



470 Winter Street Ext.
Troy, NY 12180
(518) 283-1372
www.HOPELC.ORG

We are a community empowered by the Holy Spirit, called to bring God's comfort, to work for God's justice, and to share the hope and love of Jesus with all.

AUGUST 2023 NEWSLETTER

**Hope's Kitchen
Free Community Dinners
Coming Back Soon**

~ Update on page 4 ~

VBS 2023

Register Today!

~ Details on page 5 ~

**Red Cross Blood Drive
at Hope Lutheran Church**

~ Flyer on page 6 ~

**Our Core
Values**



*faith
acceptance
compassion
gratitude
love*



From the Pastor's Desk

We've reached the halfway mark for summer now. Note how beautifully our pollinator flowers have grown. Seeing the diversity of flowering plants in our garden as I approached the doors of our church gave me fresh hope in God's promise of resurrection life. With the recent passing of my father, I am uniquely aware of my own mortality and the mortality of those I love. Death is never that far away, though as a society we do everything we can to bury it as though it doesn't exist. But exist it does. Yet when I see God's creation that dies and goes to seed, only to be reborn in the spring and summer months, I remember that we are part of that same creation. The resurrection promise is not just for plants and trees, but for us humans as well. We live in a miraculously alive world, both now and after death. This is the promise God made to us through the life, death and resurrection of his Son, Jesus Christ.

May the blossoming of the August foliage which surrounds us now remind you of the promise made to you and all creation of life eternal, both now and after death.

Blessings to you all,

Pastor Pamela





From the Desk of:

Bonny Munteer, Council President

Dear Members of HLC,

Some information/updates to share with the congregation as a result of our recent Council meeting:

Property Committee Updates:

- **Mike Daus and his brother plan to extend the closet in the small classroom - for additional storage. Mike will provide the materials.**
- **Marilyn Dyer -and volunteer helpers- have created a list of projects to improve some areas of the church, such as:**
 - **Will be converting the choir-robe closet into an additional space for the janitor supplies.**
 - **Will put an expandable gate (borrowed) around the children's play area in the back of the sanctuary.**
 - **Will buy some bins for the outside entrance area to improve the looks and will hold donations bags etc.**
 - **Will also get someone to work on the other entrance door, to get it to open properly.**
 - **Will check into remodeling the coat rack area – looking for a carpenter/estimate.**
 - **Will relocate hymnals, bibles, etc. from bookshelves in sanctuary and reuse the bookshelves in another location.**

Greg Whitney reported on several subjects:

- **Recent problems with the shed being tampered with and someone ransacking bags inside. The police have been notified and he has contacted St. Pauley's Textile. He had a security light/motion sensor installed and will have a security camera installed at the shed and in the parking lot.**
- **Hope's website is up and running with various updates... Please check it out!**
www.hopelc.org We're now streaming on Facebook, YouTube and Zoom.
- **Greg has received quotes for sealcoating/restripping the parking area, which will be done in August.**
- **For the future of HLC, Greg suggested we keep a check list of all types of maintenance updates that need to be done every month/year, etc., such as driveway sealing, furnace maintenance, carpets shampooed, and any other types of upkeep throughout the church.**

Chairs after service will be moved to the sides of the room to make way for any events during the week. We'll be creating an emergency contact list for the members of the congregation, to keep on file if needed. Pastor Pamela will talk to Tonya about assisting with this, as well as Sandra G.& Donna L. Our PB & Jelly campaign - for CoNSERNS-U and Doors of Hope have been very successful!! Thank you, Jim Macris, for organizing!

Thank you to all for the work you're doing to help keep our church looking good and operating successfully.

**Bonny Munteer
Council President**

Thankful
Grateful
Blessed



I would like to thank the congregation for the flowers you sent me and all the sympathy cards for my dad's passing. They were so appreciated by me and my family.

**Thank you so much,
Pastor Pamela Tucker Hoh**



Emotional Intelligence (EI)

It is generally accepted that success in life is better predicted by EI than IQ.

It is generally accepted that emotionally-aware congregations are usually better able to process the stresses that confront them than those congregations that are not. It could be useful for us, individually, to think our own thoughts about each of these emotions, and if any is so inclined, to share one's thoughts with another. In the last newsletter, I offered the emotion 'overwhelmed' under the core emotion of 'Fear' and asked you to ponder your own thoughts.

overwhelmed (overcome, as with emotions or perceptual stimuli) – When overwhelmed, sometimes, we lack competence. At other times, we are blind-sided, sucker-punched.

Though life's curveball may arrive as a single chunk, we do not have to swallow it in one gulp. We can pick a small piece and ask the question: "What can I do now?". If the answer is nothing, then set it aside and pick up another piece and ask again. If the answer is 'yes', then do it. If needed, take a break. Sometimes, working on something else helps. Continue working with one piece at a time. Over time, a previous no may become a yes and in time all the pieces that need to be addressed are addressed and those remaining can simply be let go and entrusted to the One who is ultimately in control of the outcomes of all of life's conundrums.

