



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

March 2026 Newsletter



Our Core Values



faith
acceptance
compassion
gratitude
love

A Message from Our Pastor



There is a famous saying that says, “March comes in like a lion and goes out like a lamb.” Says CNN meteorologist Tom Sater, “*While the saying most likely started as a reference to astronomy, referencing the position of the constellations Leo (a lion) and Aries (a ram, or lamb) in the night sky—it quickly evolved into a succinct summation of March’s changing weather as the seasons change from winter to spring in the Northern Hemisphere. This well-known proverb means that March is a month in which you can experience a Lion’s fierce roar of frigid cold, the long white teeth of biting winds that can cut through flesh; and the gentle softness, the warmth of fluffy white fleece, and the innocent kiss of sunshine like a docile newborn lamb. It turns out proverbs like this one hold a lot of weight and are many times accurate.*”

True to form we have experienced one major weather event after another here in New York State. Most recently snow—we’ve had several major snowstorms, and just recently downstate New York received a total of 30 inches in some places. Here is the lion of March baring its teeth. But look closer, beyond the inconvenience of it all, there is something strikingly beautiful about watching the snow fall, softly blanketing the cars, the houses, the streets with soundless beauty. It is a quiet stillness that allows for a few brief hours or days for peace to reign. This is the lamb which allows one to stop, listen and reflect, residing in the present moment. The hurriedness of everyday life receding into the background.

We are in the liturgical season of Lent, which began with Ash Wednesday on February 18th and will continue throughout the month of March (ending March 29th with Palm Sunday). Like the snowstorms we’ve experienced of late, Lent too invites us to slow down, to be still, to enter into a time of reflection; to be fully present. As we enter the month of March, the lion’s teeth will be bared as we walk with Jesus to the cross. But no need to worry, for beyond the fierceness which begins March will come forth the lamb of God. Like the spring winds which are promised after the fierceness of winter, the promise of new life will come forth into the world through the life, death and resurrection of Christ Jesus.

Blessings,

Pastor Pamela



Why does *Hope* have a podcast?

I would like to briefly share how the Holy Spirit used a talent of mine to bring *hello community*® podcast to *Hope*.

After three years of writing articles for different publications, I noticed how much I really enjoyed the interviewing process more than the writing. I also was told repeatedly by those I interviewed that they really enjoyed the conversation. Hmmm, something I love, and I seem to be good at it. So, one day I said out loud to God “What do you want me to do with this gift of interviewing?” A still small voice said “podcast.” That was interesting, since I barely knew what one was.

What is still amazing to me, is from that moment on, every door that I needed to open, did. Whether it was what topic to cover, who to collaborate with, the name, how to market to a national audience, etc. Has it been smooth sailing these past two-and-a-half years? No! Have I gotten everything I needed to get to this point? Yes!

Our Mission Statement: 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.

The podcast brings comfort, hope, and love to those suffering from the global epidemic of isolation and loneliness through guest’s personal and professional stories. Each guest shares how they moved from the pain of isolation and loneliness to the gifts of connection and community.

My prayer is that if you are suffering from isolation and loneliness, you find the podcast helpful. If you find an episode particularly helpful, I hope you will share it with others.

My hope is that *everyone* will have the connection and community they so need and desire.

Till next time,

Catherine

Link Tree: one click takes you to all the episode platforms and the *hello community*® Facebook Page <https://lnk.bio/hellocommunity>

HOPE Stewardship EVENT



Counting Our BLESSINGS

DURING OUR WORSHIP CELEBRATION THE WEEKS OF March 1st, 8th and 15th.

On March 15th, there will be a delicious ham luncheon after church!

*** There are sign-up sheets on the big table in the sanctuary ***

The presentation will be in an interactive format where we will examine and discuss our physical, financial, and spiritual blessings.

Please plan to attend all three Sundays as they will build on one another.



