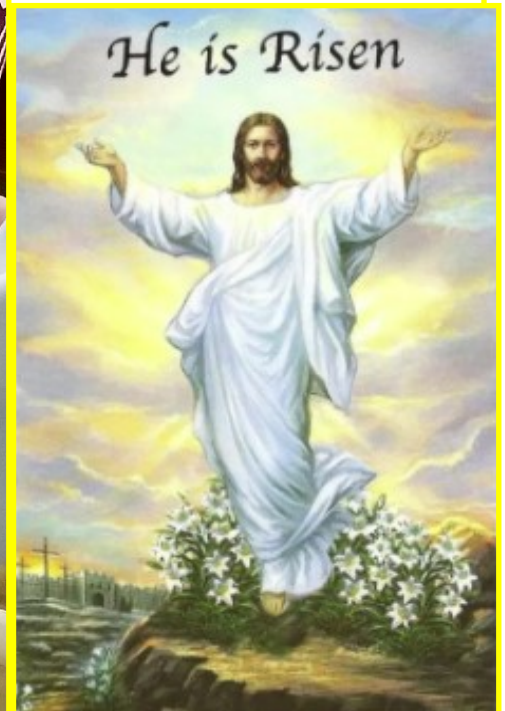


# THE MESSENGER

APRIL 2018

Easter Season



## Lutheran Church of Our Saviour

8401 W. Hillsborough Avenue, Tampa FL 33615

• [Www.Lcostampa.org](http://Www.Lcostampa.org) • 813-884-1232 • [www.facebook.com/lcostampa](http://www.facebook.com/lcostampa)

## ***Our Vision***

***Through LCOS all come to know the unconditional love of God ,grow in their faith, and share their love and faith with others.***

## ***Our Mission***

***That all may experience the love of Jesus Christ, we reach up, through worship celebration. We reach out by sharing our faith; and we reach in through prayer and study.***

## **THIS IS LCOS**

### **Sunday Worship Celebrations**

**Bible Study: 8:30 am**

**Worship Service: 9:30 am**

**Children Sunday School during service**

## **Church Staff**

**Rev. Jose-Luis La Torre-Cuadros, Pastor**

**Naoko Okada, Minister of Music**

**Nancy DeVries, Bookkeeper/Secretary**

## **Church Council**

**Barbara Beauregard  
President**

**Kim Cross,  
Vice President**

**Kim Jordan, Secretary**

**Elsie Fewer  
Don Gibson  
Heidi Richters  
Tom O'Reilly  
Janice Spaulding  
Eduardo Forte**

## **Mission Team Leaders**

### **Acolytes & Crucifiers**

**Adult Education**

**Altar Guild**

**Boy Scouts**

**Clothes Closet**

**John/Karen Hangartner**

**Offering Counters**

**Julian Julius**

**Liturgists & Communion Asst Heidi Richters**

**Facilities & Grounds Barbara Beauregard**

**Fellowship**

**Don Richardson**

**Finance/Treasurer**

**Kristi Saligame**

**Food Bank**

**Rita Blyden**

**Hospitality Peggy Kienzle/Lorella Swain**

**LAFFS**

**Lori Muir**

**Lay Pastoral Care Team**

**Steve Smeach**

**New Our Saviour's Disciples Julian Julius**

**Newsletter/Bulletin**

**Nancy DeVries**

**Note Folks**

**Diane Tolzman**

**Stewardship**

**Bruce Odiorne**

**Seven Habits of Jesus**

**Steve Smeach**

**Sunday School**

**Luz Miranda**

**Ushers**

**Martin Stewart**

**Website**

**Max Valentonis**





Dear disciples of Jesus:  
He is risen!

The most glorious miracle of Jesus is the Easter miracle, the miracle of his resurrection described in the Bible by the witnesses of the miracle, Jesus' disciples. This is the most important miracle of the Christian faith. When Jesus Christ rose from the dead on the first Easter morning, he showed the people that the hope and love he proclaimed in his sermons and teachings were real, and so was God's power at work in the world bringing life back after death.

