

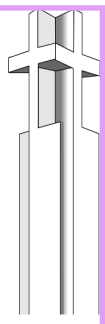
February 2018

The Messenger



*REMEMBER THAT YOU ARE DUST,
AND TO THE DUST YOU SHALL RETURN.*

Worship Ash Wednesday
February 14th
12 noon and 7 pm.



Lutheran Church of Our Saviour

8401 W. Hillsborough Avenue, Tampa FL 33615

• www.LcosTampa.org • 813-884-1232 • 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

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

Karen Muir

Don Richardson

Kim Cross

Judith Stocker

John/Karen Hangartner

Julian Julius

Heidi Richters

Barbara Beauregard

Don Richardson

Kristi Saligame

Rita Blyden

Peggy Kienzle/Lorella Swain

Lori Muir

Steve Smeach

Julian Julius

Nancy DeVries

Diane Tolzman

Bruce Odiorne

Steve Smeach

Luz Miranda

Martin Stewart

Max Valentonis



Lenten Pilgrimage

Let us pray:

Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

It is time to prepare for the celebration of Christ's death and resurrection, and realize the transforming power of a Lenten Pilgrimage.

It is time to walk, receive our ashes, meditate and search for God's will, find grace after repentance and rediscover the value of conversion as a permanent returning to God as the source of life and salvation.

Lent is a season to think hard, to meditate, to evaluate where we are going and why we are doing what we are doing. Lent is a journey, lent means to walk with Christ from the wilderness to the cross. Lent is purple. Purple is used for two reasons: firstly, because it is associated with mourning and so anticipates the pain and suffering of the crucifixion, and, secondly, because purple is the color associated with royalty, and celebrates Christ's resurrection and sovereignty.

Like every other journey, my pilgrimage through Lent requires that I evaluate what I will carry with me and what I will leave behind. Have you ever saved something because it might be valuable someday or you might find it useful someday?

Lent is the time to think about what I keep and what I should let go.

Blessed Lenten journey brothers and sisters.

Your pastor,

The Rev. José Luis La Torre Cuadros.

Dr. José Luis

40 días en el Desierto

Después de esto,

el Espíritu llevó a Jesús al desierto. Allí vivió durante cuarenta días entre las fieras, y fue puesto a prueba por Satanás; y los ángeles le servían. (Mc 1, 12-13)

Una de las escenas evangélicas más presentes en el tiempo de Cuaresma es la estancia de Jesús en el desierto durante cuarenta días.

La Cuaresma del año 2018 tiene lugar del 14 de febrero al 29 de marzo. El tiempo de Cuaresma es un periodo del calendario litúrgico que comienza el Miércoles de Ceniza y finaliza el Jueves Santo. *Son unos días de meditación, ayuno y penitencia donde se excluyen los domingos, por ser días de fiesta.*

La Cuaresma tiene cinco domingos más el Domingo de Ramos, en cuyas lecturas los temas de la conversión, el pecado, la penitencia y el perdón, son dominantes. No es un tiempo triste, sino más bien meditativo y recogido. Es, por excelencia, el tiempo de conversión y reconciliación del año litúrgico. Son 40 días de preparación para la gran fiesta de la Pascua. Es tiempo para arrepentirnos de nuestros pecados, y de cambiar algo de nosotros para ser mejores y poder vivir más cerca de Cristo. La duración de cuarenta días simboliza la prueba de Jesús al permanecer justo 40 días en el desierto, antes de su misión pública. Hoy en día la práctica del "ayuno" consiste más que en la privación de comer carne en un espíritu penitencial, de conversión y de oración.

Durante este viaje con Jesús, los invito a usar estos días de Cuaresma para una renovación espiritual y comunión más íntima con Dios.

Que tengamos juntos un bendecido viaje cuaresmal.

Su Pastor,
Rev. José Luis La Torre Cuadros.

Dr. José Luis



Presidents page.....

2018 here we come! Council's first meeting of the year started with a full agenda. Starting with election of your Council officers> (F.Y.I. All officers are elected for one year, all terms

end Dec. 31st)

This year we have Kristi Saligame continuing to keep us in line, financially anyway. Kim Jordan is our new recording secretary. Kim Cross is again Vice President, and yours truly is once again President.

