

CROSS WALK

Official Newsletter of Reformation Lutheran Church

December 2023

MESSAGE FROM PASTOR

Dear Reformation Nation,

As I write this message, Thanksgiving and Christ the King Sunday are "in the books" and decorating is underway at my house (living room ledges are done with the "help" of one of my cats and the tree is up, although it awaits ornaments and wrapped presents). By the time you read this message, our sanctuary will be decorated with blue candles, ribbons, and paraments because the church season of Advent will have begun. Remember that Advent is meant to be more than just the busy "road to Christmas" – it is also an opportunity to reflect on the anticipated second-coming of Jesus Christ.

Take some time to savor this holy season. Make some time for worship on Sundays, especially the

"What is God up to here?"

morning of Christmas Eve, and be sure to invite someone who might need "a piece" and "the peace" of Jesus in their life. Spend some time spreading (and receiving)

holiday cheer, whether by reconnecting with a loved one or by doing something unexpected for a stranger. It could be as simple as a phone call, or it could be as extravagant as leaving a huge tip. Leave somebody asking this question: "What is God up to here?"

Blessed Advent and Merry Christmas to y'all!

+ Pastor Lois



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Special points of interest:

- What is God up to here?
- Your "treasure to God"
- Your "time with God"
- Remember the Annual Meeting
- Reverse Advent Calendar
- Greetings from the Bishop
- Use the "Praise & Pinch" form

Message from the President



Happy December

to all and welcome to one of the busiest months of the year! If you did not know better, you would think that Christmas was in August because that was when we started to see the stores displaying all the Christmas “stuff”. Personally, I prefer to celebrate and enjoy each holiday at the given time. However, the retail world does not! Christmas to me is a very special time of the year. Our tree is hung with many memories - ornaments our kids made when they were little, ornaments from our parents’ trees, Phil’s soft leather baby shoes, a little stocking of mine from my childhood, ornaments from our grandchildren, the infamous hidden “pickle” for the kids to find and receive a special gift, and the list goes on. Each ornament has a story and that is what I love. Once the tree is decorated, the nativity set is carefully put under the tree and a completely different story is told - the birth of Jesus, which is the real reason for the season and for whom we all love. Merry Christmas to all of you and may you keep these beautiful memories forever in your heart!

Vickey



2024 STEWARDSHIP CAMPAIGN

We are up about 19% for 2024!

Every October, we ask members and friends to signal their “intent” to financially support the congregation’s ministries for the following year. This annual giving campaign is only one aspect of our ongoing time, talent, and treasure stewardship efforts.

Although we did not achieve 100% participation (return of every “intent card” that was distributed), the total amount that people plan to provide in 2024 is up about 19% compared to 2023. A few individuals or couples had to lower their expected giving due to changes in their circumstances, but new members and existing members who did not participate last year really came through!

Whether you do a once-a-year distribution or weekly contribution, the “treasure to God” you entrust to the congregation is greatly appreciated.



ONE WORSHIP SERVICE ON DECEMBER 24TH (KIND OF)

Did you notice something on the “Dates & Events” page of the weekly worship bulletin? Yvonne Mueller also mentioned it in a recent announcement!

December 24th falls on a Sunday this year. Instead of having a normal “Advent 4” service at 10 a.m., redecorating the sanctuary, and then celebrating “Christmas Eve” during a second service at 4 p.m., Reformation will offer a combined service at 10 a.m.

This is intended as a gift to our dedicated Worship & Music volunteers and everyone else in the congregation. The altar guild (decoration set-up and communion clean-up people), assisting minister, choir members, reader, usher, videographer, and others will not be expected to do double or triple duty on a holy day. Everyone can come to church for communion (and cookies) in morning, then enjoy the evening with their friends, family, or favorite Christmas movie.

The “kind of” subtitle to this article is due to this invitation: If you would like to carpool or meet-up with Pastor Lois to attend an afternoon or evening Christmas Eve service somewhere else, please sign-up in the narthex or send a message to lovinglutherans@gmail.com by December 17. If you have heard good things about another local congregation’s Christmas Eve service (especially if they are Episcopal, Presbyterian USA, United Methodist, or some other “full communion” denomination), please also send that information to lovinglutherans@gmail.com by December 17, to help us make a selection.