In his first letter to the Corinthians 15:17-20, the apostle Paul explains why the resurrection miracle is so central to our Christian faith and is the foundational stone of our proclamation:

*"If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. But in fact Christ has been raised from the dead, the first fruits of those who have died."*

The resurrection opened the doors of the new era according to Paul. We are not more in our sins, we are not condemned to just perish and disappear from the face of the universe. No! Now the door of the future is open and we are invited to cross it and enter into a new relationship with God, the world, our neighbors and ourselves: A new order and relationship with God based in the miracle of Easter.

The great miracle was not only that Jesus rose from the dead but what that miracle meant to the future of our world. The resurrection gave us the new world, the new being, the new life, the new community and the new experience of God that can lead us, strengthen us and teach us how to be better human beings living better thanks to the power of the risen Lord.

Happy Easter, enjoy the power of the presence of the new life embracing us.

Your Pastor, The Rev. José Luis La Torre Cuadros.

*Dr. José Luis*



*Jesucristo es, el testigo fiel, el primogénito de la resurrección, el soberano de los reyes de la tierra. Al que nos ama y que por su sangre nos ha librado de nuestros pecados.*

Apocalipsis 1,5

Queridos discipulos del Señor Jesús:

Ha resucitado!

Este es el evangelio. En Jesus Dios se ha revelado y nos ha salvado de tal manera que ahora estamos unidos a él por su resurrección y por la esperanza de la vida eterna.

Jesus es presentado por Juan en el Apocalipsis como el rey universal, esto era algo sumamente peligroso de escribir y de predicar en esos días, puesto que el emperador romano era visto como el soberano universal.

Sin embargo, Juan el vidente, tiene la audacia de asumir el riesgo de desafiar ese concepto romano al introducir la imagen de Jesus como el verdadero soberano universal, aquel que esta incluso por encima del emperador romano gracias a la victoria de la resurrección.

El mensaje a las siete iglesias y a todos los cristianos de todas las generaciones, declara explícitamente la resurrección como el hecho fundamental que ha hecho la diferencia entre Jesus y todos los demás líderes, maestros o personajes de la historia. Jesus es el único que ha experimentado la resurrección. Por eso es *el primogénito de la resurrección. Lo que ha sucedido el domingo de Pascua es algo que nunca había sucedido y es algo que no le había sucedido a nadie. Jesus resucitado de entre los muertos representa el triunfo de la vida de Dios por encima del poder de la muerte, la enfermedad, la injusticia, etc.*

Celebremos juntos esta estacion de Pascua y alegrémonos por la victoria de la vida.

Feliz Pascua.

Su Pastor, Rev. José Luis La Torre Cuadros.

*Dr. José Luis*

## President's page.....

March brought us through Lent and today, April 1st starts our Easter season. Seems like so much has happened so fast! One holiday seems to have run into another, but now we have time to breathe, time to plan, time to reflect, time to achieve.

With that in mind, we have created a Project Board, which is in the Narthex. These are all projects we can accomplish with a little help. That 'help' can come from Thrivent Action Team Funds. Take a look at the projects and see if one speaks to you and sign up for it. From time to time we may add a new project or two that someone thought important. If the project has a date, you'll need 3 weeks advance time to apply for your Action Team \$250.00 gift card. Then once the card arrives we have 90 days to make that project happen! If you are a Thrivent account holder, don't let this great opportunity slip by. Thrivent puts this out there for you to put to a good use for your church. We can't ask you directly to help on a project because we don't know who all is a member of Thrivent! It is all up to you to say you'll help and apply for a gift card.

Your Church Council has been working on a project for Hurricane season, which starts June 1st. Reflect back on Hurricane Irma, our 'wake-up call' of sorts. Pastor, Council, and the Visitation team realized we had a gap of disconnect. We had no idea where some of our members had gone, if they needed anything, if they were okay. So, we have created a form we would like every member to fill out as soon as we have them available. When you are filling out the form, answering the questions, think back to Irma and how you dealt with it. What was your plan: stay or go? Where and how? What needs did you have? Did you feel prepared? What was missing? What can we, LCOS, do to help? If we missed something on the form that you feel is important, write it on your form.

