



470 Winter Street Ext.  
Troy, NY 12180  
(518) 283-1372  
[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 2025 Newsletter

**HOPE'S HANDS  
INVITE**

*~ see page 9*

## Our Core Values



*faith  
acceptance  
compassion  
gratitude  
love*

**FOOD DRIVE  
& BAKE SALE**

*~ details on page 11*



Today as I look out the solarium window at church, I am aware of how deeply grateful I am for the life I have been blessed with at this point in time. Grateful for my family and friends, grateful that I have been blessed to serve as Pastor and Mission Developer with such an amazing and spirit led congregation. Grateful that I am both a writer and storyteller. Grateful for this beautiful country I live in and the fact that I have a place to live, food to eat, and clothes to wear. There is so much to be grateful for and I, like many, often forget just how blessed I am. Especially during times like these, times of such chaos.

So, what you may ask, has put me in this frame of mind? Well, the truth is I was just looking out the window here at church, when I took note of our lovely hummingbird feeder. I found myself hoping that perhaps this summer I might see a hummingbird or two. A thought which led me to thinking about the beauty and wonder of all God's creation. For one moment, I experienced the sheer joy in just seeing. But regardless of whether or not the hummingbirds come, I can still fully appreciate the beauty of these colorful hanging balls called feeders—thank you Debbie. Yes, I am so, so grateful.

And it is this gratefulness which strengthens me to fight for the well-being of our church, our communities and our nation. Indeed, it is this gratefulness that shows me how much I have to lose if I don't stay awake to the call of justice for all people and all of creation. Jesus shows us the way forward is being the love, mercy, compassion, and healing face of Jesus to our neighbors, to our church and to all in our nation regardless of their status. Yes, I am so grateful for all I have. And so, on this beautiful summer day, I invite you to join me in giving thanks to our God for this spectacular creation of which you and I are a part.

Happy Summer,

Pastor Pamela





# Thank you

## **Frying Pans for St. Paul's Center**

On a recent visit to the St. Paul's Center (a homeless shelter for women with children), Peggy Farrell and Ja'net Malmstrom learned that the Center was in need of frying pans for their families. The two ladies saw an opportunity to help, and soon a box appeared in Hope's sanctuary to collect donations. The response was outstanding! Nineteen frying pans were recently delivered to the grateful families at St. Paul's Center. Families who are able to leave the shelter will be able to take one with them as they set up housekeeping.

Many thanks to all who contributed!



St. Paul's  
Center







## Reasons NOT to Donate Food at Church

**I'm not strong enough to carry a bag of canned goods into church.**

*Upon arriving at church, tell the Greeter you need help bringing in your gifts. Help will be found!*

**I once saw a person going into a food pantry, dressed nicely and driving a fairly new car. What's up with that?**

*Many families live paycheck to paycheck. If something happens – a layoff, an unexpected car repair, a medical emergency – a family may find itself in need of food.*

**Why can't those people just use food stamps?**

*Not everyone is eligible for SNAP benefits (food stamps). What's more, SNAP benefits cannot be used for cleaning products, paper products, personal hygiene items, pet food and a variety of other items.*

**I'm still not convinced. Why should I spend my hard-earned money to give away food?**

*Here are a few eye-opening statistics. Feeding America estimates that in 2020 about 10% of the population of Rensselaer County was food insecure. That's over 16,000 people. About one-third of them are ineligible for SNAP benefits.*

*The average cost of a home-cooked meal is \$3.79 per person. Let's think about a family of four, three meals a day. That's about \$45 a day. A lot of money for a struggling family.*

**Well, okay. So, what would Jesus do?**

*"Whoever gives one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he will by no means lose his reward. – **Matthew 10:42***

**Please, won't you share some of your bounty with the less fortunate in our community?**

The landscaping committee has been hard at work, thinking and creating a new look for our church.

We have already put new lighting along the outside of the sanctuary and new lighting on our bell and arborvitaes. We have planted two new trees and have been redoing our sidewalk sign. We would like to take out the old planter box underneath that sign and replace it with a new one. We have attached a flyer of before and possibly after picture. That specific project costs \$3,000.00. To date, we have \$1,300.00. We are currently short \$1,700.00.

If you would like to contribute to this fundraiser, please mark '*planter box fund*' on your donation.

Thank you for your consideration with this fundraiser.