REFORMATION INFORMATION

“SPECIAL EDITION”

The December edition of “Reformation Information” will be held during the spaghetti luncheon on Sunday, October 3, right after worship. Instead of coming to the conference room, head over to the fellowship hall and stop by the table where Pastor Lois is sitting.

If you are reading this “after the fact” (or were unable to stay), rest assured that you do not need to wait until the next “first Sunday” to get an answer to any question about Christianity in general, Lutheranism in particular, or Reformation-specific (including membership opportunities). Feel free to contact Pastor Lois directly. You can stop by during office hours, make an appointment, call/text her cellphone (813-494-4052), or send an e-mail to pastorreformationlake-land@gmail.com.

“LET’S DO LUNCH”



The Lunch Bunch Ladies visited TapaTios Restaurant Mexicano on November 16th. Eleven of us enjoyed good food and even better fellowship. What a way to spend a stormy day!

December will have us visiting one of our favorite holiday spots, The Olive Garden. We will meet at 12:30 p.m. on Thursday, December the 21st. Watch for the sign-up sheet soon. As the holidays approach you may have more friends and family visiting. Remember that the ladies are always welcome to join us for lunch, just be sure you have them on the list so I can make reservations for them. See you on the 21st!!

Karen Hamilton, organizer



DECEMBER LECTIONARY (THE SUNDAY READINGS)*

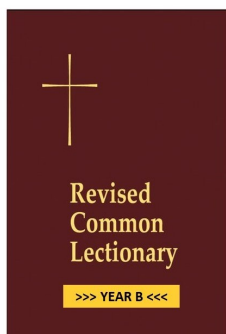
**Remember:*

If you watch all three devotions on Facebook each week

(First reading on Monday, Second reading on Tuesday, and Gospel reading on Wednesday),

you have participated in a Lectionary Bible Study for the following Sunday.

The devotion on Wednesday is normally “live” at 12 Noon.



DATE	FIRST	PSALMODY	SECOND	GOSPEL
12/03 (1 Advent)	Isaiah 64:1-9	Psalms 80:1-7, 17-19	1 Corinthians 1:3-9	Mark 13:24-37
12/10 (2 Advent)	Isaiah 40:1-11	Psalms 85:1-2, 8-13	2 Peter 3:8-15a	Mark 1:1-8
12/17 (3 Advent)	Isaiah 61:1-4, 8-11	Psalms 126	1 Thessalonians 5:16-24	John 1:6-8, 19-28
12/24 (Special**)	2 Samuel 7:1-11, 16	Luke 1:46b-55	Romans 16:25-27	Luke 1:26-2:20
12/31 (1 Christmas)	Isaiah 61:10-62:3	Psalms 148	Galatians 4:4-7	Luke 2:22-40

** 12/24 is Advent 4 and Christmas Eve; the Gospel reading will encompass both

T.A.S.S.E.L. CHRISTMAS GIFTS FOR KIDS WRAPPING PARTY

T.A.S.S.E.L Joy Box gifts for 20 students from Padgett Elementary School was a new addition to our "Christmas Gifts for Kids" program this year. Not only did we buy for a specific child at Padgett, but we will also get to wrap the packages before they are delivered to the child's home.

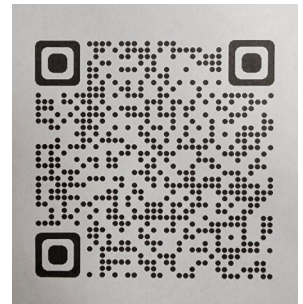
We're going to have a **WRAPPING PARTY!!!!** Thursday, December 7th, 10:00 a.m. in the Fellowship Hall. We have 200-300 gifts to wrap. Not only will we be wrapping gifts, talking and getting to know the people we see in the pews each week, but we will also have a light lunch. You need to bring the following supplies: scissors, tape, clothing boxes, if you have any, tissue paper, wrapping paper, ribbon and maybe bows. Some additional supplies will be furnished. There's a sign-up sheet in the narthex. Please sign so I know how many sandwiches to purchase. See you on the 7th.



