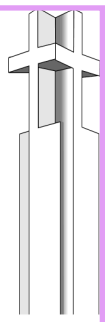


The Messenger

March 2018

*The
Season
of
Lent*



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

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

Lent Greeting from Bishop Suarez



Dear friends in Christ in the Florida-Bahamas Synod,

On Ash Wednesday, as we once again enter into the season of Lent and focus on Jesus' journey to the cross, we do what we've done before. We reflect. We repent. We re-affirm God's passionate love for the world through our words and actions. Just like doing something special for a loved one even though we've done it before, Lent offers us a season to repeat and reflect on truths we've heard before. But, though the messages may be familiar, the lessons and transformations are new each year. What this story does to us each time we hear it is different. Where Christ shows up in the world each time we share it is different.

We use repetition to teach our children...and to learn ourselves. We use repetition to tend to, restore, and strengthen relationships. We are people who learn through repetition. And when we model again a season of prayer, contemplation and service, our children learn (and we learn too) that there is something important about repenting...again and again. There is something important about serving...again and again. There is something important about praying...again and again.

In the season of Lent (and throughout the year), we are invited to reflect again and again on what Jesus did on the cross. We tell this story so our children will learn it. We tell it over and over so that we internalize it, and remember that Jesus was passionate about his love for us. Lent leads us to the "Passion story." And what he did during his three years of ministry—he was passionate about that, too.

We learn something different each time we live these 40 days.

This year, instead of giving up something...what might we repeat and reflect on that will make a difference? Could we repeat a trip to the grocery store and buy an extra bag of groceries for our local food pantry? Could we repeat a phone call and check in on a friend or loved one again? Could we repeat a visit to a local nursing home and visit another resident who doesn't have family close by? Could we take another 10 minutes each day for prayer? And what might we learn from these repetitions that we haven't noticed before? Where do these encounters reveal the passionate love of Christ for us and for the world?

May you, again and again, receive and be transformed by the love of Christ this Lent.

Peace,

+Pedro

Pedro M. Suarez

Bishop, Florida-Bahamas Synod



Dear disciples of Jesus:

Sister Joan Chittister is an author and international speaker on subjects of spirituality, peace, religious life, and justice for all people, especially women and the poor. In her book *The Liturgical Year*, she writes this of Lent:

“Lent calls each of us to renew our ongoing commitment to the implications of the Resurrection in our own lives, here and now. But that demands both the healing of the soul and the honing of the soul, both penance and faith, both a purging of what is superfluous in our lives and the heightening, the intensifying, of what is meaningful.”

What a challenge! Find what is meaningful and give away what is superfluous! Especially challenging is the fact that we live surrounded by the superficiality of consumerism. In this world marked by social divisions, we are called to highlight what can be meaningful to unite us as a family of faith.

The temptation of Jesus in the wilderness occurs early in his public ministry. In a sense, Jesus' baptism and temptation become the departure point of his call and ministry.

It is fascinating, and quite comforting to realize that Jesus' ministry and the beginning of his pilgrimage began in such raw vulnerability. He persisted in his wandering after God in the face of hunger, the temptation of power and idolatry. Jesus' pilgrimage began in exile.

This wandering after God is a paradoxical sort of thing. We know -so well- these places of vulnerability that Jesus experienced in the wilderness. In the same way our Lenten journey should intensify our dependence on God and our commitment to what is really meaningful. The wilderness helped Jesus to intensify his dependence of God and to put his trust and future in the proclamation of what is really meaningful in our life, the wilderness should do the same in us.

Have a blessed Lenten pilgrimage, my sisters and brothers in Christ!

Your pastor,

The Rev. José Luis La Torre Cuadros.

Dr. José Luis



»Vienen días —afirma el SEÑOR— en que haré un nuevo pacto con el pueblo de Israel y con la tribu de Judá. No será un pacto como el que hice con sus antepasados el día en que los tomé de la mano y los saqué de Egipto, ya que ellos lo quebrantaron a pesar de que yo era su esposo —afirma el SEÑOR—.

