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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 2025 NEWSLETTER

### *Our Core Values*



*faith  
acceptance  
compassion  
gratitude  
love*

**Hope LC  
& Regional  
Food Bank**  
- see pg. 5

**American  
Red Cross  
Blood Drive**  
- see pg. 6

**Grief Support  
Group**  
- see new time  
on pg. 7

**Hope Gathers  
Event for  
Juneteenth  
Celebration**  
- see pg. 8



## FROM THE PASTOR'S DESK

I have been thinking a lot about “courage” these days. What is it? Where does it come from? And can anyone have it? What does it mean to be courageous in these times in which we find ourselves?

As I watch the turmoil, the confusion, and the loss of so many traditions and beliefs that existed amongst us as a community and guided us as a nation, slowly being eroded or seemingly in one fell swoop wiped away, I wonder about the courage it takes to just be present in these times and not lose ourselves in fear and apathy. Ironically, before we leave the month of May, we will celebrate on the last Monday of the month, Memorial Day. Memorial Day: a day when we honor the military men and women who courageously gave their lives to protect the Constitutional Democracy of our country. Courage in the midst of fear.

The question before us as Christians is how do we face the fears elicited in this place and time—how do we find courage? I am reminded of Jesus and his disciples at the last supper. Jesus knows his time to die is near and he also knows that the disciples will experience a profound anxiety and sense of powerlessness at his crucifixion. And so he prepares them, even though at the time they are clueless to what he is talking about. Nevertheless, he tells them that he is going away, but not to worry, for he will send to them the Holy Spirit which will bring them both a sense of peace and the necessary power to carry on the ministry which he has begun.

Says Margaret Benefiel, *“It is only after Jesus’ death and resurrection, after Jesus breathed on the disciples and gave the gift of the Holy Spirit, after Pentecost when the power of the Holy Spirit became evident, that everything changed. From a small, frightened group, hidden away from the world, to bold preachers traversing the entire known world, the disciples, manifested massive transformation. The Holy Spirit replaced their anxiety with peace, their powerlessness with power, and their fearful paralysis with courageous action.”*

To find courage, as followers of Christ, we begin first with prayer. It is in prayer that we open ourselves to receiving the Holy Spirit’s guidance in knowing what is ours to do. It is the Spirit that will enable us to stay awake to the present even in the midst of fear. And it is this same Spirit that will give us the peace and the courage to boldly do what is ours to do when called upon to do so.

As we enter the month of June, I see the pollinator garden filled with budding flowers; soon Hope’s Garden will also be growing with beautiful vegetables. No matter what happens in the world around us, the resurrection and courage of new life will not be denied. So my prayer dear ones, is that you and I be filled with the grace, the power, and the courage of the Holy Spirit in the days to come.

Pastor Pamela





## CONTRIBUTIONS NEEDED

The last three times I came in to church to drop off recently purchased non-perishable items for the food pantries we support, the boxes in the narthex were empty!

A primary project of Hope's Social Action committee is taking weekly food donations to Doors of Hope in West Sand Lake and CoNSERNS-U in Rensselaer.

Families have come to rely on your gifts. Please add a few items to your weekly grocery list. In today's atmosphere, we need to be the people that HELP.

Thanks, Jim Macris





## JUNE PRAYER CALENDAR

### June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Luke Morello
2 Chamanka Gamage	3 Bonny Munteer	4 Jim Munteer	5 Chris Nash	6 Bob Nash	7 Bill Frier	8 Catherine Jura
9 Sandra Governor	10 Nora Guido	11 Maureen Hoffmann	12 Dawn Conville	13 Jim Macris	14 Liz Macris	15 Fathers' Day
16 Anita Ford	17 Wayne Felt	18 Dale Felt	19 Juneteenth	20 Debbie Favro	21 Gary Favro	22 Pam Dodson
23 Dickie Dodson	24 Marion Daus	25 Mike Daus	26 Bob Crowley	27 Ja'net Malmstrom	28 Karen Covey	29 Richard Covey
30 Peggy Farrell						



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.)