**BEFORE**



**AFTER ~ color of bricks  
may be a little different**

**(Memo Payment: Planter Box Fund)**



## JULY PRAYER CALENDAR

**July 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Sue Anthony	2 David Armento	3 Athena Batsios	4 Independence Day	5 Tom Batsios	6 Pr. Elaine Berg
7 Lucas Boyer	8 Lisa Boyer	9 Pr. Pamela Hoh	10 Daniel Hoh	11 Joshua Hoh	12 Ray's Heavenly Birthday Bash	13 Monica Hoh
14 Judy Cosgrove	15 Bill Cosgrove	16 Edith Easterling	17 Lois Batsios	18 Lydia Calabro	19 Mark Schomer	20 Sabastian Schomer
21 Dan Churchill	22 Ciji Churchill	23 Harper Churchill	24 Bailey Churchill	25 Nancy Clarkson	26 Suan Clemente	27 Luis Clemente
28 Daniel Clemente	29 Nancy Davis	30 Karen Hill	31 Lynda Seiling			



EACH MONTH WE LIST NAMES FOR YOUR DAILY PRAYERS. EVERYONE IN OUR COMMUNITY BRINGS UNIQUE GIFTS FOR OUR MISSIONARY JOURNEY. OUR PRAYERS SUPPORT THEM IN THEIR DAILY LIVES. (A REMINDER...THESE ARE NOT PRAYERS FOR HEALING.)



# July Birthdays

**We wish you a very Happy and Blessed Birthday ...**

**Pastor Pamela ~ July 9<sup>th</sup>**

**Jim Macris ~ July 27<sup>th</sup>**



# ACTIVE PARENTING First Five Years™

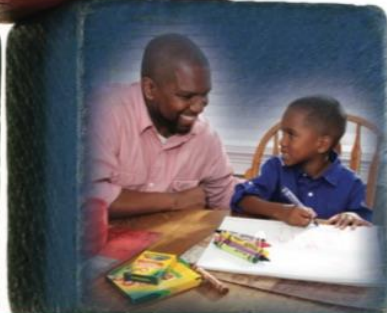
## Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®; Ruth Slocum, LCSW, IMH-E®; and Laura Hubbs-Tait, PhD

**Y**our child's first few years are so important! Learn how to make the most of them with *Active Parenting: First Five Years*, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Help your kids start strong—sign up today!

### Here's what you'll learn:

- What a baby's cry means
  - Ages and stages of development
  - Building a strong bond
  - Your child's growing brain
  - Using mindfulness to keep your cool
  - Effective discipline young children can understand
  - Choices and consequences
  - 6 ways to prepare your child for school success
- and much more!



For more information and sample videos, go to [www.ActiveParenting.com/FFY-parents](http://www.ActiveParenting.com/FFY-parents)

**Sign up today!** Wednesdays- 7/2, 7/9, 7/16 & 7/23 Time: 10:30am - 11:30am

Sponsored by: Lansingburgh School District and Rens. County Department of Mental Health

Location: GOOGLE MEET! Join from the comfort of your own home!

To register: Contact Michelle McLaughlin, School Counselor/Student Assistance Counselor @

[mmclaughlin@lansingburgh.org](mailto:mmclaughlin@lansingburgh.org)

518-233-6822 ext 34225





Come join Daughter Dawn, Friends and Family  
on Saturday, July 12, 2025  
at Hope Lutheran at 5:30 for

## **Ray Littlejohn's 75th Heavenly Birthday Beach Party!**

Wear your best beachwear, Hawaiian shirts, sandals!

Share your stories about Ray!

Bring your appetite for a cookout—one of Ray's favorite things!

(Sign up on the table by the A/V booth)

Instead of birthday gifts, you are invited  
to give to two programs Ray/Dad  
supported:

Hope Lutheran Landscaping Fund  
Scleroderma Foundation

**COME JOIN THE CELEBRATION OF  
RAY!**





## HOPE'S HANDS INVITES YOU TO SHARE YOUR TEXTILE SKILLS

Calling all women who love color and creating wearable and usable items, Hope women have supported many outreach ministries begun by predecessor congregations. Colorful fabrics are gathered to make quilts for Lutheran relief minis-

tries, the St. Paul's Center for Women and Children, as well as gifts for children at Baptism. Soft, cozy Prayer Shawls have been knitted and crocheted for members and friends going through life-changing events or folks experiencing cancer therapies.

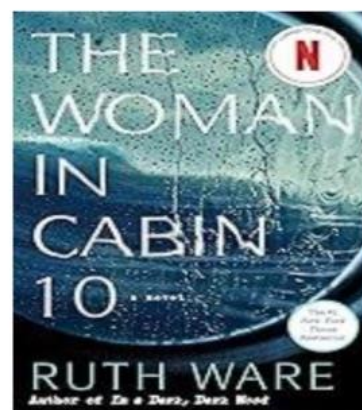
The cabinet and closet are filled with colorful fabric, yarn and supplies for tying the quilts. Often group members bring personal projects to share or simply for the company of others. Hope Hands meets the third Tuesday of each month in the small classroom from 10:00 to Noon. If you have questions about the group or projects, you may speak to Ja'net Malmstrom via text or phone 518.469.8770.





