

The Messenger April 2021



Lutheran Church of Our Saviour



8401 W. Hillsborough Avenue, Tampa FL 33615

www.lcostampa.org~813-884-1232

www.facebook.com/lcostampa

Email~lcoschurchoffice@gmail.com

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

Fellowship after service 10:30 am

Church Staff

Rev. Jose-Luis La Torre-Cuadros, Pastor

Steve Smeach, Deacon

Naoko Okada, Minister of Music

Nancy DeVries, Bookkeeper/Secretary

Mission Team Leaders

Church Council

**Kim Jordan
President**

**Barbara Beauregard
Vice President**

**Leslie Silvey
Secretary**

**Kristi Saligame
Finance/Treasurer**

**Eduardo Forte
Gail Smeach
Mike Watson**

**Danielle Kearney
Don Richardson**

**Mike Bush
Charlie McCoy**

**Acolytes & Crucifiers
Adult Education**

Altar Guild

Cub Scouts

Clothes Closet

Counters

Liturgists & Communion Asst Heidi Richters

Facilities & Grounds

Fellowship

Food Bank

Hospitality

LAFFS

Lay Pastoral Care Team

New LCOS Disciples

Newsletter/Bulletin

Note Folks

Portico Ministry

Sunday School

Ushers

Website

**Pastor Jose Luis
Don Richardson
Steve Smeach**

Troy Rozell

John/Karen Hangartner

Michael Bush

Barbara Beauregard

Don Richardson

Rita Blyden

Peggy Kienzle/Lorella Swain

Lynne O'Reilly

Steve Smeach

Julian Julius

Nancy DeVries

Diane Tolzman

John/Karen Hangartner

Luz Miranda

Martin Stewart

Pastor Jose Luis

Nancy deVries



Dear disciples of Jesus:

When we start to think that the message of the resurrection has to do a lot with the way we treat others- and especially with how we care for the more vulnerable in our society-, then we can understand how important it is for the message of the resurrection to bring our attention to the way we are building our spiritual life. It is not only good to have our foundation on Christ's resurrection, but it is also important that what we are building upon this foundation. Only then, we will understand that the resurrection our life should manifest is the resurrection founded on Christ. Christ's example of life should be the expression of what we are building. Christ's life is the life of the resurrection. A life that always reveals the love and grace of God for all, and especially for the excluded, the sick, the widow, the orphan, the marginalized, the poor, and the heart broken.

It is with this understanding of what resurrection means that we can read the Gospel of Easter Sunday and understand the magnitude of our discipleship:

"Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. ⁷But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you." Mc 16, 6.

The resurrection of Jesus means the excellence of love and the victory of love over death and sin. The resurrection of Jesus is a way of life that is ready to serve, touch, forgive, embrace and give the best from oneself for the best of the ones in need. The resurrection of Jesus is something that is only revealed when we live in relationship, in companionship and in solidarity.

Easter never happens in isolation or separation from the world and the people; the resurrection happens in the opposite way, because we are always connected with how we treat the others and how we love the others. This connection makes the message of the resurrection to invite us to experience wholeness as disciples of Christ. We love and experience the resurrection in a broken world, a world that is imperfect, but that is also redeemed.

Happy Easter!

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

Dr. José Luis



Queridos discípulos de Jesús:

Cuando empezamos a pensar que el mensaje de la resurrección tiene mucho que ver con la forma en que tratamos a los demás y especialmente con la forma en que nos preocupamos por los más vulnerables de nuestra sociedad, entonces podemos entender lo importante que es para nosotros el mensaje de la resurrección. Es un mensaje que siempre llama nuestra atención sobre la forma en que estamos construyendo nuestra vida espiritual. No solo es bueno tener nuestro fundamento en la resurrección de Cristo, sino que también es importante lo que estamos edificando sobre este fundamento.

Sólo entonces entenderemos que la resurrección que debe manifestar nuestra vida es la resurrección fundada en Cristo. El ejemplo de vida de Cristo debe ser la expresión de lo que estamos construyendo. La vida de Cristo es la vida de la resurrección, una vida que siempre revela el amor y la gracia de Dios para todos y especialmente para los excluidos, los enfermos, las viudas, los huérfanos, los marginados, los pobres, los que tienen el corazón roto.