Stewardship ~ Time and Talent – page 1

2026 TIME AND TALENT PLEDGE

We have many opportunities to share our God-given talents in the ministries led by Hope Lutheran Church and in the everyday running of the church. **Your help is urgently needed, and everyone can play a part.** Please read below all the ways you can offer stewardship and mark the ones you are able to commit to. Every effort will be made to accommodate your schedule and give you training if needed. Whether you are available every week or only occasionally, your help is needed and will be greatly appreciated.

Name _____ Phone # _____

Email _____

SUNDAY WORSHIP VOLUNTEERS

- The Altar Guild Member** sets up and cleans up communion, checks and changes the altar candles, and changes the seasonal banners and the paraments/colors. He/she also acts as the Second Communion Assistant, distributing the second cup to communicants.
- The Greeter** arrives by 9:30 and stands near the front door of the church to bid members and visitors a friendly hello and hand them a bulletin as they enter. Children are welcome to be greeters along with an adult helper.
- The Usher** collects the offering and guides congregants up to take communion.
- The Assisting Minister's** responsibilities include: lighting the altar candles before service begins, lighting the Advent candles during Advent, reading the First Lesson, the Psalm (usually read responsively with the congregation), and the Second Lesson. He/she also leads the congregation in the Apostles' Creed and the Prayers of the Church, and extinguishes the candles at the end of the service.
- The Communion Assistant** distributes wine to communicants and bread and wine to the pastor.
- The Counters** count up the week's offering collection and make the bank deposit. New counters will be trained by those familiar with the process.
- The Coffee Set-up Person** makes things ready for coffee hour. Responsibilities include prepping snacks in the kitchen, then moving them to the table in the classroom next to the kitchen. (Note: This person is NOT responsible for bringing in snacks, but is welcome to do so. Also, this person is NOT responsible for clean up.)
- The Goodie Brigade** provides snacks for coffee hour. Marilyn Dyer sends out a schedule to those interested, and you can sign up for the date(s) when you can bring in a snack. Snacks can be homemade or store-bought.

PARISH NURSE VOLUNTEER OPPORTUNITIES

- Join the **Home Visitation Team**.
- Volunteer for the **Red Cross Blood Drive** by working at one and/or giving blood (two events per year).

Stewardship ~ Time and Talent – page 2

OTHER VOLUNTEER OPPORTUNITIES

- St. Pauly Shed helpers** check the donation shed, making sure items are bagged and tied, and not blocking the door.
- Work Day** volunteers come to the church one Saturday in spring and one in fall to do chores that keep our church in tip-top shape.
- Trinity Cemetery** maintenance volunteers.
- Choir members and musicians** provide music for worship.
- Northeast Regional Food Bank** volunteers go on the first Saturday of each month to pack food for the hungry.
- CoNSERNS-U / Doors of Hope** volunteers bring donated food items to the food pantries for one-month periods.
- Holiday Food Basket Coordinators** help organize food baskets at Easter and Christmas for St. Paul's Center.

GROUPS TO JOIN

- Prayers of Hope** meets once a month to offer prayers of thanks and of supplication on behalf of our congregation and extended family.
- Hope's Hands** meets monthly to create quilts to donate to Lutheran World Relief and the St. Paul's Center. They also provide baptismal blankets and prayer shawls as appropriate.
- Hope on Wheels** is an internal ministry to the Hope community offering transportation help and meals during times of ill health or crisis. Drivers and cooks are needed.
- Women's Bible Study Group** meets weekly on Thursday evenings.
- Book Group** meets monthly.

COMMITTEES TO JOIN

- Property Committee** is responsible for maintaining the building and grounds, including conducting or scheduling safety inspections and necessary repairs.
- Stewardship Committee** organizes our annual stewardship campaign.
- Worship and Music Committee** meets to help plan which worship settings are used and other details of the worship service.
- Social Action Committee** coordinates our volunteer efforts with the Regional Food Bank, St. Paul's Center, and local food pantries.
- Healing Team** coordinates the activities of the Parish Nurse, Prayers of Hope, Hope's Hands and Hope on Wheels.
- Gathering of Hope Committee** meets to plan monthly themed events for the congregation which include a meal. Planning includes set-up, decorations and clean-up.

