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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.

JUNE 2023 NEWSLETTER

**Red Cross
Blood Drive
& Stewart's Ice Cream**
Info. on pg. 6

**Peanut Butter
& Jelly July!**
Details on pg. 8

Our Core Values



*faith
acceptance
compassion
gratitude
love*

The word "PASTOR" is written in large, bold, serif capital letters. Each letter is contained within a separate, slightly raised rectangular block. The letters are a golden-brown color with a metallic sheen. The background behind the letters is a dark, textured surface with faint, repeating patterns.

Starting Sunday, June 11th, we are about to begin something exciting and a bit different. Lutherans, along with Catholics and Episcopalians follow a three-year lectionary of lessons (labeled A, B, C, respectively). Just so we're clear, the lectionary is defined as "a list or book of portions of the Bible appointed to be read at a church service" (*Oxford Language*). Usually, the first lesson is taken from the Old Testament, the second lesson from the Epistles, and third lesson from the Gospels. For most of the year the Epistles and Gospels follow a sequential order in being read. Not so the Old Testament readings. Traditionally these readings have been used to emphasize the relevancy or truth of the New Testament readings. Unfortunately, this has often led to our getting pieces of a story, and/or incomplete understandings of a particular Old Testament text or even the entire book. To that end, the church decided it was time to rectify this. As a lover of the Old Testament, or what is more accurately termed the Hebrew Texts, I was thrilled with the development of the "Continuous" Lectionary, allowing a sequential and more complete reading of the Hebrew texts to occur in our worship services. In other words, this "Continuous Lectionary" recognizes the inherent value of these Old Testament stories in their own right. Please note that the 2nd lesson and the gospel lesson will remain the same throughout the year, in the same order as the traditional lectionary—the only change will be with the first lesson, the Old Testament reading. Of course, I won't always be preaching on these Old Testament texts, but the stories they tell will be sequential, and thus more complete, adding to our understanding of the scriptures overall. Remember the Old Testament or Hebrew texts are the scriptures on which Jesus was raised and upon which he based his understanding of who God was, and who he was as a Jewish man, part of God's chosen people. It is in these scriptures that Jesus found a guide to the mission to which God was calling him. I look forward to sharing this adventure with you over the next lectionary year.

In Christ,





Pastor Pamela



Hope's 2023 Church Council

We welcome Hope's new Officers of Council 2023!

Elected:

 President	Bonny Mounteer
 Vice President	Marilyn Dyer
 Board Secretary	Marlies Palka
 Financial Secretary	Sandra Governor

Appointed:

 Treasurer	Greg Whitney
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Chicken DINNER SUCCESS

Chicken BBQ a Finger-Lickin' Success!

The smell of barbecued chicken filled the air at Hope on a recent Thursday afternoon, and many hungry people drove away with delicious chicken dinners! We sold 152 meals, thanks to support from our Hope family and the community. Checks for \$500 each will be presented soon to two food pantries - Doors of Hope (West Sand Lake) and CoNSERNS-U (Rensselaer).

Many thanks to those who helped the event go so smoothly:

Members of our congregation, especially Greg, Elaine, and Sandra; and special thanks to our friends in the Master Class Performing Arts group, who worked hard all afternoon!





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 'isolated' under the core emotion of 'Sad' and asked you to ponder your own thoughts.

These are my thoughts:

isolated – Several years ago, I was removed from a position of leadership, I was also not allowed to attend certain meetings. This was not because I was doing anything wrong but was because one individual had too much negative reactivity towards me. It was easier to exclude me than to insist that that individual properly manage his/her reactivity. I was their scapegoat. Rather than take joint responsibility for our struggles, they chose to solely blame me. They insisted that I needed to act more appropriately (that I needed to conform more), that I was the source of the problem. No one else was required to consider their contribution to the situation at hand. Peer pressure, ostracism, and shunning are powerful family system forces.

When treated the way I was, most people would have left. I have found that leaving tends to solve very little. Fortunately, I had supportive individuals outside of that family system. Their support enabled me to remain in contact instead of retreating to solitude apart from that family system. Choosing isolation is a form of fusion, the opposite of self-differentiation. Self-differentiation (to define self as distinct from other) is important. Kerr and Bowen (in "Family Evaluation") say that one, slightly more self-differentiated person, can improve the self-differentiation (the ability to function during times of stress) of a family system. During that time, I worked hard on my self-differentiation. Since isolation is the opposite of self-differentiation, it was important for me to remain in contact during those times when circumstances were very uncomfortable for me. I could not be of benefit to that family system if I was not present (if I was in isolation). Being present did not mean that I was always present. It was important that I listen to my personal limitations to deal with the discomfort, But, as noted in Freidman's "Failure of Nerve", I often prayed that God would help me to increase my capacity to tolerate the discomfort I was experiencing during that family system's pressure for homeostasis (for me to conform). To continue to self-define when others were pressuring me to conform was not easy, but that was the only way I could be of benefit to that family system at that time.

Next month, please consider your thoughts on 'disillusioned' under the core emotion of 'Surprise'.

In His Grace, WDM



Thank you

5/9/23



Doors of Hope

Matthew 25:35
"For I was hungry and you fed me,
I was thirsty and you gave me drink,
naked and you clothed me..."

Dear Friends @ Hope Lutheran,
Thank you for blessing us with
a gift of food (5/9/23) How much
we appreciate your support.

Sincerely,
Naomi Boel



Hope's Hands meets the third Tuesday of every month at Hope Lutheran Church from 10 AM – 12 PM.