Karen Hamilton, Community Outreach Project Chairperson

YEAR-END GIVING ("TREASURE TO GOD" TIPS)

- Don't want to receive another tacky tie or scarf for Christmas? Give your loved ones our QR code or giving page link and ask them to donate to Reformation in your honor.
- Use the QR code or "giving page" link yourself. You can do a one-time catch-up contribution for any missed weeks during 2023 or you can automate your regular intended giving for 2024.
- Are you at least 70 and 1/2 years old? Make a "qualified charitable distribution" directly from your IRA (Individual Retirement Account) to your favorite church (hint hint).



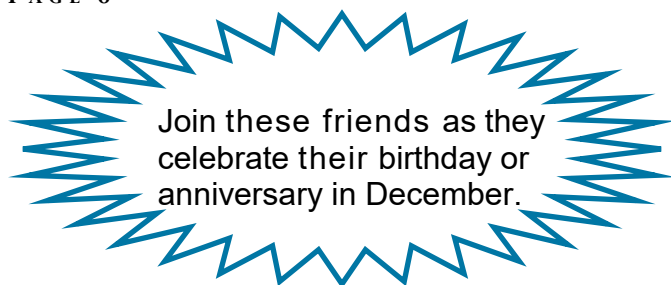
FLOWER /ETERNAL CANDLE



The new Flower Chart and Eternal Candle sheets are in the book for 2024. Pick your favorite date for an anniversary, a birthday, kids, grandkids, any special day you want to remember or in memory of someone. The bouquets are \$25.00 each; you can sign up for one or two. The Eternal Candle is \$7.00 per Sunday. Thanking you in advance for helping out.



Yvonne Mueller, Altar Ministry



Birthdays & Anniversaries

12/01	KRETZMER, Dick	12/16	JOHNSON, Elizabeth	12/18	NEWTON, Marge
12/08	WILLIAMSON, Allen	12/17	SHAW, Sylvia	12/19	WRIGHT, Linda
12/09	ZIESMER, Shirley	12/18	FULLER, Vera	12/27	JOHNSON, Wes
12/21	WASON, Sam & Karen	12/29	WHIPPLE, Richard & Becky		

BEAUTIFY THE SANCTUARY



The poinsettia sheets are in the narthex to sign up for a plant for Christmas. These plants really help beautify our sanctuary with their red color. The price this year is \$10.00 per 6-inch plant and you can take them home after the Sunday morning service on Christmas Eve day as there will be no evening service on Christmas Eve. Sign up now with your name, how many plants you want and who they are in memory of honor of, put the money for the flowers in your envelope and mark it for poinsettia. If you cannot get to church and want a plant give me a call and I will put your name down on the list. My number is

863-853-2196 or my cell 715-492-3399 or call the church office 863-859-2264 and let them know. Thanks, Yvonne Mueller, Altar Ministry

ADDITIONAL YEAR-END STEWARDSHIP ("TIME WITH GOD" TIPS)

- Remember to watch Reformation's lectionary-based devotions (videos posted on Monday, Tuesday, and Wednesday each week on our Facebook page).
- Spend some time listening to sacred (not Santa) music or the sounds of nature (whether outside your back door or at a local wilderness preserve).
- Stop by during Pastor's scheduled office hours to pray or meditate in the sanctuary (you might also be treated to the sounds of Elise practicing on the organ or piano).



LUTHERANISM 101

THE ADVENT WREATH

The custom of the Advent wreath originated in Germany in the 16th century to serve as a visual reminder of the four weeks of Advent in our liturgical calendar. First found in Lutheran homes, the custom later spread to public worship and other Christian denominations.

In its most traditional form, the Advent wreath is a circle made of evergreen boughs and adorned with four candles. The circular shape represents God's infinite love, and the use of evergreen represents the promise of eternal life through Jesus Christ.

The colors of the four candles can vary. Lutherans currently tend to use blue. Roman Catholics tend to use purple, a penitential color in keeping with the original tone of the Advent season. Anglicans might use red.

On a Lutheran or Roman Catholic wreath, one of the candles might be pink (more on that in a moment). Sometimes a fifth candle is added to the middle of the wreath (more on that in a moment, too). Eastern Orthodox Christians often use a total of six candles, each one a different color.