Over time, we grow in strength, competence, and understanding. We increase our capacity to draw from the strengths of others. We become bigger and the problem smaller. Life loses some of its power to overwhelm us.

Next month, please consider your thoughts on 'skeptical' under the core emotion of 'Anger'.

In His Grace, WDM

Hope's Kitchen



COMMUNITY DINNER

~ Reminder ~

Hope's Kitchen will resume dinners at the
Cornerstone Church on Thursday, September 7th.

Hours are from 3 – 5:30 PM.

Our September flyer with details and menu
will be sent out soon.

*A ministry of Hope Lutheran Church &
Cornerstone Community Church of Lansingburgh*

Sharing the hope and love of Jesus with all



AUGUST 7—11, 8:30 am to 12:30 pm

HOPE LUTHERAN CHURCH—470 WINTER STREET EXT—DEFREESTVILLE

- ◆ *MENDING* as opposed to *FIXING* is about making things whole again, even if they look a little (or a lot) different than they did before. Kids will explore how mending means taking the pieces from something that is broken and putting them back together. As a community, we can practice gathering what's been torn apart and working together to form something new and whole.
- ◆ As always, there will be **MUSIC!** Bible Stories! Creative Activities! Nature/Science and Service Learning! Arts and Crafts! Restorative Yoga! And of course, **SNACKS!** There will also be parachute fun and maybe even some water balloons!
- ◆ We will hear stories about Jesus Feeding Thousands, the Good Samaritan, and Joseph Forgiving His Brothers. We will explore the Psalms, Prayer, and Parables! all in kid-friendly ways that help them learn to be kind, forgiving, and thoughtful.
- ◆ On Friday at noon, we invite families to join us to share some of the songs and ideas we've experienced. Our celebration is followed by an ice cream social!
- ◆ **TO HELP THE CHILDREN UNDERSTAND THE NEEDS OF OTHERS** and, if you are able, we ask the children to bring an offering of a can or box of non-perishable food each day. The collected food items will be given to West Sand Lake and Rensselaer food pantries which are being visited by more families than ever.

Please see the registration form for additional information. As always, Vacation Bible School at Hope Lutheran is **FREE!** I hope to see **LOTS** of returning campers as well as new ones in August!

With love from me and Jesus,

Mama Mare

Registration Forms are available:

- online at: www.HOPELC.ORG - in the News Rack next to the Narthex
For questions, contact Marilyn Dyer at: dyermm48@gmail.com



DONATE BLOOD. HELP SAVE LIVES.

Blood Drive
Hope Lutheran Church
470 Winter Street Ext., Troy, NY 12180

Saturday, August 19, 2023
8:00 a.m. to 1:00 p.m.

To schedule your appointment,
please call 1-800-RED CROSS,
visit www.redcrossblood.org, or,
download the free Blood Donor App.
Use sponsor keyword: hopelutheran



Scan to be directed to
RapidPass®



Scan to schedule
an appointment.

or use the link below:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=hopelutheran>

Worship Volunteer Duties for August of 2023

Please find your own replacement if you cannot be available on date of assignment.

	6-Aug	13-Aug	20-Aug	27-Aug
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Maureen H	Bonny M	Debbie F	Marilyn D
Greeter	Charlie H	Nancy D	Marion D	Marlies P
Usher	Dickie D	Marilyn D	Mike D	Debbie F
Assisting Minister	Pam D	Chris N	Mike D	Marilyn D
Communion Assistant	Pam D	Chris N	Marilyn D	Bonny M
Snack Set-Up / Clean-Up	Charlie H	Liz M	Charlie H	Donna L
Offering Counters	Pam D & Charlie H	Donna L & Marilyn D	Marion D & Marilyn D	Bonny M & Donna L



Upcoming Events for August of 2023

We will have 'In-Person' Sunday Worship Services at 10:00 AM. We will also continue to live-stream our services on our website, YouTube page, Facebook page and through Zoom. The Zoom link for Worship Services will continue to be posted in the bulletins.

Sharing the hope and love of Jesus with all

Please note that the following classes will resume in September:

**Sunday School, Bible Study, Tai Chi, Qigong, Hope's Hands, Book Club,
and Hope's Kitchen Free Community Dinners.**

- + 5th: Regional Food Bank Packing; 10:30 AM – Noon; Meet at RFB.**
- + 6th: Bishop Lee Miller, Jr. presiding.
Picnic in Hope's Grove following worship service.**
- + 6th: Hope's Prayer Team meets in the small classroom following worship service.**
- + 7th – 11th: VBS Week, 8:30 AM – 12:30 PM.**
- + 11th: Dine-Out Dinner Group @ 6 PM; Salsa Latina.**
- + 19th: Red Cross Blood Drive at HLC; 8 AM – 1 PM; register online.**
- + 23rd: Worship & Music Committee Meeting @ 6:30 PM in the large classroom; also available via Zoom.**

