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[www.HOPELC.ORG](http://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.



# JULY 2023



# NEWSLETTER

Peanut Butter  
& Jelly July  
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VBS  
August 7 - 11  
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## Our Core Values



faith  
acceptance  
compassion  
gratitude  
love



## Pastor's Message

With the summer solstice taking place on June 21, 2023 at 10:57am, we can say with confidence that summer is officially here. And with summer come plans for visiting extended family members, adult children or parents who no longer reside in the same town or state. With the summer looming before us we think of taking vacations, traveling to destinations we've been desiring to journey for oh so long. With the ingress of summer think beaches, lakes and forests, backyard picnics and barbecues, amusement parks, hiking and biking in our beautiful state parks or just around the neighborhood. There are so many wonderful things the summer invites us to do. But in all the hubbub it's so easy to lose our connection to spirit, to forget that God's grace is wholeheartedly in the mix. It's so easy to forget to be grateful for all the wonderful fun and excitement we might be experiencing now in our lives. We get so caught up in the joys of summer that we forget from whence those joys came. But as joyful and hectic as it can be, I invite you to take a moment over these next few weeks to give thanks to God for the beauty of this season and the joyfulness that often comes as result. With just a short little prayer, meditation or reading, we set ourselves up for the day—a day of wonder, love, and joy.

Enjoy your summer!

Pastor Pamela

## From Our Council President Bonny Munteer

Dear Members of Hope Lutheran Church,

I had the opportunity to attend the Upstate New York Synod Assembly on June 2-3 in Syracuse, NY, along with Daniel Hoh, as the two voting members representing Hope. The subject of the Assembly this year was Restorative Justice. *Restorative Justice practices are community-based. They provide opportunities for dialogue and collaboration in the arenas of local or global harm, for the sake of environmental, hunger, gender, or racial justice concerns, among others.*"

The Assembly is the annual business meeting of the Synod. Therefore, each session (PLENARY) included reports from various committees, such as Racial and Gender Justice Task Force, Partner Ministries and World Hunger, the Synod Council, the ELCA Churchwide Representative and Bishop Lee Miller, as well as discussion and votes on resolutions. The 'Bee Generous' appeal, part of the World Hunger Campaign, gave a report at the beginning of each session, as donations came in. As you all know now, Hope was able to contribute \$1105 towards this campaign, thanks to our generous members!

There were videos throughout covering various Ministry topics which included Hospitality, Racial Justice, Restorative Justice Practices, Truth in Healing – Indigenous People, to name a few. For more information on any of these, you can find information on the Upstate NY Synod website.

<https://upstatenysynod.org>

I met so many interesting people! (and I have to add – I have never been in a room with so many pastors!! It was impressive!) After some of the sessions throughout the two days, where business was conducted, there were opportunities to visit kiosks and workshops. Some that I visited included:

- The Lake Chautauqua Lutheran Center Summer Program. This youth camp provides several programs: Classic Youth Camp, Sailing I&II, R.A.T.S: Recruits in Advance Training for Service, Senior High Week, LIT: Leaders in Training program, and Congregational Confirmation Camp. I grabbed a few brochures and will put them on the table in the Narthex.
- The Reconciling Works program: *"Lutherans for Full Participation advocating for the full welcome, inclusion, and equity of ..... LGBTQIA+ Lutherans in all aspects of the life of their faith community."* This workshop titled: Intro to Sexual Orientation, Gender Identity, and Gender Expression was attended by many and was helpful in answering questions from the audience. I grabbed a couple brochures as well. For more information on this subject: [www.reconcilingworks.org](http://www.reconcilingworks.org).
- Planning Ahead for the ELCA Foundation. Legacy Society: Ensuring the ELCA's Long-term Success. Brochure includes information on how to plan a donor-gift. [giftplanning@elca.org](mailto:giftplanning@elca.org).

This was a very worthwhile two days – lots of information and lots of interesting people/pastors! Also, the food they provided was delicious, including the ice cream social Friday evening – a chance to meet a lot of the attendees. I hope others will attend next year – it's a great learning experience and I'm so glad I was able to attend.

Thank you and blessings to all,  
Bonny Munteer  
Council President

## HEALING TEAM MINISTRY - JULY WEEKLY PRAYER FOR HOPE'S FOOD MINISTRIES

*Hope Lutheran Church is 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.*

The Healing Team's Prayers of Hope group led by Jim Macris invites you to pray weekly for the various ministries of the congregation in response to our mission statement which is printed above.



In May we prayed for Pastor Pamela, our staff, and the Church Council. In June we prayed for our Worship and Music ministry leaders and volunteers.

Seeing the empty shelves in the picture above, we are reminded that often people locally, nationally, and internationally are doubtful for the next meal for themselves and their children. In July, each week we ask you to pray for one of the hunger ministries that Hope supports within our own community and throughout the world.