On a four-candle wreath, the first candle is named and lit on the First Sunday of Advent. Each week, an additional candle is named and lit. A Bible reading, prayer, or song might accompany each lighting.

The names associated with the four candles can vary. They typically represent the Christian concepts of hope, peace, joy, and love (often in that order). The “hope” candle is sometimes called the “Prophesy” candle. The “joy” candle is the one that might be pink (technically, rose), and an alternative name for it is the “Gaudete” candle (from the Latin word meaning “rejoice”).

When a fifth candle is added, it is white and called the “Christ” or “Pascal” candle. It is not lit until Christmas Eve or Christmas Day, heralding the birth of Jesus.

ADDITIONAL YEAR-END STEWARDSHIP

(“TALENT FOR GOD” TIPS)

- Can you bake cookies or other goodies? Make some for December 24th or sign-up for another date (contact the fellowship committee).
- Do you, or someone you know in the congregation, volunteer “for the glory of God” with an organization other than church? Send us a short write-up and a picture for this newsletter!
- Happy (Liturgical) New Year! Get a “jump” on the secular world by resolving to volunteer to as an usher, reader, meal-packer, etc. (see date-specific sign-up sheets in the narthex).

REMINDER:

“SAVE THE DATE” FOR ANNUAL MEETING



Reformation's constitutionally-required annual meeting -- a/k/a Congregational Meeting (Part 1) — will be held on Sunday, December 10, starting at approximately 11:15 a.m.

Our annual meeting is the forum in which we approve the 2024 budget and assemble a nominating committee to help our council identify people for future congregational leadership roles. Ideally, we also elect council members and a “voting member” for the synod

assembly (see separate article).

If you would like to watch the annual meeting on Facebook, please email lovinglutherans@gmail.com by Friday, December 8. If no timely requests are received, it will not be available online.



ADVENT PROJECT



The **Reverse Advent Calendar** was born at Christmas three years ago and has been a fun way since to collect food for Talbot House Ministries, taking the focus away from ourselves by helping others. This year's Advent project, the Reverse Advent Calendar, will start on **December 1** and continue through **Sunday, December 17**, so our gift of food can be delivered on December 18. Please consider participating and helping us make this an overwhelming success as in the past. See the flyer on page 10. Remember the items can be brought in using whatever means is easiest for you, they do not have to be boxed. You can bring your food items anytime by the 17th. Hopefully we will have a room full of food to deliver. Thank you all so much for your willingness to share.

Marilyn Hodge, Community Outreach Advent Project Chairperson

ATTENTION ALTAR MINISTRY

On December 23rd at 10:30 AM, we will be doing the finishing touches in decorating the sanctuary for Christmas. We will be putting the poinsettias out and making last minute changes for the Christmas Eve day service. Yvonne Mueller, Altar Ministry

CONGREGATIONAL MEETING

(PART 2): WHY?



On the “Dates & Events” page of the weekly worship bulletin, you may have noticed “Congregational Meeting (Part 1)” occurring on December 10. This is the constitutionally-required annual meeting in which voting members need to discuss (and hopefully approve) the 2024 budget.

“Part 1” implies a “Part 2” will also occur. It has been scheduled for January 14.

At a minimum, we will have lay leadership positions to vote on at that time. For our congregational council, we knew we were going to have up to three 3-year terms available. Due to recent resignations (both for valid reasons), we will also have one 2-year term and one 1-year term available. For synod assembly, which meets in early June, we are allowed one voting member in addition to our rostered ministers (Pastor Lois and retired pastors who are members of the congregation).

These positions will be explained during the “Part 1” meeting. Nomination forms will be available for you to offer your own talents (knowledge, skill, experience, and/or “gumption”) or to nominate someone else. If you are already thinking about someone who would be a viable candidate, please contact any council member or e-mail lovinglutherans@gmail.com.

Please prayerfully consider answering “yes” if someone asks you to serve!

*I'm so tired of talking
About how we are God's hands and feet.
But it's easier to say than to be.
Live like angels of apathy
Who tell ourselves,
"It's alright: somebody else will do something."
- Lyrics from the song "Do Something" by Matthew West*



HARVEST SUNDAY, 2023

A **BIG** thank you for your generosity of the donations of non-perishable food for Harvest Sunday/Food Barrel in November. We had asked for help from you to “fill the Narthex” with food! You came through, again! Doug and Harold delivered \$801.72 in food to Talbot House on November 20th. Thank you all!!!