Es con esta comprensión de lo que significa la resurrección es que podemos leer el Evangelio del Domingo de Pascua y comprender la magnitud de nuestro discipulado:

"No te alarmes; buscas a Jesús de Nazaret, que fue crucificado. Ha resucitado; no está aquí. Mira, ahí está el lugar donde lo pusieron. Pero vayan, díganles a sus discípulos y a Pedro que él va delante de ustedes a Galilea; allí lo verán, tal y como lo dijo". Mc 16, 6.

La resurrección de Jesús significa la excelencia del amor, la victoria del amor sobre la muerte y el pecado. La resurrección de Jesús es una forma de vida que está lista para servir, tocar, perdonar, abrazar y dar lo mejor de nosotros para servir a los más necesitados. La resurrección de Jesús es algo que solo se revela cuando vivimos en relación, en compañerismo, en solidaridad.

La Pascua nunca ocurre aislada ni separada del mundo y la gente; la resurrección ocurre siempre en sentido contrario, invitándonos a estar siempre conectados con los demás y cómo los amamos. Esta conexión hace que el mensaje de la resurrección nos invite a experimentar la plenitud de la vida como discípulos de Cristo. Amamos y experimentamos la resurrección en un mundo quebrantado, un mundo imperfecto, pero también un mundo redimido y amado. ¡Felices Pascuas!

Su Pastor, Rev. José Luis La Torre Cuadros.



We've Come Through the Garden - Worthy is the Lamb

By

the Reverend Rochelle Lewis, Retired Clergy

Grace be with you Sisters and Brothers in Christ. The days of our Lenten journey have gone by swiftly. Or for some of us, maybe a bit slowly as we continue to navigate the days between now and the days following Easter. Reflecting upon these days, I continue to rise giving thanks for seeing the newness of each day. Days that have brought me the opportunity to be grateful for the understanding that Jesus has done the hard work of showing me the Grace of God's love each day. Let's face it Sisters and Brothers in Christ, this remarkable season of the church, one that mirrors the journey of Jesus, is full of the twists and turns of decisions we have to make to stand before the Cross in humility of the gift of life given to us each day. The world around us, the world we create each day as our home and our places of work, teaching and living out and through God's promise to be always with us requires purposeful thought and action.

This piece of our complex Lenten journey has taken us through the days we know as Passion Week—a week of seven days of Jesus continuing to preach, heal, teach, and by his actions, witness every facet of God's direction for our lives. Jesus displays the complicated lesson of obedience to the command of God's will. God gives each of us a unique opportunity to live lives filled with opportunities to be the best of who we can be. Passion Week is filled with heartfelt situations that have us on the mountaintop witnessing the miracles of life from death to eternal life through the heights of hope, compassion, and love to the depths of betrayal, disappointment, prophesy and the pain of new life. Every day we are challenged with being obedient to the commandments given to us as symbol of our freedom from captivity to know God is always present in every situation in our lives.

These weeks of Lent I have made multiple treks to a place where hope is offered, but never promised. The phrase "We'll see you tomorrow" is given and you walk away with hope understanding that the tomorrows are anticipated not promised, but we still prepare our hearts and minds for the new dawn. However, unlike Jesus who was the fulfillment of centuries of prophecies, our future steps continue to be ordered daily by God's design. We walk held up by the promise of eternal love, strength, and forgiveness that we get from our faith in God's promise.

Passion Week, the steps we walk with Jesus from the garden to the Cross is our focus each day, each season of the Church, each step we take believing the promise of God is to never leave or forsake us. The Lenten journey is as it should be, the tearing away of the old habits that would cover the pathways of this remarkable journey. As we watch the dawn of Resurrection Morning, we should be rejoicing yet intentional in our being worthy of the Lamb and of the eternal love of God. Each Easter Sunday we are to give thanks and shout Hallelujahs for the miracles of "It is finished" and we have an Eternal Kingdom in front of us.

LCOS Treasurer's Report – March 2021

Preliminary Monthly Results for February 2021

Church **income** in February was **\$49,231**.