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

**Nancy Davis ~ June 5<sup>th</sup>**

**Peggy Farrell ~ June 19<sup>th</sup>**

**Henry Gray ~ June 22<sup>nd</sup>**

**Dale Felt ~ June 27<sup>th</sup>**



# Many Hands Make Light Work



## The Regional Food Bank Needs Your Help!

At a recent Sunday worship service we prayed this prayer:

*Gratitude for Regional Food Bank: Lord God, we are thankful that Jesus taught us to share of our resources feeding those who are hungry. We give thanks for those who distribute food to others through the Regional Food Bank. May our hands continue to open in generosity for the hope of the hungry. In Jesus name. Amen.*

So it seems like a good time for a reminder about the work a small group from Hope does each month at the RFB. We meet there on a Saturday morning from 10:30 until noon and help inspect, sort and package food and other items that the RFB distributes to nearly 1000 food pantries, homeless shelters, daycares, soup kitchens, senior centers and other groups in a 23-county area. As you can imagine, this is a huge undertaking. Without volunteers, the RFB simply could not fulfill its mission.

Please consider joining us. There is something for everyone to do, no matter your age or capabilities. Here are the upcoming dates for the remainder of 2025:

June 7  
July 5  
August 2  
September 6  
October 4  
November 1  
December 6

Our group meets at the Regional Food Bank, at 965 Albany-Shaker Road, Latham (just off Rt. 7). Please wear clothes that you don't mind getting a little dirty. For safety reasons, closed-toe shoes are a must (yes, even in the summer!)

We would love to have you join our small but mighty crew! If you have any questions, please contact Pam Dodson.





**American  
Red Cross**

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

**10<sup>th</sup>**  
ANNIVERSARY

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

**Saturday, June 14, 2025**  
**8:00 a.m. to 12:00 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®

**Come give June 1 to 30 for \$15 Gift Card emailed plus  
chance to win \$7K prize. See [rcblood.org/Count](http://rcblood.org/Count)**



Scan to schedule  
an appointment.



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

© 2025 The American National Red Cross | 430701-01 M5 | 2025-APL-00547 | \*Offers and terms are non-transferable and are not redeemable for cash.



**Grief Support Group** meets monthly at the **NEW time - 5:30pm** at Hope Lutheran Church in North Greenbush.

This monthly group is a safe, welcoming, and judgement-free place where people who have recently experienced a loss (death of a loved one, children who left for college, loss of a pet, job, marriage or home...) can come together to share their struggles and learn some coping skills needed to live a full, even happy life, once again.

This small, intimate group, led by Camie Engel, will help you feel less alone as the group provides emotional support, validation, and education about grief.

Join us when you are ready. Our next meeting is Thursday, June 19<sup>th</sup> at 5:30 pm.

If you have any questions, please contact Lois Batsios at:

Lois.Batsios@Gmail.com





## HOPE GATHERING WILL CELEBRATE JUNETEENTH ON June 21<sup>st</sup>

HOPE Gathering will remember the Juneteenth on June 21<sup>st</sup> from 1:00 p.m. until 7:00 p.m. with a traditional Family Southern Picnic. There will be corn hole and bocce tournaments as well as bubbles and puzzles. A traditional Juneteenth

spread consists of barbeque and red foods: tables lined with sausage links, watermelon, Big Red Soda, and red velvet cake are a vibrant display of a rich, deeply complicated history. Delicious down-home offerings like black-eyed peas, fried chicken, collard greens and cornbread. A sign-up sheet of picnic foods is available near the media station.

**A bit of Juneteenth History:** In 1863, during the American Civil War, Pres. Abraham Lincoln issued the Emancipation Proclamation declaring freedom for more than three million enslaved people. Two years would pass before the news reached African Americans living in Texas. It was not until Union soldiers arrived in Galveston on June 19, 1865, that the state's residents finally learned that slavery had been abolished. The former slaves immediately began to celebrate.