»Éste es el pacto que después de aquel tiempo haré con el pueblo de Israel —afirma el SEÑOR—: Pondré mi ley en su mente, y la escribiré en su corazón. Yo les perdonaré su iniquidad, y nunca más me acordaré de sus pecados.» **Jeremias 31, 31-33.**

Querida congregación: la gracia y la paz de Dios este con todos nosotros hoy. Amen

Recuerdo que hace una década tenía que celebrar una confirmación y pasé la mayor parte de los días previos en cama batallando contra los virus que invadieron mi organismo. En esa clase de batalla el campo de batalla era y sigue siendo mi propio organismo, es una lucha en la cual la calidad de vida es la que se pone en cuestión.

Cuando uno está enfermo siente reducida su calidad de vida, siente que no puede hacer lo que quisiera y más aún que es en cierta medida dejado de lado por la marcha de los demás, puesto que el resto de la gente sigue su vida diaria normal, mientras que aquel que se queda enfermo en casa no está participando del proceso normal del que todos participan.

Gracias a Dios por la internet y las computadores personales, pude ponerme a escribir mis predicas y avanzar mi trabajo desde mi cama, de tal manera que por el chat y por el correo electrónica estaba al tanto en tiempo real de aquello que pasaba en la oficina y la iglesia y pude mantenerme en contacto con los confirmantes y sus familias. De esta manera sentía que no estaba completamente dejado de lado, sino que simplemente estaba trabajando en condiciones especiales.

Si pensamos en la vida espiritual es igual, hay una batalla interior en cada uno de nosotros, una batalla por estar más cerca de Dios. Y esa batalla ha tenido a lo largo de la historia de la humanidad diferentes desenlaces, algunas veces nos hemos sentido terriblemente malos e incapaces de recibir el amor de Dios y otras veces no hemos creído tan buenos que pensamos que no necesitábamos más de Dios.

Por eso la voluntad de Dios de querer revelarse como Dios a cada uno de nosotros, desde el más pequeño hasta es más grande, así, Dios quiere ser Dios de todos y no solo de unos cuantos, Dios quiere ser conocido y no un desconocido, Dios quiere ser un Dios cercano y no simplemente una idea más allá de este mundo.

Una bendecida Cuaresma.

Su pastor, Rev. José Luis La Torre Cuadros.

Pr. José Luis



Presidents page.....

I will be brief this month. I've been a little side tracked with my choice for back surgery: regular surgery, laser surgery or stem cell. Over the past month I've learned a lot about stem cell, maybe more then I will ever need! I will shortly have to make a choice, and that is very difficult.

Back to church issues: we, Council, will be working on an Emergency Response Program for our congregation and will be gathering info from each of you shortly. We are putting together a form we'd like each of you to fill out, not personal items, just info about how you dealt with last years storm.

A big thank you goes out to Steve and Ernie! Glad I was not on campus to see the process, but they cleaned out the gutters on the church! A big project that we have been planning on doing, but now it is done and we have saved some money. Next comes the tree out front. That project should be done and I can report on that next month. Of course, you should notice when you pull into the parking lot! Not only did Steve and Ernie work on the gutters, they work on the grounds just about every Friday! They weed, trim, etc., which is a never ending job. So many plants were damaged during the cold spell that now need attention. Feel sure cold weather is over.

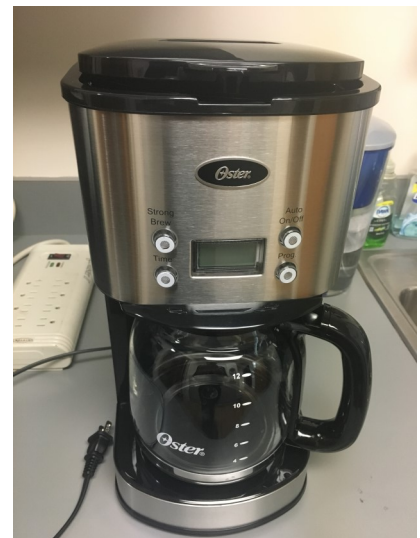
In the past few months I have used some of the Council meeting info for this column, but we had a request for minutes to be available to members so, Council has voted to provide copies of the minutes, after they have been approved at the Council meeting. They will be available in the Narthex for those who wish to read how things are operating at LCOS.

