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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.

# June 2024 Newsletter

HELLO  
June

## Our Core Values



*faith  
acceptance  
compassion  
gratitude  
love*

**Red Cross  
Blood Drive  
at HLC**

**~ see flyer on  
page 10 ~**

**Vendor Fair  
to benefit  
St. Paul's Center  
at HLC**

**~ see flyer on  
page 11 ~**



## Pastor's Message

As you probably all know, I love books! To that end last Sunday after church, I headed up to Manchester, Vermont to visit the Northshire bookstore, which happens to be one of my favorite bookstores. Interestingly enough though, my GPS decided to take me on the backroads as opposed to the route I would normally travel. I admit this was a beautifully scenic route. Upon one of these roads however, the speed limit went down to thirty miles per hour (which wasn't in a residential area I might add). Geez! Why so slow I wondered. Suddenly as the car ascended around a curve, I saw a small movement in the middle of the road waddling towards me. Slowing the car down I tried to make out what I was seeing. And then I began to laugh. Is that a porcupine? Oh my goodness! It was the cutest thing ever. As I got closer this little porcupine kept to its' path down the middle of the road as though I presented no danger whatsoever. I softly beeped as it became increasingly clear that my little friend had no intention of getting out of the way, as though saying, "this is my road, and YOU need to move." I found myself just laughing as I experienced the pure joy of seeing this wondrous and audacious little creature sauntering towards me. He did move over to the side of the road once I beeped however, and when I left, continued waddling safely down the shoulder. That moment of encounter stayed with me the rest of my time in Vermont.

There are two words used by theologians to describe time as defined earlier by the ancient Greeks. One is called Chronos time, and the other is Kairos time. Chronos time is what we experience the majority of the time—it is usually linear in nature and can be measured by clocks or watches or even by phases of the moon, etc. On the other hand, Kairos time has been referred to by many philosophers and mystics as "deep time." During Kairos time, time itself seems to stop and we experience the ordinary as extraordinary. When I saw that porcupine on the road, it became a Kairos moment for me. In that moment I saw the inherent beauty of God's creation—a moment that brought me both deep laughter and joy. Afterwards it made perfect sense to me that I needed to go thirty miles per hour. After all there might be more of God's creation wandering the road, and my little porcupine friend had communicated to me my responsibility in taking pains to make sure that I safely drove so as not to endanger any of God's creatures. We all live our daily lives in Chronos time, but there are those moments such as when we see a beautiful sunset or sunrise, a field of flowers, hear the birds singing first thing in the morning, or the crickets singing late at night, or we see the smile of our first child or grandchild, or sit in deep conversation with a friend, where just for a moment we experience Kairos time. As we enter the month of June and all the new life it brings, I hope you too have the opportunity experience anew the world of God's creation, both in Chronos and Kairos time.

In Christ,

Pastor Pamela

# Church COUNCIL

**President ~ Marilyn Dyer**

**Vice-President ~ Bonny Munteer**

**Council Secretary ~ Janis Zipkin**

**Financial Secretary ~ Sandra Governor**

**Council Member ~ Sue Anthony**

**Council Member ~ Marlies Palka**

**Treasurer ~ Greg Whitney**







# Thank You

**Hope's Kitchen served communities countless free dinners from 2019 to 2024. Thank you to all of the many volunteers who helped make this happen, and a special thank you to Marion Daus and Jim Macris for running this program.**

*Sharing the hope and love of Jesus with all*





## HOPE'S HANDS SUMMER PROJECT

Hope's Hands is a component of Hope Healing Team. Members meet monthly to prepare items for the St. Paul's Shelter for Women and Children, Lutheran World Relief and our own Prayer Shawl ministry. A cupboard filled with supplies and cotton fabric is ready to make the popular microwave cozies for soup bowls, casseroles and even plates. These are sold to provide funds to purchase cotton batting for the quilts and cozies.

This summer the group will provide kits to make the bowl cozies for anyone who enjoys a quick sewing project. Check the table in the narthex for the kits and directions.