One of our major projects for the start of the year is compile an Emergency Response Plan. Once we have our ideas on paper, we will be asking each of you to furnish information to us about your response to a hurricane. Since we recently went through this, it is fresh on our minds. This past hurricane season was a close call and we had some church members we were out of touch with. We were not sure where they went, if they needed any assistance, if they were safe, etc. LCOS can do better then that, so when pass out the forms we are putting together, please take time to fill them out so we all know how to help.

Now that the holidays are over, we can get back to somewhat normal before we head into our Lenten season. We have reviewed the Transformation by Reformation program we started last year and we have two projects we want to make happen as quickly as possible, since both need to be completed before storm season. One is the large tree out front. Council feels it would be best at this time to trim that tree up about the roof line to 'open' up the front of the church and the second item is to clean out the gutters on the church. Left undone, these two items could cause us major problems when the rains come.

Congratulations to all of you! Our pledges are above last year! Now we need to make sure we keep them up and, of course, we can always use any extra along the way. This year we are planning to have some fun events, short side trips, some will be fund raisers, some may just be a chance to do an outing together. If you have any suggestions, let a council person know. If you participate in a planned event let us know if you

enjoyed it. The whole idea to fellowship and fun, if we didn't deliver on those, let us know!

Don't forget, let your friends, family, co-workers, etc know we have spaces available to rent in a variety of ways to accommodate a variety of uses. We have a number of groups signed up for Luther Hall for this year already. Our HO Train Club are enjoying having a space for the trains. They are generally there on Monday mornings so if you have a chance check them out. They are always adding new 'train routes' and trains. If you have a group that would like to come in and see them in operation, just ask one of the members as they would be happy to show off.

Sincerely,

Barbara Beauregard



LCOS Treasurer's Notes December 2017

December income of \$29,922 for the church includes member giving of \$27,530, transfer and fundraising income of \$1,742, and other income of \$650. Member giving for the month was above budget, above last year's level, and above our expenses for the month.

Fundraising and Transfers: During the month, we used \$1,136 from Bold Statement, \$70 from the Organ fund, \$140 from the Pastor's Discretionary Fund, and \$200 from the Hospitality fund. We had fundraising income of \$196.

Expenses for the church were \$22,596 for the month of December. We received our refund from the Workers Comp Insurance company of \$3,327, which significantly reduced our Employee Benefits expenses. Other expense categories were broadly in-line with expectations.

Overall, we recorded a gain for the month of \$7,326.

Six-Month Preliminary Results:

	2017			2016		
	Income	Expense	Difference	Income	Expense	Difference
July	\$36,034	\$25,633	\$10,401	\$22,685	\$24,334	(\$1,649)
Aug	\$17,152	\$23,745	(\$6,593)	\$28,972	\$32,739	(\$3,767)
Sept	\$29,443	\$27,439	\$2,004	\$32,007	\$24,771	\$7,237
Oct	\$30,107	\$31,703	(\$1,596)	\$24,957	\$28,210	(\$3,252)
Nov	\$22,584	\$27,959	(\$5,375)	\$21,537	\$23,635	(\$2,098)
Dec	\$29,922	\$22,596	\$7,326	\$29,841	\$26,415	\$3,426
Total	\$165,242	\$159,074	\$6,167	\$160,000	\$160,103	(\$103)

Treasurer's Challenge for 2018:

Our current Spending Plan for 2018 includes rental income of \$9,200 (including rentals of Luther Hall and the Enrichment Center, as well as parking fees). We have a real opportunity to create a significant, recurring income stream for LCOS, which could grow to a level well beyond this number.

A suggestion as we begin 2018: make it our plan, as a council and congregation, to double our rental income by 2019. Draft a plan. How would we get there? What resources will be needed? How will we get the word out to whom in the community? How will we decide to use/re-invest our rental income as it grows? If we write up a plan, that will be a huge first step toward making it happen.