REVERSE **ADVENT CALENDAR**

EACH DAY ADD ITEMS TO A BOX.

**BY DECEMBER 17, BRING THE CONTENTS
TO FILL THE FOOD BARREL.**

- December 1 - package of oatmeal
- December 2 - tomato soup
- December 3 - box of cereal
- December 4 - peanut butter & box of crackers
- December 5 - stuffing mix & can mixed vegetables
- December 6 - boxed potatoes & can green beans
- December 7 - macaroni and cheese
- December 8 - canned fruit
- December 9 - canned tomatoes & can carrots
- December 10 - canned tuna/chicken
- December 11 - dessert mix & chicken noodle soup
- December 12 - jar of applesauce
- December 13 - canned sweet potatoes
- December 14 - cranberry sauce
- December 15 - canned beans
- December 16 - package of rice & can corn
- December 17 - package of pasta & spaghetti sauce

SUPPORT TALBOT HOUSE MINISTRIES

VOLUNTEERS NEEDED

**VOLUNTEERS
NEEDED !**



Volunteering is a wonderful thing. You can learn something new, gain experience, try something different, discover hidden talents, make a difference, have fun and be part of the church family that keeps the worship service going on Sunday mornings at Reformation Lutheran. It takes little or no time and you don't need any qualifications. It may give you confidence, a sense of purpose to get out of your comfort zone and give you satisfaction. That being said, the New Year, 2024 is coming up fast and the new Volunteer sheet for Lectors, Ushers, Communion Clean Up, Camera and Assistants are in the narthex for you to sign up. You only need to sign up for one Sunday at a time. This is one way to help out by being a volunteer.

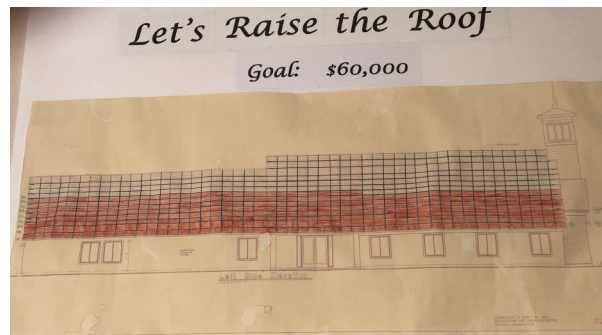
Yvonne Muller, Altar Ministry

RAISE THE ROOF FUND

You see the line on your see the poster board in the in the monthly newsletters, Raise the Roof" all about?

On April 1, 2019, the "Let's kicked off. Doug Hodge, began to think ahead to over the sanctuary and 15 years old. He received replacement in the fall of

costs at that time were \$60,000 for shingles and \$120,000 for metal. If you have had your roof replaced recently, you have an idea at what those prices are today! Doug projected that we would need a roof replacement in 4-5 years. We asked each household to add \$5 a week to their giving and designate it for the roof fund. If everyone did that, we would have \$60,000 in 4 years. At the end of October 2023, our roof fund stands at \$45,542. We have been fortunate that any storm impact has been minor but we are pushing our luck. We have a few shingles missing. Are we going to have to take out a loan to replace the roof? We don't want problems with our insurance because of the condition of the roof. I know times are tight for many of us living on fixed incomes, but anything you can give towards this future expense will be greatly appreciated.



offering envelope, you narthex, you see mention but exactly what is "Let's

Raise the Roof" campaign former property manager, the replacement of the roof office wing which was then some estimates for 2018 and found that the



CHRISTMAS GIFTS FOR KIDS

On Monday, November 27th, Kathy Ammon with Guardian Ad Litem, picked up the gifts for 51 foster children from infants to teens. Each of you who took one or more tags and purchased the gifts can be applauded. You are truly Santa's Helpers! I estimated the value of these gifts to be over \$2,500. Thanks to each of you who shopped or donated money for me to shop and to those who helped sort and stuff bags and hauled the gifts to the cars. You are truly a blessing. A project like this cannot happen without everyone's help.