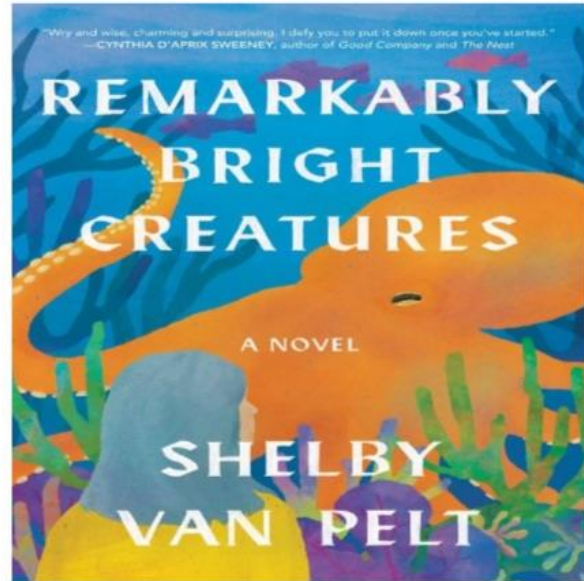
On June 19, 1866, the first Juneteenth celebrations took place in Texas. Early observances included bountiful tables, prayer meetings and the singing of spirituals. Celebrants wore new clothes as a way of representing their newfound freedom. Within a few years, African Americans in other states were celebrating the day as well, making it an annual tradition. Celebrations continued across the United States into the 21st century. Juneteenth became a state holiday in Texas in 1980, and in 2021 Juneteenth was made a federal holiday.

*Join Hope Gathering for our first summer picnic.*



## Hope Book Group: June 21

### Remarkably Bright Creatures by Shelby VanPelt



The Hope Book Group will meet on June 25<sup>th</sup> at 6:30 p.m. at the home of Marilyn Dyer and Elaine Berg with snacks and drink provided (47 Deerhaven Lane, Rensselaer

12144). The June discussion will be led by Marilyn Dyer. For more information: Pastor Elaine Berg; meb312@aolcom or 315.882.3732.

Some notes on the book: After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with grumpy Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a friendship with Tova.

Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.





# Worship Volunteer Duties for June 2025

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

	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
<b>Altar Guild/ Comm. Asst. 2</b>	Susan R	Donna S	Marilyn D	Debbie F	Bonny M
<b>Greeter</b>	Elaine B	Marlies P	Nancy C	Diane C	Lois B
<b>Usher</b>	Maureen H	Mike D	Pam D	Marion D	Lois B
<b>Assisting Minister</b>	Karen C	Chris N	Cindy W	Janis Z	Pam D
<b>Comm. Assistant</b>	Marilyn D	Chris N	Luis C	Janis Z	Pam D
<b>Snack Set-Up</b>	Maureen H	Susan C	Marilyn D	Charlie H	Maureen H
<b>Offering Counters</b>	Marilyn D & Maureen H	Marion D & Bonny M	Pam D & Marilyn D	Diane C & Pam D	Cindy W & Maureen H



# News & Upcoming Events for June 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*

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

**3<sup>rd</sup>:** **Beginner Tai Chi, 7 – 8 PM, in the sanctuary, (every Tuesday).**

**4<sup>th</sup>:** Qigong, 1:30 – 2:30 PM, in the sanctuary, (every Wednesday).

**4<sup>th</sup>:** **Advanced Tai Chi, 3 – 4 PM, in the sanctuary, (every Wednesday).**

**5<sup>th</sup>:** Women's Bible Study @ 6:30 PM at Pr. Elaine's home, (every Thursday, except June 26<sup>th</sup>).

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

**11<sup>th</sup>:** Worship & Music Committee Meeting @ 6 PM in the small classroom, (please note new time).

**14<sup>th</sup>:** **Red Cross Blood Drive, 8 AM – Noon, in the sanctuary. Register Online at:**  
**<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=hopelutheran>**

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

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

**21<sup>st</sup>:** Hope Gathers Event ~ Juneteenth Picnic, 1 - 7 PM in Hope's Grove.

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

**26<sup>th</sup>:** Council Meeting @ 6:30 PM, in the large classroom & via Zoom.