Sincerely, Barbara

Thank you to Steve and Gail Smeach for the donation of two hand sanitizers. With the terrible flu season we just experienced, and all year long, these will be very helpful in preventing the spread of some illnesses. They are located in the Narthex.



We have a new coffee pot in the church office. Stop by and enjoy a cup of coffee with Pastor.



LCOS Treasurer's Notes January 2018

January income of \$21,241 for the church includes member giving of \$18,566, transfer and fundraising income of \$2,000, and other income of \$675. Member giving for the month was below our budget of \$21,100, below last January's giving of \$19,493, and below our expenses for the month. Fundraising and Transfers: During the month, we used \$1,800 from the mortgage reduction fund, and \$200 from the Hospitality fund. We had no fundraising income. The other income category of \$675 was 100% rental income, compared to \$0 in the prior year. Expenses for the church were \$23,968 for the month of January, a little less than our budgeted amount of \$24,639 (less-than-expected expenses in stewardship, worship categories) and below last year's expenses of \$25,320. Overall, we recorded a loss for the month of (\$2,727). Financial position: Our December 2017 income was strong. As a result, we were able to start 2018 largely current with our bill payments. We did not enter the year with significant cash reserves, however. January through March tends to be a weaker season in the church's annual income cycle. Keeping up to date with giving over the next two months will help LCOS stay current with the monthly expenses that support our mission and ministries. Also of note, we ended the month of January with less than \$50 in the Mortgage Reduction fund, which could use replenishing.

Kaye Prox Food Bank

*"Serving God's people
with the help of God's people!"*



*An outreach mission of The Lutheran Church of Our Saviour in partnership
with the churches and people of the Town 'N Country community.*

YEAR END 2017

NUMBER	SERVICES PROVIDED
2,748	# OF FAMILIES
5,410	# OF FAMILY MEMBERS
2,566	DAY BAGS FOR HOMELESS
2639	VOLUNTEER HOURS
POUNDS	DONATED
13,663	CHURCH PARTNERS
11,513	INDIVIUAL FOOD DRIVE
3,741	PUBLIX
9,804	ALDIS
563	RETAILERS/BUSINESSES
39,314	TOTAL POUNDS DONATED
17,697	TOTAL POUNDS PURCHASED
51,011	TOTAL POUNDAGE DONATED AND PURCHASED
69%	% OF POUNDS DONATED

***THANK YOU TO EVERYONE THAT HELPS MAKE THE
KAYE PROX FOOD BANK A PLACE FOR THE NEEDY TO
COME AND GET FOOD FOR THEMSELVES AND FAMILY.***

CHOCOLATE AVOCADO BREAD

From Popsugar.com



This healthier bread is made without eggs, oil, gluten or dairy. Flax seed meal mixed with water is a great egg replacement. Avocado is a healthier option instead of oil.

Serves: 8

Prep Time: 20 minutes

Cook Time: 60 - 70 minutes

Ingredients:

2 tablespoons flax seed meal

¼ cup hot water

1 cup gluten free, all purpose flour

½ cup gluten free oats

½ cup cocoa powder

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon cinnamon

3 ripe bananas

1 ripe avocado

1 cup coconut sugar

1 teaspoon vanilla

¾ cup non-dairy chocolate chips, divided (Enjoy Life is my favorite)

Directions:

1. Preheat oven to 350 degrees F.
2. Combine flax seed meal and hot water in a small bowl, set aside.
3. Place flour, oats, cocoa powder, baking powder, salt, and cinnamon in a food processor, process on high until fully blended and oats are the consistency of course flour. Transfer to a large mixing bowl.
4. Place bananas, avocado, coconut sugar, and vanilla in processor, puree until smooth.
5. Add wet ingredients and flax "egg" to dry ingredients, stir until thoroughly combined. Stir in ½ cup chocolate chips and pour batter into a 1 ½ quart loaf pan lined with parchment paper. Sprinkle remaining ¼ cup non-dairy chips on top of batter.
6. Bake 60 to 70 minutes until a toothpick inserted in the center of loaf comes out clean. Allow to cool completely before slicing.