Along with the thought of a major storm, we are looking into creating a Storm Supply Closet where we can have emergency supplies available for those in need. We'd also like to have someone oversee that Closet and be available in an emergency to deliver supplies to a person in need. This could turn into a team of people who would like to help. Council is working to have a plan in place by storm season and once again, an Action Team Gift Card could go a long way to starting that Supply Closet. Other ways to stock the Closet is the buy one/get one, like batteries, flashlights, candles (the contained ones in jars to avoid accidents!) Also, food items with a longer shelf life like tuna, potted meats, well wrapped snacks, etc. At the end of the season, Nov 30th, we'll donate unused food items to the food bank and start over the next

season.

Don't forget to check up-coming events listed in your Newsletter. As summer nears and vacations begin we don't connect with one another as often so make sure you get your Newsletter each month so you know what's happening. Please remember, even when you are on vacation LCOS still operates the same, week after week, don't forget to send in your offering, weekly or monthly. Every summer we really struggle, maybe this year we can make a strong effort to get through 'in the black'!

REMEMBER: the 3rd Saturday of the month at 10:00AM in Luther Hall is crafting day, in preparation for our Holiday Bazaar, Dec 1st. Come and join the fun. If you have any craft tools put them in a shoe box, put your name on the side and we'll just lock it up in our craft supply room and you won't have to drag stuff back and forth each time. March was a 'show and tell' of crafts we had each made at some time, now April will be a time to set a plan in place as to which crafts we want to make, and what will sell! AND crafting is not just a 'gal' thing! I know some of you guys like to do wood working and other sorts of fun art things. If you need some ideas, we'll help you come up with some. You make the item and we can paint or stain them! We have already had offers of crafting supplies from people that just can not do those projects anymore. I personally have a garage full of craft supplies that I am adding in where they are needed!

The church storage shed is in dire need of a clean out and organize day. Eddie Forte is going to take a look at the shed, then set a work day, probably a Saturday, then ask for some help. We know there are many, many cans of paint and the county dump now accepts paint so we might need a truck to haul them all out there. Eddie is checking on any special rules regarding paint donations.

As a last minute reminder: all Annual Reports are due into Nancy ASAP! Our Congregational Meeting is May 20 and everything must be ready to handout at that meeting. It will take Nancy some time to put this all together. Remember: how you write your article is exactly how it will be printed. There is no proof-reading being done for this.

Many thanks to all our volunteers! We couldn't do it all without you.

In God's service,

Barbara Beauregard

Council President



## HELLO THRIVENT MEMBERS!!

We are already three months into 2018! Have you given any thought as to how you want to assign your THRIVENT ACTION TEAM FUNDS?

There is a Project Board in the Narthex with things planned for this year, so far. Some items do not have any plan in place, like Mother's Day and Father's Day because it seems from past attempts we found LCOS members had other plans. However, some projects can use a LOT of Action Team Funding! There are notes/ideas listed on some. The \$250 gift card adds to the event and just makes it nicer!

I'm sure each Thrivent member realizes by now they EACH get two (2) \$250 gift cards each year. These gift cards have no effect on your account, if you don't use them they are just gone, come Dec 31st. Don't let those funds slip away, LCOS has many projects that could use that helping hand. These Thrivent gift cards are just that, a gift to you to use on a church project.

Look what we have accomplished in the past with those gift cards: in 2016 we re-did our kitchen, in 2017 we refurbished and reassigned our old educational building into our new Enrichment Center, and the old media center became our new Food Bank. At some point we'd like to work on Luther Hall: the lighting, the interior doors, the paint and that list goes on and on. Outside there are also projects. We have the manpower and the interest, but lack the funds, like fencing in/ protecting the west side of our church. That list grows as well!

Action Team Funds are 'seed' money to make money to further enhance our work and presence in the Town N Country community.