Hope's Hands is taking a summer break from the monthly meetings which will resume on the third Tuesday of each month from 10 a.m. to noon in the small classroom starting in September.



Gardening can provide people with a sense of meaning and purpose. “When you’re working with plants, you’re the nurturer,” said Emilee Weaver, the program manager of therapeutic horticulture at the North Carolina Botanical Garden. Credit...Jasmine Clarke for The New York Times



By [Dana G. Smith](#)

Dana Smith reported this story from Plant Hardiness Zone 8a.

May 23, 2024

Last Saturday, I was covered in dirt, my back ached, the scream of [a trillion cicadas](#) rang in my ears, and, despite my best efforts, a sunburn was developing on the back of my neck.

I was in heaven.

Over the course of the day, I planted my summer haul of annuals (a riot of reds, purples and yellows), transplanted some fall-blooming mums and pulled a Montauk daisy that had grown too big for the space. A neighbor took the daisy off my hands, and in return gifted me some iris and lamb’s ear that he needed to thin out of his yard.

For me, gardening is a workout, meditation and opportunity to socialize with my neighbors all rolled into one. And while I’m admittedly biased, research backs up some of my observations that gardening can have real benefits for your [mind and body](#).

## Gardening gets you moving.

Shoveling mulch, pulling weeds and lugging around a watering can all [qualify as moderate-intensity physical activities](#). And gardeners tend to report [higher levels of physical activity](#) overall, compared with non-gardeners.

In one [recent study](#) conducted in Colorado, for example, people who joined a community garden logged nearly six extra minutes a day of moderate-to-vigorous physical activity compared with people who were on the waiting list for a plot. That may not sound like a lot, but it added up to about 42 extra minutes per week, said Jill Litt, a professor of environmental health at the University of Colorado at Boulder, who ran the trial.

“That’s almost 30 percent of the way to meeting the federal recommendations” of [150 minutes of moderate-intensity physical activity](#) per week, Dr. Litt said. “People talk about it as a way to meet these goals and be more active but not having to get on a treadmill.”

There is also some evidence that gardeners, possibly because of this increased activity, have better cardio-metabolic health. [One study](#) of older adults found that, compared with those who don’t exercise, people who gardened as one of their main physical activities had lower rates of heart attack, stroke, diabetes, high cholesterol and high blood pressure.

Some of the more vigorous gardening activities, like digging, raking and hauling bags of potting soil, can also serve as a strength workout, challenging muscles in the arms, legs and core.

[Not every study](#) shows physical health benefits from gardening, though, especially when the activities are lower intensity or done for just 10 or 15 minutes at a time. It’s also possible that people who choose gardening as a hobby are healthier and more active than non-gardeners even before they dig in.