Karen Hamilton, "Christmas Gifts for Kids" Project Chair

GIVING WHEN IT COUNTS

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister.

I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded.

He looked up at the doctor and asked with a trembling voice, "Will I start to die right away".

Being young, the little boy had misunderstood the doctor: he thought he was going to have to give his sister all of his blood in order to save her.

Remember – "Live with no regrets, treat people the way you want to be treated, work like you don't need the money, love like you've never been hurt, and dance like you do when nobody's watching."



Following worship on December 24th, we will share Holiday Joy in the form of cookies and coffee/tea in the Fellowship Hall. Bring 6-8 cookies and join us as we celebrate.



Florida-Bahamas Synod
Evangelical Lutheran Church in America

BISHOP PEDRO M. SUÁREZ

November 2023

Reformation Lutheran Church (07838)
460 Old Polk City Rd
Lakeland FL 33809

Dear Beloved Partners in Christ,

Assistants to the Bishop

Warm greetings to you in the grace of Jesus Christ, our Lord and Redeemer!

REV. ROBERT CARLSON
Director for Evangelical Mission
North Region

It brings me immense joy to connect with you, as I feel the Holy Spirit's vibrant presence within our synod and the communities we serve. Just as John 1:5 beautifully expresses, the light of Christ shines in our midst, and darkness shall not prevail!

REV. NICOLE EASTWOOD
Assistant to the Bishop for
Transition & Candidacy

Your congregation's Mission Support plays a pivotal role in extending this divine light to diverse communities, including:

- The Community Church at Babcock Ranch, an environmentally conscious fellowship,
- Palms Deaf Church in Palm Coast, dedicated to serving the deaf community,
- Responding to disasters and aiding recovery efforts both in our state and the Bahamas.

REV. KHADER EL-YATEEM
Director for Evangelical Mission
South Region

Your generous Mission Support enables various impactful ministries, such as:

- Guidance from the Bishop and staff on financial, legal, and pastoral matters,
- Development of worship resources, campus ministries, global missions, and youth initiatives,
- Addressing racial justice, advocating for social responsibility, disaster response, and hunger initiatives.

REV. ROBERT A. ROSE
Assistant to the Bishop for
Administration

I thank you and your congregation for actively joining us in sustaining these vital efforts. Please consider:

1. **Praying Regularly:** Lift us in prayer for our ongoing work and that we may effectively minister to those in need.
2. **Participating Fully:** Engage with us at the Annual Assembly, Conference on Ministry, and other crucial gatherings as we discern Christ's calling for our congregations and synod.
3. **Providing Generously:** Embrace the opportunity to contribute at least a tithe (10%) of your giving, empowering our synod to meet pressing needs and boldly proclaim Jesus Christ in these uncertain times.

**Boldly Sharing Christ.
Passionately Making
Disciples. Faithfully
Doing Justice.**

I am deeply grateful to be part of this remarkable synod. May God's blessings overflow upon you and your congregation.

In Christ's love,

+ Pedro M. Suarez

The Rev. Pedro Suarez, Bishop
Florida-Bahamas Synod ELCA



813-876-7660



3838 West Cypress Street
Tampa, Florida 33607



fbssynod.com
info@fbssynod.org

INSTRUCTIONS

Praise & Pinch Feedback System

This method of feedback deals with joys, concerns, feelings, and opinions you may have about what is (or is not) happening at Reformation. It provides opportunity for you to communicate about ways we are doing well in our ministry together and areas that might need attention. Such input and feedback helps us all to be faithful in carrying out our mission.

Here's how the system works:

1. There is a confidential box in the narthex for receiving "Praise & Pinch" forms. Copies of these forms (instructions on one side, blanks to complete on the other side) are kept near the box.
2. **Write out your praise(s) or pinch(es) on the form, sign it, and place it in the Praise & Pinch Box.**
3. Forms will be collected by a member of the "Praise & Pinch" Committee.
4. You will be contacted to let you know that your form has been received and to clarify with you the content of your input and what you would like to see happen.
5. Following this conversation (#3 & #4 above), you will then be told how your message will be handled.
6. Your message will be delivered to the appropriate committee, subgroup, or person. Follow-through will include communicating to you the final outcome of your feedback.