Do you Thrivent Members know what 'Choice Dollars' are? You accumulate them in your account. They never become part of your balance, the only way you can use them is to give them away! To your favorite charity, which we hope is LCOS. These dollars may seem small, but when added together they are much appreciated! When you choose LCOS they are deposited directly into our account in bulk, we never know from whom nor how much, just a nice 'gift'.

Thank you to all who participate in these 'gifts'! They are a Big help.



## LCOS Treasurer's Notes February 2018

February income of \$22,143 for the church includes member giving of \$19,950, transfer and fundraising income of \$955, and other income of \$1,238. Member giving for the month was above our budget of \$15,475 and above last February's giving of \$16,458, but below our expenses for the month.

Fundraising and Transfers: During the month, we used \$500 from the mortgage reduction fund, \$200 from the Hospitality fund, and \$154.69 from Bold Statement. Fundraising income of \$100 was a late check from last year's Golf Tournament.

The other income category of \$1,238 was essentially all rental income. We received a check for \$3,500 for one year of parking from the dentist's office, so we recognized 2 months' worth of parking income (Jan, Feb) this month.

Expenses for the church were \$24,975 for the month of February, a little less than our budgeted amount of \$25,424 and above last year's expenses of \$23,344.

**Overall, we recorded a loss for the month of (\$2,832).** A similar loss was recorded in the month of January.

Financial position: Payables are starting to creep up, now in the \$11,000 range. We did not give to the Synod during the month, although we did give \$641 to the Synod in January.

LCOS Income vs. Expense Review						
CY 2018						
	Current-year Results			Year-ago results		
	Income	Expense	Difference	Income	Expense	Difference
Jan	\$21,241	\$23,968	(\$2,727)	\$22,351	\$25,320	(\$2,969)
Feb	\$22,143	\$24,975	(\$2,832)	\$19,831	\$23,344	(\$3,512)
Mar						
April						
May						
Jun						
Total	\$43,384	\$48,943	(\$5,559)	\$42,182	\$48,664	(\$6,482)





We are celebrating another year of our continued efforts to end hunger one step at a time with our 5th Annual Hunger Run 5K benefiting the Kaye Prox Food Bank! Together we have raised over \$20,000 and collected more than 4,000 lbs. of food since our very first event in 2014!!

THANK YOU!!

We will also be collecting non-perishable food items to donate to the Kaye Prox Food Bank. Be sure to bring something to donate to our hungry families—Even ONE can per participant can really add up!!

Together we CAN end hunger one step at a time!

Event details and schedule:

WHEN: Sunday 4/15/2018

Onsite registration and packet pick up @ 6:30am.

5K run/walk start @ 7:30am

WHERE: Al Lopez Park

4810 N. Himes Avenue, Tampa FL 33614

Every registered participant will receive a T-shirt, medal & enjoy breakfast and music after the race.

Run is chipped timed. Awards will be given to the overall male and female finishers as well as 1st, 2nd, and 3rd place in standard age groups.

Parking at Al Lopez Park is always FREE!

Standard Registration

Feb. 1, 2018 through April 11, 2018

Runners \$35

Walkers \$25

Onsite Registration April 15th, 2018

Runners \$40

Walkers \$30



## Engine 2 Recipe: Sunrise Breakfast Bake

10th January 2018

The idea for this recipe came from the popular egg, cheese and bacon casseroles so popular at brunches – only this one is PLANT-STRONG!

### Ingredients

- 4 cups old fashioned oats
- 1 can no-salt added Rotel tomatoes
- 4 cups raw kale, chopped
- ½ cup nutritional yeast
- 1 teaspoon turmeric
- 2 teaspoons smoked paprika
- a dash of cayenne (optional)
- 4 cups low sodium vegetable broth or water
- 1/2 cup whole grain oil-free breadcrumbs
- Garnish with fresh cilantro, avocado, salsa or hot sauce (optional)

### Instructions

Preheat oven to 400 degrees. In a 9 x 13 baking dish, Add all except the breadcrumbs and the garnishes. Stir until well the breadcrumbs to the top, and bake for 45 minutes. Let minutes before serving. Garnish with avocado, cilantro, salsa

Serve with a side of fresh fruit.