- February income included the receipt of our second PPP loan of \$31,500.
- Member giving was \$13,365 for February, below our budget of \$16,400 and last year's giving of \$16,056.
- We used \$2,150 of designated funds during the month, including \$2,000 from the Mortgage Reduction Fund and \$150 from the Memorial Fund.
- We had rental income of \$2,216, vs. \$2,791 in February 2020.

Church **expense** was **\$23,786** in February, below our expense of \$25,582 in February 2020 and our budgeted expense of \$27,795. Most expenses were in line with expectations. The budget for February had included about \$2,500 in Maintenance/Improvements that did not happen during the month.

LCOS had a **net gain** of **\$25,444** for the month. Excluding the PPP loan proceeds, we would have recorded a loss of about \$6,000 for the month.

A Few Words: Grants and Thrivent Cards

Our Annual Congregational Report to the ELCA is submitted each year in February, and I noticed this year that the ELCA is asking for more details on any grants the church might have received during the year. In 2020 we received several grants (from the ELCA, from the Synod, and from Walmart). These were all given for the benefit of the Food Bank and our Portico Ministry, and we reported them all to the ELCA.

We also benefited from several \$250 Thrivent Gift Cards in 2020, which are also (essentially) grants. I believe we can do a better job on reporting our use of these gift cards in 2021. If you apply for, and receive, a Thrivent Gift card, please let us know. Please provide the date approved, the stated purpose for the card, and basic information about what was purchased. You can text or e-mail the information to me, at kristithiese@yahoo.com or 813.394.4942. You can also send it to Roger Swain (Financial Secretary) at roger.swain@tampabay.rr.com.

LCOS Year-to-Date:*

Month/Q	Current Year Results			Year-Ago Results		
	Income	Expense	Difference	Income	Expense	Difference
Jan	24,485	23,599	\$886	47,779	23,577	\$24,202
Feb	49,231	23,786	\$25,444	19,067	25,582	(\$6,515)
Total	\$73,715	\$47,385	\$26,330	\$66,846	\$49,159	\$17,687

**Feb 2021 results include our 2nd PPP loan of \$31,500. Our 1st PPP loan (same amount) was received in May 2020.*

Wishing you and your family a peaceful, healthy Lenten season and Easter holiday. Thank you for your support of the mission and ministries of the Lutheran Church of Our Saviour!

Facility and Grounds.....

There will come a time when you believe everything is finished; that will be the beginning!

Isn't that how we have lived the past year? Now we are looking, waiting for the beginning. What a better beginning then to start April with Holy Week. We feel the weather changing little by little, Spring (the oak trees have finished their annoying transformation) is in the air. Days are wonderful, we all want to get out and get some fresh air and sunshine! With that idea in mind, LCOS Spring Cleaning is set for April 10th. God's work, Our hands day of service. There are projects big and small, easy and bit more involved, so there is something for everyone. Since all are outside, we get fresh air. With projects spread over several areas, we are social distancing.

LCOS has such a prime piece of property and on a major highway, but we really do not stand out. Our 'curb appeal' is a bit lacking. Of course, the required retention pond being most of our front 'yard' is a bit of a challenge. We will have a Thrivent Card to use for this project, so maybe some blooming flowers can spruce us up a bit. The campus map, with color areas, match the color pages of the work areas are on a table in the Narthex. Check them out, see if there is an area or project you'd like to do. We can't have too many volunteers!

This year we must add the second air conditioner in the sanctuary. Providing no other major item is needed, next year our project will be to paint the outside of the church. Finding the right color(s) could make LCOS noticed when people drive by.

Thanks to all who are always ready to lend a hand to fix things, because we are always fixing something and it really helps!