VEGAN PIZZA

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Gluten-Free Crust:

1 tablespoon chia seeds

3 tablespoons water

1 cup pumpkin puree (not pumpkin pie filling)

1 ½ cups rolled oats

1 tablespoon apple cider vinegar

1 tablespoon fresh basil, finely chopped

1 teaspoon dried oregano

1 teaspoon garlic powder

½ teaspoon chili powder

¼ teaspoon freshly ground pepper

½ teaspoon sea salt

Pinch of chili flakes

1. Preheat oven to 400 F.
2. In a large bowl, combine chia seeds with 3 tablespoons of water, stir, and set aside for 10 minutes to make a chia egg.
3. While the chia egg is gelling, pulse oats in a food processor to make oat flour.
4. Once the chia egg forms, add the pumpkin puree, oat flour, vinegar, basil and spices to the bowl. Mix well to combine.
5. Line a baking sheet or pizza pan with parchment paper.
6. Place the pizza dough on the parchment paper and spread to an even ½ inch thickness.
7. Bake about 15 minutes until the edges are slightly browned, then remove from the oven and let cool a few minutes.
8. Add sauce, veggies of choice and nondairy cheese (if desired) and bake an additional 7-10 minutes, or place under the broiler until the veggies start to brown.

Parmesan (from *Sweet, Savory & Free* by Debbie Adler):

1 cup sunflower seeds, ground

½ cup pumpkin seeds, ground

¼ cup nutritional yeast

3 tablespoon hemp seeds

1 teaspoon dried oregano

1 teaspoon garlic powder

½ teaspoon red pepper flakes

1. Mix all ingredients until combined.
2. Store in the refrigerator up to 3 months.



Michelle Odiorne

Graduate, Plant-Based Nutrition Certificate Program (www.nutritionstudies.org)

Facilitator, Whole Food Plant-Based Potlucks

PlantPure Nation Ambassador & POD Co-Leader

www.facebook.com/Michelles.Journey2WFBPNutrition/



Greetings from our Korean Church!

It is such a blessing that our church has settled at this beautiful LCOS, with faithful, good hearted brothers and sisters in Christ. There are 15 plus Korean churches in the Tampa Bay area with different denominations. NACT (New Ark Church of Tampa

is Presbytery denomination and belongs to the General Assembly of UPCA (United Presbytery Church of America). The church began with 3 members one year ago in the South Tampa area. Our current members consist of adult women and men, between ages of 50-70 years old. Most of them are retired professionals. Half of our members are beginner Christians.

Our mission is to reach out to the people who are lost, wherever they are. (Luke 15:4)

Restoring the broken/wounded people, (Psalm 34:18) Releasing people into the world for His purpose. (Mark 15:16)

Our goal is to help them to experience the love of God. Helping them to apply the words of God to their daily lives thru worship, bible study and QT (quite time), so they experience changes to their daily lives and to encounter with God, and to



equip them to live a purpose driven life.

We want to encourage each other, grow together, and to build up the Kingdom of God together and to love God. Our passion is to our community and our neighbors, meeting their needs, connecting people to God and to each other. Our 2018 Motto is "Searching with Compassion for the lost soul" Luke 14:4

Our sign out front simply indicates the name of the church and the days and hours of our service.

We have harmonica lessons after the bible study every Tuesday from 12-12:30. Anyone who is interested can join our class.

I would like to take this opportunity to thank LCOS members and Pastor Jose Luis for all the support and prayers you have given to our Korean Church.

God bless you all.

Grace Kim

Pastor, New Ark Church of Tampa



The Installation of The Reverend Pedro Manuel Suarez

January 20th 2018





THANK YOU BROTHERS AND SISTERS.

Dear disciples of Jesus members of the Lutheran Church of Our Saviour:

We want to give you thanks from the bottom of our hearts for your generosity and your Christmas gift and appreciation.

Your love means a lot for us.

"May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully for what you have done." (Ruth 2:12, NLT)

The Pastor and his Family.

A blessed 2018.



Your hard work and talent is appreciated more than words can say.....

Thank you!