*Servings: 6*



ingredients ex-combined. Add cool for a few or hot sauce.



Michelle Odiorne

Graduate, Plant-Based Nutrition Certificate Program ([www.nutritionstudies.org](http://www.nutritionstudies.org))

Facilitator, Whole Food Plant-Based Potlucks

PlantPure Nation Ambassador & POD Co-Leader

[www.facebook.com/Michelles.Journey2WFBPNutrition/](https://www.facebook.com/Michelles.Journey2WFBPNutrition/)

## Sunday Worship



## Baptism





# ***Tuesday Lenten Meditation***



## ***Confirmation Class***





Coming Events	Location	Date	Time
Anniversary Brunch	Luther Hall	Sun, May 6	10:45 AM
Mother's Day		Sun, May 13	
Congregational Meeting	Sanctuary	Sun, May 20	10:45 AM
Memorial Day Church Office Closed	Church Office	Mon, May 28	
Synod Assembly	Embassy Suites Kissimmee	Fri, Jun 1 - Sun, Jun 3	
PLANTrageous Potluck Dinner	Luther Hall	Sat, Jun 16	5:30 - 9 PM
Father's Day		Sun, Jun 17	
Independence Day		Wed, Jul 4	



***Friday Night***

***April 27th***

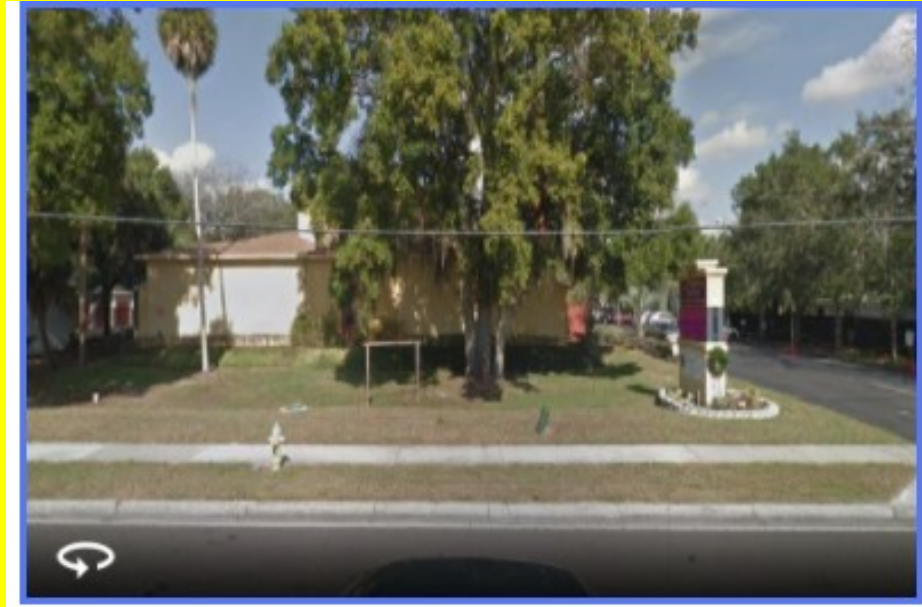
***Enrichment Center @ LCOS***

***7:30pm until 10:30pm***

***Bring your favorite card game, dominos or board game and a snack and drink.***

# ***Our latest “transformation”...***

***Before***



***After***





***SUNDAY  
SCHOOL***



***FISH FRY***





## April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div><b>Easter</b></div> <div>Worship Svc 9:30</div> <div>Baptism</div> <div>Easter Brunch</div> <div>New Ark Church 12:30-3:30</div>	<div>2</div> <div></div> <div></div> <div>Cub Scouts 6 pm</div>	<div>3</div> <div></div> <div></div> <div></div>	<div>4</div> <div></div> <div>Food Bank 3-4:30</div> <div>Choir 7:30</div>	<div>5</div> <div></div> <div>New Ark Church</div> <div>6:30-9 pm</div>	<div>6</div> <div></div> <div>Food Bank 3-4:30</div>	<div>7</div> <div></div> <div></div>
<div>8</div> <div>Worship Svc 9:30</div> <div>Confirmation Class</div> <div>New Ark Church 12:30-3:30</div>	<div>9</div> <div></div> <div>Pastoral Care Team 3pm</div>	<div>10</div> <div></div> <div>KPFB Steering Committee 11am</div>	<div>11</div> <div>Food Bank 3-4:30</div> <div>Little League 6:30</div> <div>Choir 7:30</div>	<div>12</div> <div></div> <div>New Ark Church</div> <div>6:30-9 pm</div>	<div>13</div> <div></div> <div>Food Bank 3-4:30</div>	<div>14</div> <div></div> <div></div>