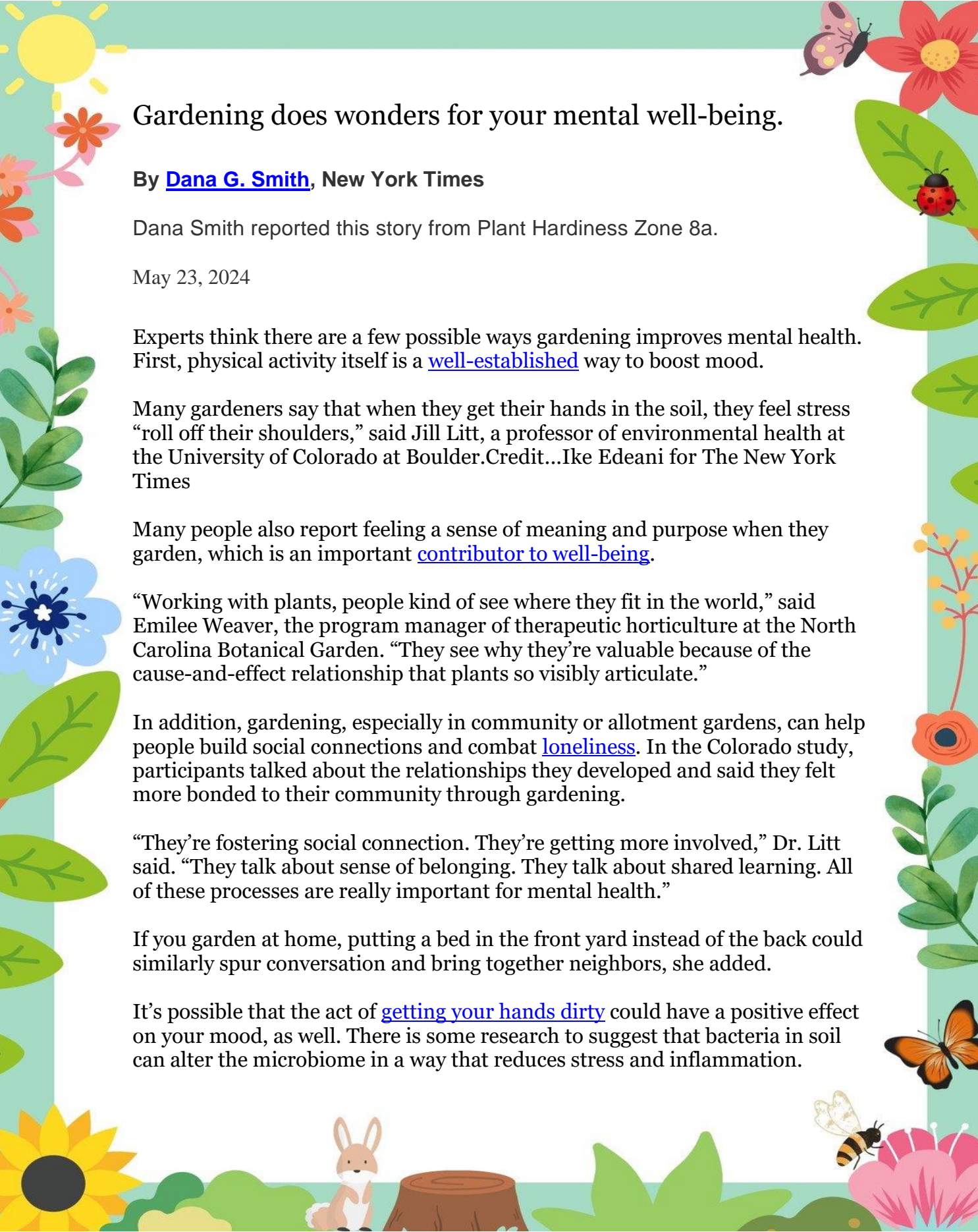
### Editors’ Picks



Jaap van Zweden’s Brief, Fraught Time Atop the New York Philharmonic



This Island Wants to Round Up Its Wild Goats. Catching Them Won’t Be Easy.



## Gardening does wonders for your mental well-being.

By [Dana G. Smith](#), New York Times

Dana Smith reported this story from Plant Hardiness Zone 8a.

May 23, 2024

Experts think there are a few possible ways gardening improves mental health. First, physical activity itself is a [well-established](#) way to boost mood.

Many gardeners say that when they get their hands in the soil, they feel stress “roll off their shoulders,” said Jill Litt, a professor of environmental health at the University of Colorado at Boulder. Credit...Ike Edeani for The New York Times

Many people also report feeling a sense of meaning and purpose when they garden, which is an important [contributor to well-being](#).

“Working with plants, people kind of see where they fit in the world,” said Emilee Weaver, the program manager of therapeutic horticulture at the North Carolina Botanical Garden. “They see why they’re valuable because of the cause-and-effect relationship that plants so visibly articulate.”