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/

Sunday Worship



Staff and Volunteers Mardi Gras Party 2018



Coming Events	Location	Date	Time
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 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	

***CARDS, GAME AND DOMINOS
NIGHT RETURNS***

FRIDAY, MARCH 30th 7:30pm

AT: MAYSIE RICHTERS

1247 BROOKE VIEW DRIVE

ODESSA FL 33556

R.S.V.P. 813-926-0350

***PLEASE BRING A SNACK TO SHARE AND YOUR FAVORITE GAME,
CARDS OR DOMINOS.***





SUNDAY SCHOOL



FEBRUARY FELLOWSHIP



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Ark Church 6:30-9pm	2 Food Bank 3-4:30	3
4 Worship Svc 9:30 New Ark Church 12:30-3:30	5 Cub Scouts 6:30 pm	6 Lenten Meditation 11:30 am	7 Food Bank 3-4:30 Choir 7:30	8 New Ark Church 6:30-9pm	9 Food Bank 3-4:30 LAFFS 7:30	10 Daylight Savings
11 Confirmation Class Worship Svc 9:30 New Ark Church 12:30-3:30	12	13 Lenten Meditation 11:30 am	14 Food Bank 3-4:30 Little League 6:30 Choir 7:30	15 New Ark Church 6:30-9pm	16 Food Bank 3-4:30	17 PLANTrageous Dnr 5:30-9:00 pm
18 Worship Svc 9:30 Fish Fry 10:30 New Ark Church 12:30-3:30	19 Cub Scouts 6:30 pm	20 Lenten Meditation 11:30 am Church Council 7:00	21 Food Bank 3-4:30 Choir 7:30	22 New Ark Church 6:30-9pm	23 Food Bank 3-4:30	24
25 Palm Sunday Worship Svc 9:30 Confirmation Class New Ark Church 12:30-3:30	26	27	28 Food Bank 3-4:30 Choir 7:30	29 Maundy Thurs Svc 7:00 pm New Ark Church 6:30-9pm	30 Good Friday Way of the Cross 12:00 Tenebrae Svc 7:00pm Food Bank 3-4:30	31 Easter Vigil Svc 6:00pm

HAPPY BIRTHDAY!

LCOS March Birthdays

Linda Pusateri	3/3	Maclin Heselius	3/16	Gil Leimbach	3/24
Kevin Groh	3/4	Elaine Barnes	3/19	LaVonne Carroll	3/30
Janice Stocker	3/10	Terry Kaladeen	3/22	Tom Parsons	3/30
Kim Cross	3/14	Yolanda Jacobs	3/24		

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!

March

Liturgists

3/4—Diana Meehan

3/11-Fraser Muir

3/18— Lynn Richardson

3/25—Steve Smeach

Ushers

3/4—Martin Stewart, Peggy Kienzle, Gil Leimbach

3/11 -Ernest Largent, Brian Cross, Bruce & Michelle Odiorne

3/18 --Martin Stewart, Peggy Kienzle, Gil Leimbach

3/25-Ernest Largent, Brian Cross, Bruce & Michelle Odiorne

Communion Assistants

3/4-Joan Baun,Lynne O'Reilly, Fran Beauregard

3/11-Linda Dillinger, Heidi Richters

3/18-Heidi Richters

3/25-Kim Cross, Fran Beauregard



Pastoral Care

3/5-3/11-Gail Smeach & Diana Meehan

3/12-3/18-Danielle Keaney & Mary Kramer

3/19-3/25-Steve Smeach & Mary Kramer

3/26-4/1-Kim Jordan & Gail Smeach

Sunday School

3/4—Angela Barry

3/11—Luz Miranda

3/18—Heidi Richters

3/25—Judith Stocker

Confirmation Class

March 11th and 25th

April 8th, 22nd and 29th