Steve

And

Ernie



Landscaping and clean-up



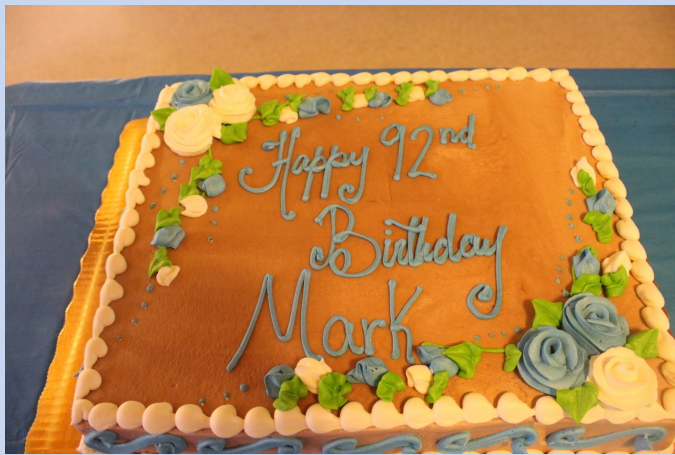


**CHRISTMAS
SING-
ALONG**





Sunday Worship





Christmas Service
2017



Coming Events	Location	Date	Time
PLANTrageous Dinner	Luther Hall	Sat, Mar 17	5:30 - 9 pm
Lenten Meditation	Sanctuary	Tue, Mar 20	11:30 AM
Palm Sunday Service	Sanctuary	Sun, Mar 25	9:30 AM
Maundy Thursday Service	Sanctuary	Thu, Mar 29	7:00 PM
Good Friday Way of the Cross & Eucharist	Sanctuary	Fri, Mar 30	12:00 PM
Good Friday Tenebrae Service	Sanctuary	Fri, Mar 30	7:00 PM
Easter Vigil	Memorial Garden	Sat, Mar 31	6:00 PM
Easter Sunday Service	Sanctuary	Sun, Apr 1	9:30 AM
Easter Brunch	Luther Hall	Sun, Apr 1	10:45 AM
5th Annual 5K Hunger Run	Al Lopez Park	Sun, Apr 15	7:30 - 10 am
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	Federal Holiday	Mon, May 28	



***Welcome to our Confirmation journey.
Here is the Calendar for our January-April class sessions:***

***Jan 28
Feb 11 and 25
March 11 and 25
April 8, 22 and 29***

***Classes are after worship in the Enrichment Center Matthew Room.
We have new Bibles and Confirmation books for you.***

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				New Ark Church 6:30-9 pm	Food Bank 3-4:30	
4	5	6	7	8	9	10
Worship Svc 9:30 New Ark Church 12:30-3:30	Pastoral Care team meeting 3:pm Cub Scouts 6 pm		Food Bank 3-4:30 Choir 7:30	New Ark Church 6:30-9 pm	Food Bank 3-4:30 LAFFS 7:30	
11	12	13	14	15	16	17
Worship Svc 9:30 Confirmation Class New Ark Church 12:30-3:30	Cub Scouts 6 pm	Mardi Gras	Ash Wednesday Service 12pm & 7pm Food Bank 3-4:30 Choir 7:30	New Ark Church 6:30-9 pm	Food Bank 3-4:30	
18	19	20	21	22	23	24
Worship Svc 9:30 New Ark Church 12:30-3:30	Presidents' Day Cub Scouts 6 pm	Lenten Meditation 11:30 am Church Council 7:00	Food Bank 3-4:30 Choir 7:30	New Ark Church 6:30-9 pm	Food Bank 3-4:30	
25	26	27	28			
Worship Svc 9:30 New Ark Church 12:30-3:30	Cub Scouts 6 pm	Lenten Meditation 11:30 am	Food Bank 3-4:30 Choir 7:30			

Confirmation Class

February Birthdays



Karen Hangartner	2/3
Linda Whitman	2/6
Lucy Miranda	2/7

Sara Berge	2/14
Peggy Kienzle	2/16
Don Richardson	2/19

Steven Smeach	2/25
Paul Griscti	2/26
Sharon Rozell	2/27

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, so that we may include you next year!

February

Liturgists

2/4-Kim Cross
2/11-Steve Smeach
2/14-Kim Cross
2/18-Heidi Richters
2/25-Sara Berge

Ushers

2/4-Martin Stewart, Peggy Kienzle, Gil Leimbach
2/11-Ernest Largent, Brian Cross, Bruce & Michelle Odiorne
2/18-Martin Stewart, Peggy Kienzle, Gil Leimbach
2/25-Ernest Largent, Brian Cross, Bruce & Michelle Odiorne

Communion Assistants

2/4-Joan Baun, Lynne O'Reilly, Fran Beauregard
2/11-Heidi Richters, Kim Cross
2/14-(Ash Wednesday)-Heidi Richters
2/18-Linda Dillinger, Lynn Richardson
2/25-Heidi Richters, Barbara Beauregard



Sunday School

2/4-Luz Miranda
2/11-Heidi Richters
2/18-Judith Stocker
2/25-Luz Miranda

Confirmation Class

January 28th
February 11th and 25th
March 11th and 25th
April 8th, 22nd and 29th