<div>15</div> <div>Hunger Run 7:30am</div> <div>Worship Svc 9:30</div> <div>New Ark Church 12:30-3:30</div>	<div>16</div> <div></div> <div>Cub Scouts 6 pm</div>	<div>17</div> <div></div> <div>Church Council 7:00</div>	<div>18</div> <div></div> <div>Food Bank 3-4:30</div> <div>Choir 7:30</div>	<div>19</div> <div></div> <div>New Ark Church</div> <div>6:30-9 pm</div>	<div>20</div> <div></div> <div>Food Bank 3-4:30</div>	<div>21</div> <div></div> <div>Craft Group 10am</div>
<div>22</div> <div>Worship Svc 9:30</div> <div>Baptism and Confirmation Class</div> <div>New Ark Church 12:30-3:30</div>	<div>23</div> <div></div> <div></div>	<div>24</div> <div></div> <div></div>	<div>25</div> <div></div> <div>Food Bank 3-4:30</div> <div>Choir 7:30</div>	<div>26</div> <div></div> <div>New Ark Church</div> <div>6:30-9 pm</div>	<div>27</div> <div></div> <div>Food Bank 3-4:30</div>	<div>28</div> <div></div> <div></div>
<div>29</div> <div>Worship Svc 9:30</div> <div>Confirmation Class</div> <div>New Ark Church 12:30-3:30</div>	<div>30</div> <div></div> <div>Cub Scouts 6 pm</div>					

# HAPPY BIRTHDAY!

## LCOS April Birthdays

Cynthia Glander	4/1
Alice Rozell	4/4
Jeff Whitman	4/22

Nicolas La Torre	4/27
Lisa Paffenroth	4/28

Ernie Largent	4/30
Kiran Saligame	4/30

If you, a family member, or an LCOS friend, is missing from our birthday list, please call the church office, 884-1232, or e-mail [office@lcostampa.org](mailto:office@lcostampa.org), so that we may include you next year!

# APRIL

## **Liturgists**

4/1-Steve Smeach

4/8-Fraser Muir

4/15-Lynn Richardson

4/22 Dina Meehan

4/29-Heidi Richters

## **Ushers**

4/1—Ernest Largent, Gil Leimbach, Bruce & Michelle Odiorne

4/8-Martin Stewart, Peggy Kienzle, Brian Cross

4/15 Ernest Largent, Gil Leimbach, Bruce & Michelle Odiorne

4/22-Martin Stewart, Peggy Kienzle, Brian Cross

4/29 -Martin Stewart, Ernest Largent, Bruce & Michelle-Odiorne

## **Communion Assistants**

4/1-Joan Baun, Lynne O'Reilly, Heidi Richters

4/8-Kim Cross

4/15-Heidi Richters

4/22- Fran Beauregard, Heidi Richters, Linda Dillinger

## **Pastoral Care**

4/2-4/8– Kim Jordan & Steve Smeach

## **Confirmation Class**

April 8th, 22nd and 29th

## **Sunday School**

4/1—Angela Barry

4/8—Luz Miranda

4/15—Heidi Richters

4/22-Luz Miranda

4/29-Judith Stocker