*Barbara Beauregard
Property Manager*

BANANA PUDDING PARFAITS

Serves 4

Prep and Cook Time: 1 hour 45 minutes

INGREDIENTS:

- ¼ cup cornstarch
- 2 cups unsweetened, unflavored non-dairy milk
- 4 tablespoons + 2 teaspoons maple syrup
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 ¾ teaspoon pure vanilla extract
- ¾ cup rolled oats
- ¼ teaspoon ground cinnamon
- ½ cup raw unsalted cashews soaked in boiling water for 10 minutes
- ¼ cup water
- 3 large or 4 small bananas, sliced into ¼ inch rounds

DIRECTIONS

1. For the pudding, place the cornstarch in a medium saucepan. Gradually whisk in milk until smooth. Whisk in 3 tablespoons maple syrup, nutmeg, and salt. Bring to a boil over medium heat, whisking constantly. Cook and whisk 2 to 3 minutes or until mixture is thickened and no foam remains on the surface. Stir in 1 teaspoon of the vanilla. Transfer to a bowl to cool.
2. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. In a small bowl stir together the oats, 1 tablespoon maple syrup, ½ teaspoon vanilla, and the cinnamon. Spread mixture in a thin layer on the prepared baking sheet. Bake 15 to 18 minutes until the oats are golden brown, stirring once.
3. Drain the cashews. In a blender combine cashew and remaining 2 teaspoons maple syrup and ¼ teaspoon vanilla. Add ¼ cup water, cover and blend until smooth and creamy. Place in an airtight container and chill.
4. To assemble, spoon 2 tablespoons pudding in each of four parfait glasses. Top with 1/3 of the banana slices and 1/3 of the oat mixture. Repeat with another layer of pudding, 1/3 of the bananas and 1/3 of the oat mixture. Layer with the remaining banana slices and pudding. Cover and chill 1 to 8 hours.
5. Just before serving, if desired, top with additional banana slices and the remaining oat mixture. Top each parfait with 1 tablespoon cashew cream and additional cinnamon.



Michelle Odiorne

Graduate, Plant-Based Professional Certificate of Completion (www.Rouxbe.com)

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

Facilitator, Whole Food Plant-Based Potlucks

www.facebook.com/MichellesJourney2WFPBNutrition/

Stations Of The Cross



Lenten Worship



April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maundy Thursday Service 12:00 New Ark Church 6:30 AA 7-8 Luther Hall	2 Good Friday Service 12:00 Food Bank 2-3:30	3
4 Easter Worship Svc 9:30 Adult Bible Study 8:15 New Ark Church 12:30	5 Portico Ministry 11:30	6	7	8 New Ark Church 6:30 AA 7-8 Luther Hall	9 Food Bank 2-3:30	10 God's Work Our Hands
11 Adult Bible Study 8:15 Worship Svc 9:30 New Ark Church 12:30	12 Portico Ministry 11:30	13 AA 7-8 Luther Hall	14 Little League 6:30 AA 7-8 Luther Hall	15 New Ark Church 6:30 AA 7-8 Luther Hall	16 Food Bank 2-3:30	17
18 Adult Bible Study 8:15 Worship Svc 9:30 New Ark Church 12:30	19 Portico Ministry 11:30	20 Church Council 7:00 AA 7-8 Luther Hall	21 AA 7-8 Luther Hall	22 New Ark Church 6:30 AA 7-8 Luther Hall	23 Food Bank 2-3:30	24
25 Adult Bible Study 8:15 Worship Svc 9:30 New Ark Church 12:30	26 Portico Ministry 11:30	27 AA 7-8 Luther Hall	28 AA 7-8 Luther Hall	29 New Ark Church 6:30 AA 7-8 Luther Hall	30 Food Bank 2-3:30	

KAYE PROX FOOD BANK





Pastoral Care

4/4-4/10-Danielle Kearney & Diana Meehan

4/11-4/17- Kim Jordan & Steve Smeach

4/18-4/24- Joan Baun & Angela Barry

4/25-5/1-Gail Smeach & Kim Jordan

Communion Assistants

4/4- TBD

4/11- TBD

4/18- Lynne O'Reilly & Fran Beauregard

4/25- TBD

Liturgists

4/4- Steve Smeach

4/11- Karen Urban

4/18- Fraser Muir

4/25- Steve Smeach



LCOS April Birthdays

Alice Rozell	4/4
Louise Betron	4/8
Jeff Whitman	4/22

Millie Hamwey	4/26
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, so that we may include you next year!



Please remember to turn in your Village Inn receipts on Hillsborough Avenue and Racetrack Road. LCOS gets money back from them for the Kaye Prox Food Bank.