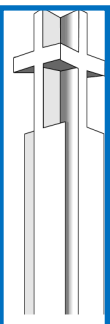


January 2018

# The Messenger



## 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](https://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**

**Judith Stocker, Secretary**

**Kim Jordan  
Elsie Fewer  
Don Gibson  
Heidi Richters  
Tom O'Reilly  
Janice Spaulding  
Aggie Pompeo  
Peggy Kienzle**

#### **Mission Team Leaders**

##### **Acolytes & Crucifiers**

**Adult Education**

**Altar Guild**

**Boy Scouts**

**Clothes Closet**

**Offering Counters**

**Liturgists & Communion Asst Heidi Richters**

**Facilities & Grounds Barbara Beauregard**

**Fellowship**

**Finance**

**Food Bank**

**Hospitality Peggy Kienzle/Lorella Swain**

**LAFFS**

**Lay Pastoral Care Team Steve Smeach**

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

**Newsletter**

**Note Folks**

**Stewardship**

**Seven Habits of Jesus**

**Sunday School**

**Ushers**

**Website**

**Karen Muir**

**Don Richardson**

**Kim Cross**

**Judith Stocker**

**John/Karen Hangartner**

**Julian Julius**

**Asst 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**



Dear disciples of Jesus:

Happy and blessed New Year! A New Year can bring contradictory feelings and memories. Some people may consider they have just experienced the best year ever of their life. Others may have just battled the past year through one difficulty after another. 2018 brings desperate hope for things to be better in our life of discipleship.

Whether you've just walked through the greatest year of your life, or are incredibly glad to see 2017 finally over, remember that you are not alone because God is always with you.

Let us pray together:

God of love and life, thank you that you make all things new. Thank you for all that you've allowed into our lives this past year, the good along with the hard things, which have reminded us how much we need you and rely on your presence filling us every single day. We pray for your Spirit to lead us each step of this New Year. We ask that you guide our decisions and turn our hearts to deeply desire you above all else. We ask that you open doors needing to be opened and close the ones needing to be shut tight. We ask for help to pursue you first, above every dream and desire you've put within our hearts. We ask for your wisdom, for your strength and power to be constantly present within us. We pray you would make us strong and courageous for the road ahead.

We pray that you'd keep us far from the snares and traps of temptations. That you would whisper in our ear when we need to run, and whisper in our heart when we need to stand our ground.

We pray for your protection over our families and friends. We ask for your hand to cover us and keep us distanced from the evil intent of the enemy; that you would be a barrier to surround us, that we'd be safe in your hands. We pray that you would give us discernment and insight beyond our years, to understand your will, hear your voice, and know your ways. We ask that you keep our footsteps firm, on solid ground, helping us to be consistent and faithful. Forgive us for letting fear and worry control our minds, and for allowing pride and selfishness wreak havoc over our lives. Forgive us for not following your ways and for living distant from your presence. Keep your words of truth planted firm within us, help us to keep focused on what is pure and right, give us the power to be obedient to your word. We ask that you provide for our needs, we ask for your grace and favor. Help us to be known as great givers, help us to be generous and kind, help us to look to the needs of others and not be consumed by only our own.

May we make a difference in this world, for your glory and purposes. May all your plans succeed. We may reflect your peace and hope to a world that so desperately needs your presence and healing.

To you be glory and honor, in this New Year, and forever. In Jesus' name.

Happy New Year!

Your Pastor Rev. José Luis La Torre Cuadros.

*Pr. José Luis*



Queridos discípulos del Señor Jesús:

Feliz y bendecido Año Nuevo.

Al comenzar el año los invito a poner todas sus preocupaciones, sueños y esperanzas en Dios, es la mejor manera de abrirnos a lo nuevo que nos trae este año que empieza, hay quizás muchas preguntas por responder y metas por alcanzar, pero lo más importante de todo es saber que Dios está siempre a nuestro lado para oírnos y fortalecernos.

Por esas y muchas más razones oremos juntos:

“Amado Dios, gracias por la vida y el amor, por las flores, el aire y el sol, por la alegría y el dolor, por cuanto fue posible y por lo que no pudo ser. Te ofrecemos cuanto hicimos el año que terminó, el trabajo que pudimos realizar, las cosas que pasaron por nuestras manos y lo que con ellas pudimos construir.