We are currently making Soup cozies, serving dish cozies, baby quilts for baptisms, coverlets, and quilts.

We convene at 10 and work on our various projects while we share fellowship time.

We are currently looking for knitters and crocheters.

Please consider joining us.



American Red Cross

**Give a Pint,
Get a Pint**
with Stewart's Shops!

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

Saturday, June 10, 2023
9:00 a.m. to 2:00 p.m.

To schedule your appointment,
please call 1-800-REDCROSS,
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.



All presenting blood donors this June will receive a voucher redeemable for one prepackaged pint of ice cream or gelato at any Stewart's Shops!® For more information and Stewart's Shops locations, please visit StewartsShops.com.

© 2022 The American Red Cross | 379202-DC-01 | 2019-APL-00547 | *Offers and items are non-transferable and are not redeemable for cash. Items are available while supplies last.

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Hope Lutheran Church Book Club

The Book Club meets the second Tuesday of every month at Marilyn Dyer's home at 7 PM.

For the month of June, it will be June 13, 2023.

The book we will be discussing is "The Maid" by Nia Prose.

Please call or text Donna Littlejohn at (518) 321-5917 to confirm your attendance.

PEANUT BUTTER AND JELLY JULY!

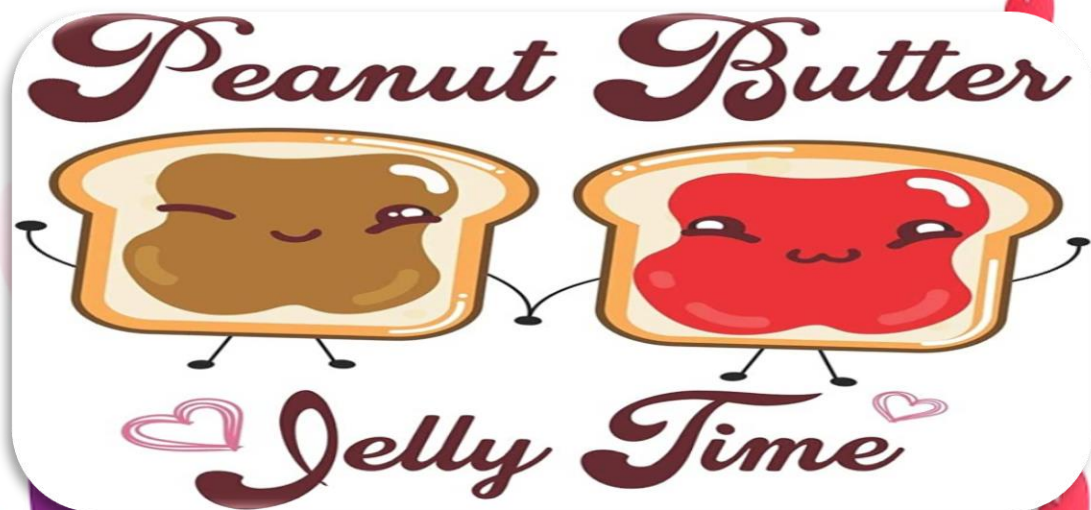
What kid can resist peanut butter and jelly?

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.

You can start to bring in the PBJ beginning Sunday, June 25. We'll collect during the entire month of July.

Won't you please help?



Worship Volunteer Duties for June 2023

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

	4-June	11-June	18-June	25-June
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Susan R	Debbie F	Charlie H	Bonny M
Greeter	Lois B	Elaine B	Nancy D	Mike D
Usher	Donna L	Charlie H	Marilyn D	Pam D (+ candles)
Assisting Minister	Chris N	Susan R	Pam D	Sandra G
Communion Assistant	Chris N	Susan R	Pam D	Marilyn D
Snack Set-Up / Clean-Up	Liz M	Charlie H	Marilyn D	Donna L
Offering Counters	Bonny M & Donna L	Charlie H & Susan R	Pam D & Donna L	Marilyn D & Marion D



News & Upcoming Events for June 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

<p><u>1st</u></p> <p>Hope's Kitchen Free Community Dinner at Cornerstone Church in Lansingburgh * Serving from 3 – 5:30 PM* (for those who RSVP'd)</p>	<p><u>3rd</u></p> <p>Regional Food Bank Packing 10:30 AM – Noon Meet at RFB</p>	<p><u>4th</u></p> <p>Hope's Prayer Team in small classroom ~15-minutes after worship service</p>	<p><u>7th</u></p> <p>Worship & Music Committee Meeting @ 6:30 PM in the large classroom</p>
<p><u>8th</u></p> <p>Dream Workshop I @ 6:30 PM in the large classroom</p>	<p><u>9th</u></p> <p>Dine-Out Dinner Group @ 6 PM (Verdile's)</p>	<p><u>10th</u></p> <p>American Red Cross Blood Drive 9 AM – 2 PM in the sanctuary</p>	<p><u>15th</u></p> <p>Dream Workshop II @ 6:30 PM in the large classroom</p>
<p><u>20th</u></p> <p>Hope's Hands Meeting @ 10 AM in the small classroom</p>	<p><u>21st</u></p> <p>Council Meeting @ 6:30 PM in the large classroom & via Zoom</p>	<p><u>29th</u></p> <p>Dream Workshop III @ 6:30 PM in the large classroom</p>	<p>Wednesday Bible Study at Noon will meet on: June 7, 14, 21, & 28 (in the large classroom & via Zoom)</p>