- ✚ Week one we pray for our continued support of Lutheran World Hunger to which our members regularly give offerings. For more information go to: <https://www.elca.org/hunger>.
- ✚ Week two we pray for the Social Ministry committee and for specific food pantries and other ministries to which we donate food.
- ✚ Week three we pray for our Hope's Kitchen ministry leaders and volunteers who monthly provide meals for members of our community in Troy and Lansingburgh.
- ✚ Week four we pray for local farmers and for Lutheran World Relief which supports agricultural ministries around the world. For more information, go to: <https://lwr.org>
- ✚ Week five we pray for our Pollinator Garden and for the possibility of a community garden which will enable the congregation and community to provide fresh produce to the area food pantries.



Each week the prayers are printed and shared at the conclusion of Announcements. They also will be available in the weekly e-mail for regular and special events. We encourage you to add these petitions to your daily prayers.

***When a righteous person prays, that prayer carries great power.***

*James 5:16b (Translation: New Testament for Everyone)*

## PEANUT BUTTER AND JELLY JULY!

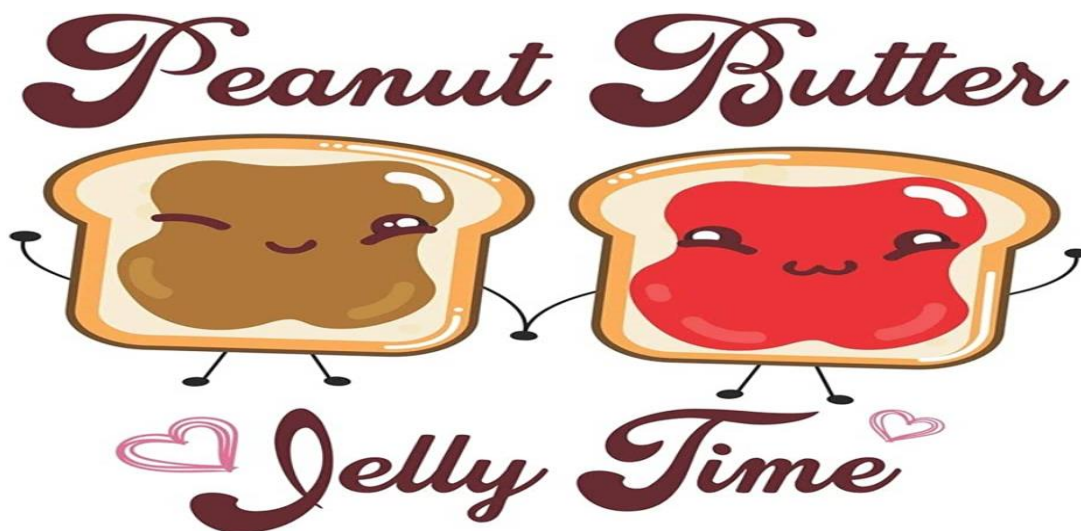
What kid can resist peanut butter and jelly?

School will soon be out, and the kids will be home for lunch. Hope LC will provide PBJ for some of our less fortunate neighbors!

We are asking you to bring in jars of peanut butter and jelly during the month of July. With your help, we'll build a pyramid of PBJ in the narthex! At the end of July, the collected items will be blessed by Pastor Pamela and then delivered to two food pantries, CoNSERNS-U and Doors of Hope.

We'll collect during the entire month of July.

Won't you please help?





SISTER BETSY VAN DEUSEN, CSJ  
CHIEF EXECUTIVE OFFICER

JENN HYDE  
EXECUTIVE DIRECTOR

6/20/2023

Pastor Pamela J. Hoh  
Hope Lutheran Church of Troy NY  
470 Winter Steet Ext  
Troy, NY 12180-0702

Dear Pastor Hoh,

Words cannot express how grateful I am that you chose to give to Catholic Charities Tri-County Services CoNSERNS-U. Your generous donation of \$500.00 from the chicken barbeque will make a lasting impact on the lives of our neighbors in need.

Your charity speaks volumes of your commitment to our mission and those we serve. It's clear you see the importance of treating our most vulnerable with compassion, dignity, and respect. Thank you for being a beacon of hope in our community.

Please know, your gift directly supports our life-changing programs throughout urban and rural Albany, Schenectady, and Rensselaer Counties. Thanks to you, neighbors from all walks of life will receive the support they need to meet life's challenges.

In gratitude,

A handwritten signature in cursive that reads 'Jenn Hyde'.

Jenn Hyde  
Executive Director

*Thank you for your  
continued generosity!  
Jenn Hyde*

*We are so  
grateful!  
S. B. Hyde*



**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](http://www.HOPELC.ORG) - in the News Rack next to the Narthex**

**For questions, contact Marilyn Dyer at: [dyermm48@gmail.com](mailto:dyermm48@gmail.com)**



Pr. Elaine

What does it feel like to be old?

The other day, a young person asked me: - "What did it feel like to be old?"

I was very surprised by the question, since I did not consider myself old. When he saw my reaction, he was immediately embarrassed, but I explained that it was an interesting question. And after reflection, I concluded that getting old is a gift.