Te presentamos a las personas que a lo largo de estos meses quisimos, las amistades nuevas y los antiguos que conocimos, los más cercanos a nosotros y los que estén más lejos, los que nos dieron su mano y aquellos a los que pudimos ayudar, con los que compartimos la vida, el trabajo, el dolor y la alegría.

Pero también, Señor, hoy queremos pedirte perdón, perdón por el tiempo perdido, por el dinero mal gastado, por la palabra inútil y el amor desperdiciado.

Perdón por las obras vacías y por el trabajo mal hecho, y perdón por vivir sin entusiasmo. También por la oración que poco a poco se fue aplazando y que hasta ahora vengo a presentarte. Por todos los olvidos, descuidos y silencios, nuevamente te pido perdón.

Ahora que inicia un nuevo año, detengo mi vida ante el nuevo calendario aún sin estrenar y te presento estos días que sólo tú sabes cómo llegaré a vivirlos.

Hoy te pido para mí y los míos la paz y la alegría, la fuerza y la prudencia, la claridad y la sabiduría. Quiero vivir cada día con optimismo y bondad llevando a todas partes un corazón lleno de comprensión y paz.

Cierra tú mis oídos a toda falsedad y mis labios a palabras mentirosas, egoístas, mordaces o hirientes. Abre en cambio mi ser a todo lo que es bueno, que mi espíritu se llene sólo de bendiciones y las derrame a mi paso.

Te pido todo esto en el nombre de Jesús. Amén.”

Feliz 2018.

Su Pastor. Rev. José Luis La Torre Cuadros.

*Pr. José Luis*



## *President's page.....*

We say goodbye to 2017 and say Happy New Year 2018! My New Years wish would be for 2018 to be a good and prosperous year for LCOS. We closed out 2017 with a fabulous Sing-a Long Concert. Naoko put together a fun, upbeat and entertaining performance with the choir that sounded like there were twice as many of them as there were! We even had a delightful guest performer from the Korean Church, that meet in Luther Hall. Then to wrap up a wonderful evening there was a wine and cheese reception. January is our calendar-planning month. By the 14th we hope to have all the 2018 events on our calendar. If you are planning an event make sure you are on the calendar! Feel free to offer suggestions. We want events that you enjoy doing or attending. One goal for 2018 is to make use of the Enrichment Center. It has the potential to be very productive income for LCOS and thanks to Sandy Danyluk we have new chairs in all rooms. Be sure to take a look. Advent and Christmas are always a busy time of the year, and this year was no different. Besides all the decorating, Steve Smeach and Ernest Largent did some major clean-up of the grounds: Weeding, trimming, planting, mulching! Projects never end, but the results are always worth the effort. Thanks guys! Council has had some conversations about our storm preparedness after the Hurricane and how we might be of better service to our members. The Synod has followed up with their request that each church have a plan in place. Therefore, before the next hurricane season, June 1st, we'd like to have a good start on such a program. If you have any interest in working on this project please contact a council member and let them know your availability. As president of your church Council, I would like to take this opportunity to thank LCOS members, the church council, and Pastor for their support this past year.

Barbara

LCOS Treasurer's Notes  
November 2017

	Current Results			Year-ago results		
	Income	Expense	Difference	Income	Expense	Difference
July	\$36,034	\$25,633	\$10,401	\$22,685	\$24,334	(\$1,649)
August	\$17,152	\$23,745	(\$6,593)	\$28,972	\$32,739	(\$3,767)
September	\$29,443	\$27,439	\$2,004	\$32,007	\$24,771	\$7,237
October	\$30,107	\$31,703	(\$1,596)	\$24,957	\$28,210	(\$3,252)
November	\$22,584	\$27,959	(\$5,375)	\$21,537	\$23,635	(\$2,098)
YTD Total	\$135,320	\$136,479	(\$1,159)	\$130,158	\$133,688	(\$3,530)

November income of \$22,584 for the church includes member giving of \$15,227, transfer and fundraising income of \$6,593, and other income of \$764. Member giving for the month was below budget, below last year's level, and well below our expenses for the month.

Fundraising and Transfers: During the month, we used \$1,700 from the Mortgage Reduction Fund, \$385 from Bold Statement, \$25 from the Music fund, and \$200 from the Hospitality fund. We also used the remaining \$1,610 of the Golf tournament funds. We recorded additional Oktoberfest proceeds of \$173. We also accessed \$2,500 of the remaining funds from the Academy closure to assist with bill payment.