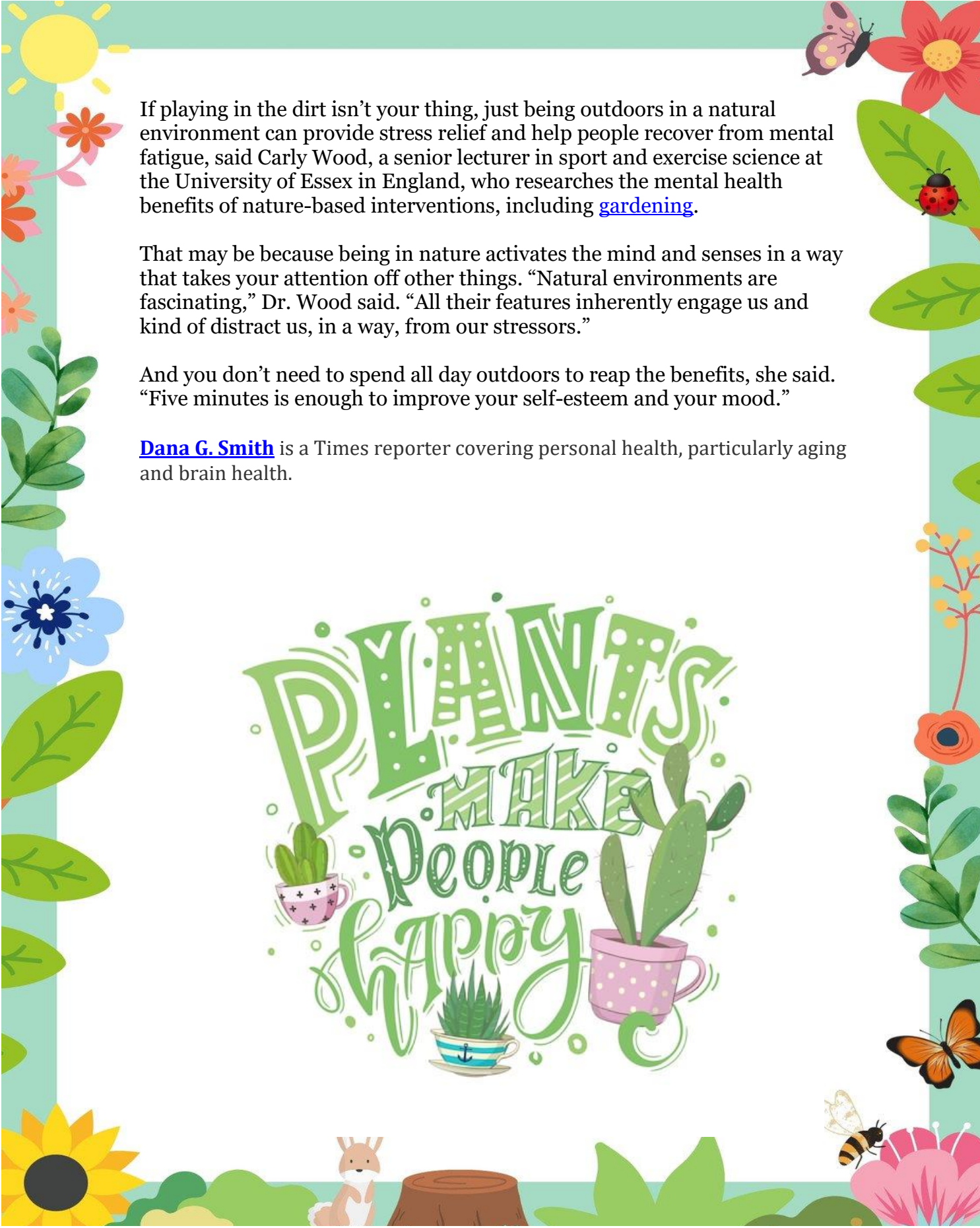
In addition, gardening, especially in community or allotment gardens, can help people build social connections and combat [loneliness](#). In the Colorado study, participants talked about the relationships they developed and said they felt more bonded to their community through gardening.

“They’re fostering social connection. They’re getting more involved,” Dr. Litt said. “They talk about sense of belonging. They talk about shared learning. All of these processes are really important for mental health.”

If you garden at home, putting a bed in the front yard instead of the back could similarly spur conversation and bring together neighbors, she added.