Sometimes I am surprised at the person who lives in my mirror. But I don't worry about those things for long. I wouldn't trade everything I have for a few less gray hairs and a flat stomach. I don't scold myself for not making the bed, or for eating a few extra "little things." I am within my rights to be a little messy, to be extravagant, and to spend hours staring at my flowers.

I have seen some dear friends leave this world, before they had enjoyed the freedom that comes with growing old.

Who cares if I choose to read or play on the computer until 4 in the morning and then sleep until who knows what time?

I will dance with me to the rhythm of the 50's and 60's. And if later I want to cry for some lost love... I will!

I'll walk down the beach in a swimsuit that stretches over my plump body and dive into the waves letting myself go, despite the pitying looks of the bikini-wearers. They'll get old too, if they're lucky...

It is true that through the years my heart has ached for the loss of a loved one, for the pain of a child, or for seeing a pet die. But it is suffering that gives us strength and makes us grow. An unbroken heart is sterile and will never know the happiness of being imperfect.

I am proud to have lived long enough for my hair to turn gray and to retain the smile of my youth, before the deep furrows appeared on my face.

Now, to answer the question honestly, I can say: -I like being old, because old age makes me wiser, freer!-

I know I'm not going to live forever, but while I'm here, I'm going to live by my own laws, those of my heart.

I'm not going to regret what wasn't, nor worry about what will be.

The time that remains, I will simply love life as I did until today, the rest I leave to God.

Dame Judy Dench





### 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 'disillusioned' under the core emotion of 'Surprise' and asked you to ponder your own thoughts.

disillusioned (freed from false ideas) – As far as I can remember, church has been part of my life. In my early twenties, Christ ceased being someone that others talked about and became someone that I knew personally. With that knowledge came an increased awareness of self: I came face-to-face with some shadows that had sunk their roots deep within me; my compass for life was inadequate; and my rules of thumb had failed to protect me from the snares of life. I read the Bible, voraciously, but, found that to be inadequate. I needed more than the written word. Without an interpreter, being a new creation was a high-test version of the 10 commandments (see the Sermon on the Mount in Mathew 5). If I couldn't follow the 10 commandments, how could I possibly adhere to a high-test version of them. Man's ways are not God's Way. As the Bible proclaims, "... the law made nothing perfect" (Hebrews 7:19).

Grace brought me into the Bosom of Christ and laid me at the foot of the Cross. Grace allowed me access to the indwelling Holy Spirit, the Interpreter. I place life in juxtaposition with this ever-present Presence of Good, listening to its testimony. This indwelling Goodness weeds out the 'tares' in my life separating the roots of the tares entwined with the roots of the wheat. The tares are my shadows. If both the roots remained entwined, uprooting the tares would likewise tear out the wheat, leaving a gaping hole in me. Bringing life in juxtaposition with this indwelling Goodness separates the chaff from the wheat and the dross from the precious metal. This Goodness chips away the excess as He crafts a precious gem. I call this process hearting. (Isaiah 30: 19-21).

Next month, please consider your thoughts on 'overwhelmed' under the core emotion of 'Fear'.

In His Grace, WDM

# Worship Volunteer Duties for July of 2023

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

	2-July	9-July	16-July	23-July	30-July
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Marilyn D	Debbie F	Charlie H	Bonny M	Susan R
Greeter	Elaine B	Nancy C	Peggy F	Marlies P	Ja'net M
Usher	Dickie D	Marion D	Cindy W	Donna L	Athena B
Assisting Minister	Bonny M	Mike D	Pam D	Cindy W	Luis C
Communion Assistant	Bonny M	Mike D	Pam D	Susan R	Luis C
Snack Set-Up / Clean-Up	Marilyn D	Liz M	Susan C	Donna L	Susan C
Offering Counters	Pam D & Bonny M	Marion D & Charlie H	Pam D & Cindy W	Susan R & Donna L	Cindy W & Marilyn D



# Upcoming Events for July 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 YouTube 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 for the months of July and August (summer break), there will be no classes or meetings for the following:

**Sunday School, Bible Study, Tai Chi, Qigong, Hope's Hands, Book Club, and no Hope's Kitchen Dinners.**

**All will resume in September.**

- ✚ **1<sup>st</sup>: Regional Food Bank Packing; 10:30 AM – Noon; Meet at RFB.**
- ✚ **2<sup>nd</sup>: Hope's Prayer Team meets in the small classroom following Worship Service.**
- ✚ **4<sup>th</sup>: Have a happy and safe 4<sup>th</sup> of July.**
- ✚ **13<sup>th</sup>: Dream Workshop III with Pastor Pamela Hoh @ 6:30 PM in the large classroom.**
- ✚ **14<sup>th</sup>: Dine-Out Dinner Group – TBD.**
- ✚ **19<sup>th</sup>: Council Meeting @ 6:30 PM in the large classroom & via Zoom.**