Expenses for the church were \$27,959 for the month of November. Expenses were above budget, and above levels during October 2016. A couple of one-time items contributed to the higher expense levels: we paid the golf tournament expenses of \$1,504 during the month, and we also received a \$902 assessment from the City of Tampa for sewer/drain upkeep.

Overall, we recorded a loss for the month of (\$5,375).

Designated Funds Flows: We received \$3,140 in designated contributions during the month. We used \$4,069 in designated and golf tournament funds (see transfers, above), which reduced the balance in our Designated Funds account. Our November-end balance was \$18,834, down from \$19,764 at the end of October.

**Looking out to 2018:**

The congregation has approved a Spending Plan that includes expenses of \$303,091 in 2018, or a little over \$25,000/month. Giving to LCOS at current levels would pay for about 11 months' worth of our 2018 expenses. **As you look ahead to next year, please consider your ability to provide an extra month of giving to LCOS during 2018.** If each member did so, it would go a long way toward easing our financial challenges.

## INDONESIAN INSPIRED ZOODLES

Adapted from [HalfBakedHarves.com](http://HalfBakedHarves.com)



½ pound gluten free brown rice noodles or pasta of your choice  
1/3 cup creamy peanut or seed butter  
1/3 cup tahini paste  
3 tablespoons coconut aminos (or Bragg's Liquid Aminos, Tamari, or low sodium soy sauce)  
2- 3 pitted dates, soaked in warm water for 5 minutes and drained  
3 tablespoons fresh lime juice  
1½ teaspoons Sambal Oelek  
1/3 cup almond, hemp, soy, rice, oat or cashew milk  
3 medium size zucchini, spiralized  
½ cup roasted peanuts or seeds finely chopped  
1 cup fresh basil chopped  
½ cup fresh cilantro chopped  
6 baby bell peppers sliced  
1 cup cherry tomatoes halved  
1 jalapeño pepper sliced (optional)

1. Combine the peanut or seed butter, tahini, coconut aminos, dates, lime juice, Sambal Oelek and non-dairy milk in a high speed blender and blend well.
2. Cook the pasta per instructions and drain.
3. Spiralize the zucchini into a large serving bowl. Add the sauce, peanuts or seeds, basil, cilantro, peppers and tomatoes.
4. Add the hot pasta and toss well to combine making sure to coat the zoodles and pasta.
5. Serve warm or let cool to room temperature. Garnish with your choice of peanuts or seeds, cilantro, basil, peppers or tomatoes.

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/](http://www.facebook.com/Michelles.Journey2WFBPNutrition/)

# Office Volunteer Christmas Party







*Christmas Dinner 2017*

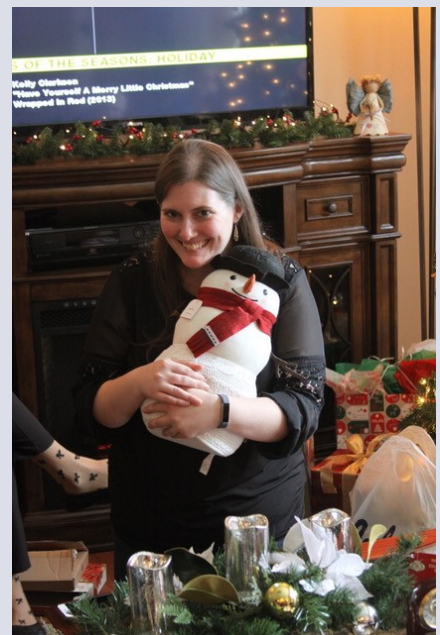


# Busy Times at LCOS





***LAFS CHRISTMAS BRUNCH***



January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day Church Office closed	2	3 Food Bank 3-4:30 Choir 7:30	4	5 Food Bank 3-4:30	6
7 Worship Svc 9:30 New Ark Church 12:30-3:30	8 Cub Scouts 6 pm	9	10 Food Bank 3-4:30 Choir 7:30	11 New Ark Church 6:30-9 pm	12 Food Bank 3-4:30 LAFFS 7:30	13
14 Worship Svc 9:30 New Ark Church 12:30-3:30	15 Cub Scouts 6 pm	16 Church Council 7:00	17 Food Bank 3-4:30 Choir 7:30	18 New Ark Church 6:30-9 pm	19 Food Bank 3-4:30	20
21 Worship Svc 9:30 New Ark Church 12:30-3:30	22 Cub Scouts 6 pm	23	24 Food Bank 3-4:30 Choir 7:30	25 New Ark Church 6:30-9 pm	26 Food Bank 3-4:30	27
28 Worship Svc 9:30 New Ark Church 12:30-3:30	29 Cub Scouts 6 pm	30	31			