It’s possible that the act of [getting your hands dirty](#) could have a positive effect on your mood, as well. There is some research to suggest that bacteria in soil can alter the microbiome in a way that reduces stress and inflammation.





If playing in the dirt isn't your thing, just being outdoors in a natural environment can provide stress relief and help people recover from mental fatigue, said Carly Wood, a senior lecturer in sport and exercise science at the University of Essex in England, who researches the mental health benefits of nature-based interventions, including [gardening](#).

That may be because being in nature activates the mind and senses in a way that takes your attention off other things. "Natural environments are fascinating," Dr. Wood said. "All their features inherently engage us and kind of distract us, in a way, from our stressors."

And you don't need to spend all day outdoors to reap the benefits, she said. "Five minutes is enough to improve your self-esteem and your mood."

[Dana G. Smith](#) is a Times reporter covering personal health, particularly aging and brain health.



## HOPE'S GARDEN PREPWORK CONTINUES

The beds are “made”! The soil is in! The wooden fence posts are going in thanks to the rental of a powered auger and the muscle power of Bob Crowley, Charley Huff, Kevin Willis, Bill Cosgrove, and Jim Munteer. Of course, it HAD to be the hottest day of the year so far! So, thanks to those dedicated souls who are getting us truly underway so we can get to planting!

Fifteen interested people have attended several meetings where “what to plant” has been determined. Tomatoes! Cucumbers! Yellow Squash! Zucchini! Spaghetti squash! Green bush beans! Peppers! Okra! And lots and lots of herbs! All these will be available to the members of the congregation as we experiment with what will grow best and make plans for possible expansion to community gardeners next summer.

Once the veggies are planted, the pollinator border will be put in. If anyone has perennial plants they'd like to share for the border, that would be wonderful!

Thanks to everyone who has already offered their expertise, opinions, and labor to get this project underway. We're hoping to plant the weekend of June 1<sup>st</sup>!

**VEGGIES FOR EVERYONE this summer!!!**







**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 15, 2024**  
**8:00 a.m. to 1:00 p.m.**

To schedule your appointment, please call 1-800-REDCROSS, visit [www.redcrossblood.org](http://www.redcrossblood.org), or, download the free Blood Donor App. Use sponsor keyword: [hopelutheran](#)



Scan to be directed to  
RapidPass #

**Do Good Things! Come to give blood June 10 through 30  
for a \$15 e-gift card! See [rcblood.org/DoGood](http://rcblood.org/DoGood)**



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](http://StewartsShops.com).

© 2024 The American Red Cross | 379202-DC-04 | 2019-APL-00547 | \*Offers and items are non-transferable and are not redeemable for cash. Items are available while supplies last.

# VENDOR FAIR

Hope Lutheran Church  
will sponsor a 'Vendor Fair' on  
**Saturday, June 22, 2024, 9 AM – 3 PM**  
at 470 Winter Street Extension in  
North Greenbush.