Stewardship



Serve



Give



Attend



Grow



Stewardship Treasure Pledge

For the 2026 Fiscal Year

Blessed by God's grace and willingness to provide, I/we joyfully pledge to share the following gifts in support of the ministry at Hope Evangelical Lutheran Church

	Amount	How Given? - Please check			
		Weekly	Monthly	Semi-Monthly	Other
Regular Offering	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
World Hunger	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* please detail below
Other: Annually, Quarterly, etc.

Name _____

Address _____

Phone _____

YOUR COPY Ways of Giving detailed on back
(cash, check, EFT banking, on-line giving, QR code)

WAYS OF GIVING

- CASH** If an annual statement is needed, please put cash in envelope with name and address
- CHECK** Make payable to Hope Lutheran Church, Troy, NY and either mail or place in Sunday collection plate
- EFT** Simply Giving is a no-cost Electronic Funds Transfer (EFT) program that withdraws your gift from your checking or savings account and deposits it directly into the congregation's bank account. Authorization forms are available on our Website. Paper copies are available at the office. Always place your signed & completed form in a sealed envelope marked "ATTN: Simply Giving" and give to the Financial Secretary, Sandra Governor.

ON-LINE GIVING Donations may be made on Hope's website with Credit Cards or Banking information .

QR CODE Use mobile phone scanner to access online giving page





Hope Lutheran Church

Dear Friends,

Happy New Year! We're excited to share with you the impact your clothing shed made over the last year...

- 227,611 pounds of clothing were donated to your shed in 2025
- This was enough to clothe an estimated 41,929 people all over the world

Thank you so much for everything you, your volunteers, and your communities do to support the clothing shed program!

Sincerely,
The Team at
St. Pauly Textile, Inc.

1067 Gateway Drive • Farmington, NY 14425 • 585-924-7941 • questions@stpaulytextile.com



FOR YOUR INFORMATION

There is a news rack on the wall between the women's bathroom and the narthex that has copies of:

-  Monthly Newsletters
-  Monthly Prayer Calendars
-  Information Sheets
-  Flyers for Upcoming Events
-  Forms for Upcoming Orders
-  Worship Volunteer Duties Calendars





PRAYER CALENDAR

March						2026
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
						Sons and Daughters
2	3	4	5	6	7	8
Bonny Munteer	Jim Munteer	Rick Covey	Karen Covey	Tonya Humphrey's Birthday	Bob Crowley	Rachel Carey Spring Forward
9	10	11	12	13	14	15
Nora Guido	Maureen Hoffman	Dawn Conville	Jim Macris	Sandra Governor	Charmanka Gamage	Luke Morello
16	17	18	19	20	21	22
Debbie Favro	St. Patrick's Day	Gary Favro	Ja'net Malmstrom	1 st Day of Spring	Dickie Dodson	Pam Dodson
23	24	25	26	27	28	29
Chris Nash	Bob Nash	Mike Daus	Marion Daus	Mikayla Humphrey	Dominick Pucci	Anthony Tucker Palm Sunday
30	31					
Judy Cosgrove's Birthday	Wayne Felt					



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 ...

Tonya Humphrey ~ March 6th

Judy Cosgrove ~ March 30th





Walk with *Jesus*

Our church family will have the opportunity to gather on Wednesday evenings during Lent to share a simple soup and bread supper as we walk with Jesus on his journey to the cross.

Supper will begin at 6:30 PM with devotions/worship at approximately 7:00 PM.