Coming Events	Location	Date	Time
PLANTrageous Dinner	Luther Hall	Sat, Mar 17	5:30 - 9 pm
5th Annual 5K Hunger Run	Al Lopez Park	Sun, Apr 15	7:30 - 10 am

LCOS January Birthdays						
Mary Kramer	1/2	Frank Julius	1/18	Danielle Vinca	1/25	
Kevin Groh	1/4	Augusta Major	1/18	Jay Dillinger	1/27	
Joe Vetrano	1/6	Roy Blyden	1/21	Phillip Jacobs	1/29	
Michelle Odiorne	1/9	Mike Watson	1/21	June Major	1/29	
Mark Cross	1/16	Sal Pusateri	1/22	Karen Groh	1/31	
Yvonne Gonzalez	1/18					

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!

# Fearless faith formation

Hands-on investigative learning that leads to deep engagement with the Bible, church history, and Lutheran theology.

## Confirmation Class.

### Lutheran History & Catechism

#### Martin Luther

If we follow Jesus, why do we call ourselves Lutherans?

#### The Reformation

Since the church is so divided, I don't understand how the Reformation could be a good thing.

#### The Reformers

I don't know how just one person like Martin Luther could totally change the church.

#### Lutheran Confessions

I don't know why stuff outside the Bible is important to my faith.

#### Adiaphora

I don't know what we're reforming from/to/for. I thought the Reformation was done. How will I know when we're done reforming?

#### Luther's Small Catechism

I don't know why the Small Catechism matters.

#### The Ten Commandments

I don't know why I should keep the 10 Commandments.

#### Apostles' Creed, Article 1

I don't know if I believe in God.

#### Apostles' Creed, Article 2

I don't see how Jesus has anything to do with me.

#### Apostles' Creed, Article 3

The Holy Spirit seems really ambiguous, undefined, and impersonal. (P.S. Creepy, too.)

#### The Lord's Prayer

The Lord's Prayer is just empty words to me.

#### Holy Baptism

I don't know why people should get baptized.

#### Holy Communion

I don't know what communion is for.

#### Confession & Forgiveness

I don't understand why we need to confess if we're already forgiven.

#### Daily Prayers

I don't see the point in praying prayers that other people wrote; it seems forced, insincere, and awkward.

**Register for Sundays 10:45 am  
(After Worship, every other Sunday)**

Students will engage in compelling conversation about God and what it means to follow Jesus as they dig into the Bible.

# ***RICK AND ANGELA'S WEDDING DAY***



# Lutheran Church Of Our Saviour

*Beautiful landscape. Thank you Steve Smeach, Don Richardson and Ernie Largent.*



# January

## Liturgists

1/7-\*

1/14-Heidi Richters

1/21-\*

1/28-\*

## Ushers

1/7-Martin Stewart, Peggy Kienzle, Gil Leimbach

1/14-Ernest Largent, Brian Cross, Bruce & Michelle Odiorne

1/21-Martin Stewart, Peggy Kienzle, Gil Leimbach

1/28-Ernest Largent, Brian Cross, Bruce & Michelle Odiorne

## Communion Assistants

1/7-\*

1/14-Linda Dillinger, Fran Beauregard\*

1/21-Heidi Richters, Lynn Richardson\*

1/28- Fran Beauregard\*

## Pastoral Care Team

January 1st- 7th- Julian Julius & Danielle Kearney

January 8th-14th- Gail Smeach & Diana Meehan

January 15th-21st- Heidi Richters & Steve Smeach

January 22nd-28th-Danielle Kearney & Diana Meehan

January 29th-February 4th- Mary Kramer & Kim Jordan

## Sunday School

1/7-Heidi Richters

1/14-Luz Mirando

1/21-Judith Stocker

1/28-Luz Miranda

\*Due to the holiday schedule, some Volunteer positions for Liturgist and Communion Assistants were not filled in time for the printing of this Newsletter.

Please check the January bulletins for the weekly schedule.