## BAKE SALE



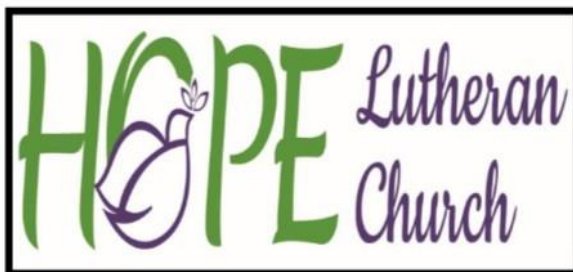
## SNACK BAR



## RAFFLES

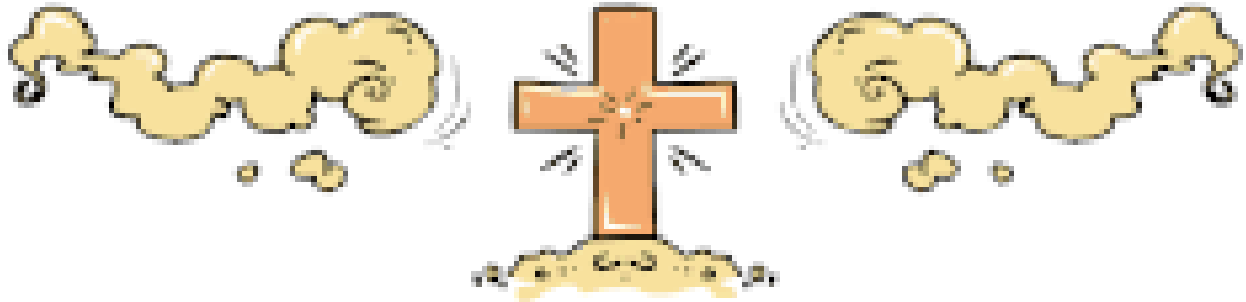


**Come enjoy a day out with us and help us to help others!**  
**All donations will go to the Women & Children of**  
**St. Paul's Center in Rensselaer.**



*Sharing the hope and love of Jesus with all*





## *Summer Bible Study:*

### *Meet St. Paul*

You are invited to join a Summer Bible Study at the home of Pastor Elaine Berg and Marilyn Dyer (47 Deerhaven Lane, Rensselaer 12144). The group will meet on Wednesday evenings at 6:30 PM beginning June 26 through July 31.

Discussion will be getting to know St. Paul as introduced in Luke's Acts of the Apostles. The group will be limited to 10 people. We encourage folks previously unable to attend the daytime Bible Study groups, to join us for this evening program. A sign-up sheet is available in the Narthex. If you have questions, please contact:

Pr. Elaine Berg, 315.882.3732 or [meb312@aol.com](mailto:meb312@aol.com).



[www.PagelBorders.net](http://www.PagelBorders.net)

# Worship Volunteer Duties for JUNE of 2024

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

	2-June	9-June	16-June	23-June	30-June
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Maureen H	Donna S	Marilyn D	Debbie F	Bonny M
Greeter	Nora G	Peggy F	Elaine B	Nancy D	Nancy C
Usher	Lois B	Debbie F	Cindy W	Charlie H	Marilyn D
Assisting Minister	Janis Z	Chris N	Pam D	Bonny M	Marilyn D
Communion Assistant	Debbie F	Chris N	Pam D	Bonny M	Lois B
Snack Set-Up / Clean-Up	Marilyn D	Charlie H	Susan C	Charlie H	Marilyn D
Offering Counters	Maureen H & Marion D	Bonny M & Marilyn D	Pam D & Cindy W	Bonny M & Charlie H	Marilyn D & Nancy C

# TEAMWORK



# Upcoming Events for June of 2024

We will have 'In-Person' Sunday Worship Services at 10:00 AM. We will also continue to stream our services on our website, YouTube page, and Facebook page.

*Sharing the hope and love of Jesus with all*

<u>1<sup>st</sup></u> Regional Food Bank Packing 10:30 AM – Noon Meet at RFB	<u>2<sup>nd</sup></u> Prayer Team meets in the small classroom following worship service	<u>9<sup>th</sup></u> Memory Tree Garden Committee meeting in the sanctuary following worship service	<u>11<sup>th</sup></u> Hope's Book Club @ 7 PM at Marilyn Dyer's home
<u>13<sup>th</sup></u> Worship & Music Committee meeting @ 6:30 PM in the large classroom	<u>14<sup>th</sup></u> Hope's Dine-Out Dinner Group @ 6 PM at Scarboroughs in Latham	<u>15<sup>th</sup></u> Red Cross Blood Drive 8 AM – 1 PM in the sanctuary	<u>19<sup>th</sup></u> Council meeting @ 6:30 PM in the large classroom & via Zoom
<u>20<sup>th</sup></u> Celebration of Life for Donna Littlejohn @ 10:30 AM in the sanctuary	<u>20<sup>th</sup></u> SPC Board meeting @ 6 PM in the large classroom	<u>22<sup>nd</sup></u> Vendor Fair to benefit the Women & Children of St. Paul's Center 9 AM – 3 PM	<u>27<sup>th</sup></u> Grief Support Group @ 6:30 PM in the sanctuary