Throughout this process, **confidentiality** will be maintained.

Approved by Congregational Council: 01/18/22

"PRAISE AND PINCH" FORM

Thank you for taking the time to communicate about the ways we are doing well at Reformation Lutheran Church and the areas that might need attention. As a congregation, we are committed to voicing our praises and "not sitting on our pinches" with each other. If there is anything in our life together that brings you joy (praises) or causes you concern (pinches), here is your opportunity to share your thoughts and feelings!

To be a healthy and faithful community, we need to be open with one another about what we expect in all areas of our life together. As such, if there is a specific question, suggestion, or concern you would like to discuss directly with a particular staff member, Council member, or committee member, please indicate that desire below.

Praise(s):

Pinch(es):

Desired Outcome (Solution):

I would like our congregation to move forward with _____

I wish we could implement/initiate _____

I am more comfortable with/when _____

I would like us to _____

Here is a specific question, suggestion, or concern;

I would like to discuss it with _____:

Your Name _____ Ph. # _____ Date: __/__/__

Rec'd: __/__/__

Contacted:

____/____/____



FOR A MEMORABLE TOMORROW...

Help researchers identify new treatments
for memory loss and early Alzheimer's disease

RAISE THE ROOF FUND

www.VIVA-MIND.org

THE VIVA-MIND CLINICAL RESEARCH TRIAL IS FOR PEOPLE WITH
MEMORY IMPAIRMENT AND EARLY ALZHEIMER'S DISEASE

**Do you know someone
who may be a good fit
for VIVA-MIND?**



The VIVA-MIND clinical trial is taking place at three specialty clinics in San Diego county. VIVA-MIND is testing a drug aimed at slowing down memory and thinking problems that increase as Mild Cognitive Impairment and early Alzheimer's disease progress.

The study drug (varoglutamstat) targets N3pE, a toxic protein that appears to damage brain cells and is not found in healthy brains.

Eligibility:

- Women and men age 50-89
- Diagnosis of mild cognitive impairment or early Alzheimer's disease
- Taking the following Alzheimer's medication(s) for at least four months: Donepezil (Aricept®) or rivastigmine (Exelon®) or galantamine (Razadyne®) with or without memantine (Namenda®)
- Have a study partner who can come to clinic visits
- Willing to participate the study for up to 20 months

Return address: UCSD 9500 Gilman Dr, MC0949
La Jolla, CA 92093-0949



To learn more, please contact:

Ijeoma Mba
Study Coordinator
Call: (813) 974-6296
Email: ijeomam@usf.edu

DECEMBER 2023

What's Happening at Reformation Lutheran Church

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2 10:30 Altar Decorate
3 1st Sunday in Advent 8:45 Calico Choir 10:00 Worship w/communion In-Person & Facebook Live Spaghetti Lunch w/Reformation Information	4	5	6 12:00 Devotions on Facebook "Live"	7 10:00 Gift Wrapping Party	8	9
10 10:00 Worship w/communion In-Person & Facebook Live Congregational Meeting	11	12 9:30 Worship & Music	13 12:00 Devotions on Facebook "Live"	14 9:30 Evangelism	15	16
17 Food Barrel 8:45 Calico Choir 10:00 Worship w/communion In-Person & Facebook Live Pack Lunches for Homeless	18	19 6:30 Council	20 12:00 Devotions on Facebook "Live"	21 12:30 Lunch Bunch	22	23 10:30 Altar Decorate
24 Christmas Eve 8:45 Calico Choir 10:00 Worship w/communion In-Person & Facebook Live Coffee Hour	25 Christmas Day 	26	27 12:00 Devotions on Facebook "Live"	28	29	30
31 New Year's Eve 10:00 Worship w/communion In-Person & Facebook Live						



Sunday Worship 10:00 a.m.

(in-person and Facebook Live)

Lectionary Bible Study

(3 online devotions/week)

Liturgical Worship

Congregational Singing

Weekly Communion

Mostly "55+" Members

Rev. Lois Sorensen, Pastor

460 Old Polk City Road

Lakeland, FL 33809

863-859-2264

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www.facebook.com/lovinglutherans



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