## HOPE'S WOMEN'S BOOK GROUP READS RUTH WARE IN JULY

The Hope Women's Book meets monthly on the fourth Wednesday (6:30 p.m.) at the home of Marilyn Dyer and Pr. Elaine Berg. Snacks, thoughtful insights and much laughter encourage readers to experience recent books suggested each month by a group member. The July 23<sup>rd</sup> discussion led by Bonny Munteer is **The Woman in Cabin 10** by Ruth Ware.



Travel magazine writer Lo Blacklock has just been given the assignment of a lifetime: one week on a luxury cruise with only a handful of cabins. The sky is clear, the waters calm, and the elite guests jovial as the exclusive cruise ship, the Aurora, begins her voyage in the picturesque North Sea.

At first, Lo's voyage is perfect, with a plush cabin, elegant dinner parties, and plenty of relaxation. But as the week wears on, frigid winds whip the deck, gray skies fall, and Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for—and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something has gone terribly, terribly wrong....

Interested in discussing your favorite book or discovering a new author? Women of Hope and friends are welcome to join. Contact Pr. Elaine Berg 315-882-3732 (phone or text) or e-mail at [meb312@aol.com](mailto:meb312@aol.com).

Aug. 27<sup>th</sup> book led by Sandra Governor is **The Patron Saint of Second Chances** by Christine Simon.

Sept. 24<sup>th</sup> **River Woman River Demon** by Jennifer Givhan will be led by Lynda Seiling.





## FOOD DRIVE & BAKE SALE



### Mark Your Calendar - Food Drive and Bake Sale!

On Saturday, July 26, from 9am to 2pm, we will hold a "drive-thru" food collection and bake sale event to benefit the two food pantries we have "adopted" - Doors of Hope (West Sand Lake) and CoNSERNS-U (Rensselaer). Please mark your calendar and plan to be there!

We will have volunteers waiting to help unload food donations from your car -- all you have to do is drive through! But you'll want to stop and check out the bake sale tent. Hope's bakers are world famous -- at least they should be! There will be a variety of tempting goodies to choose from.

All food donations, bake sale proceeds and monetary donations will be divided between the two food pantries. In these times, our food pantries are a lifeline for so many. They desperately need our help. Please help us to help them!







**Want to learn CPR?**

**You could save a life!**

**Our Hope Family has the opportunity to learn CPR through the Red Cross. However, we need to know how many folks are interested before we can determine cost for the instructor – the more people, the less it costs.**

**If you are interested, please email our Administrative Assistant, Tonya, at [office@hopehc.org](mailto:office@hopehc.org) or call the church at 518-283-1372 and leave a message saying you are interested.**

**Please respond by July 31<sup>st</sup>. Thanks!**

# Worship Volunteer Duties for July 2025

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

	6-Jul	13-Jul	20-Jul	27-Jul
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
<b>Altar Guild/ Comm. Asst. 2</b>	Donna S	Bonny M	Susan R	Charlie H
<b>Greeter</b>	Diane C	Marlies P	Ja'net M	Nancy D
<b>Usher</b>	Janis Z	Marion D	Marilyn D	Debbie F
<b>Assisting Minister</b>	Cindy W	Mike D	Chris N	Bonny M
<b>Comm. Assistant</b>	Pam D	Mike D	Chris N	Bonny M
<b>Snack Set-Up</b>	Maureen H	Susan C	Charlie H	Marilyn D
<b>Offering Counters</b>	Diane C & Marilyn D	Marion D & Nancy C	Marilyn D & Charlie H	Bonny M & Diane C





# News & Upcoming Events for July of 2025

We have 'In-Person' Sunday Worship Services at 10:00 AM.

We also live-stream our services on our website, Facebook and YouTube.

*Sharing the hope and love of Jesus with all*

**3<sup>rd</sup>: Pastor Pamela's Enneagram Workshop @ 5:30 PM in the sanctuary.**

**4<sup>th</sup>: Independence Day.**



*Have a Happy & Safe 4<sup>th</sup> of July!*

**5<sup>th</sup>: Regional Food Bank Packing, 10:30 AM – Noon, Meet at RFB.**

**6<sup>th</sup>: Prayers of Hope Team meets in the small classroom following Worship Service.**

**12<sup>th</sup>: Ray's Heavenly Birthday Bash @ 5:30 PM in the sanctuary.**

**15<sup>th</sup>: Hope's Hands meets @ 10 AM in the small classroom.**

**17<sup>th</sup>: Grief Support Group @ 5:30 PM in the sanctuary, (please note new time).**

**18<sup>th</sup>: Hope's Dine-Out Dinner Group @ 6 PM for those who RSVP'd.**

**23<sup>rd</sup>: Women's Book Club @ 6:30 PM at Marilyn Dyer's home.**

**24<sup>th</sup>: Pastor Pamela's Enneagram Workshop @ 6:30 PM in the sanctuary.**

**26<sup>th</sup>: Drive-Thru Food Collection & Bake Sale, 9 AM – 2 PM, in the parking lot.**