If you are able to provide soup and/or bread for the suppers, it would be most appreciated. Marion will need 3 people each week to make their favorite soup and 2 people each week to bring bread to share. Please email Marion Daus at mdaus21@icloud.com to sign up for soup/bread and let her know which date and what kind of soup you will do, or use the sign-up sheets on the big table in the sanctuary. Soup should arrive hot at about 6 PM so we can sit down promptly at 6:30 PM.

Hoping lots of our folks will come out for this time of fellowship and faith. Thanks so much!

Here's the scheduled dates for the Lenten Soup Suppers:

Wednesday	February 25th	6:30	SOUP SUPPER #1
Wednesday	March 4 th	6:30	SOUP SUPPER #2
Wednesday	March 11 th	6:30	SOUP SUPPER #3
Wednesday	March 18 th	6:30	SOUP SUPPER #4
Wednesday	March 25 th	6:30	SOUP SUPPER #5

HOPE Lutheran Church

Family Movie Matinee

Saturday, March 21st, 4 – 6 PM



Join us for a family movie!

Admission is free – No RSVP is needed.

Bring your blanket/pillow/sleeping bag – chairs are available.

We will provide individual bags of chips & bottled water.

Parent/Caregiver must accompany child(ren) at all times.

*** 470 Winter Street Extension in Troy (North Greenbush) * (518) 283-1372 ***



Time to Order Easter Flowers!

It's time again to order beautiful Easter lilies, hyacinths, tulips & begonias to decorate the altar for Easter in honor or memory of loved ones.

Please note:

Orders will be taken until March 22nd.

Becker's Farm has asked all churches to submit their orders earlier than usual to ensure that the orders can be fulfilled.

You may mail a check to:

Hope Lutheran Church

Attn: Flower Orders

470 Winter Street

Troy, NY 12180

Make checks out to Hope Lutheran Church. Put checks and this order slip in an envelope and mail it to the church or put it in the offering plate no later than March 22nd. Please indicate the number of plants ordered, check "Honor of" or "Memory of" box, fill in your dedication, and if you'll be taking your plant home.

- Triple Lily: \$38.50 ea. (3 plants in 10" pot): How many? _____
- Single Lily: \$12.50 ea. (in 6" pot): How many? _____
- Tulips: \$8.00 ea. (in 6" pot): How many? _____
- Hyacinths: \$8.00 ea. (in 6" pot): How many? _____
- Reiger Begonias: \$12.00 ea. (in 6" pot): How many? _____

Given by: _____

In Honor of: _____

Or

In Memory of: _____

Taking Home: Yes No

Help save lives. Give blood.



**A big THANK YOU to the
34-donors who came to
our Blood Drive on
January 31st.**

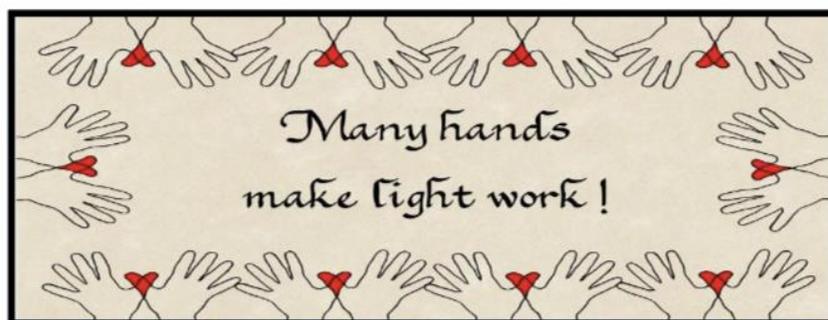


And a special thank you to Kelly and her theater group for helping the American Red Cross workers by setting the sanctuary up for them!



Our next Blood Drive will be on Saturday, March 28th from 8 AM to Noon. Again, the Red Cross workers will be looking for help with checking-in donors and assisting at the snack table. It is all simple, and they will be happy to show you what to do. If you're able to give just a couple hours of your time, it would be greatly appreciated. There will be a sign-up sheet coming out soon.

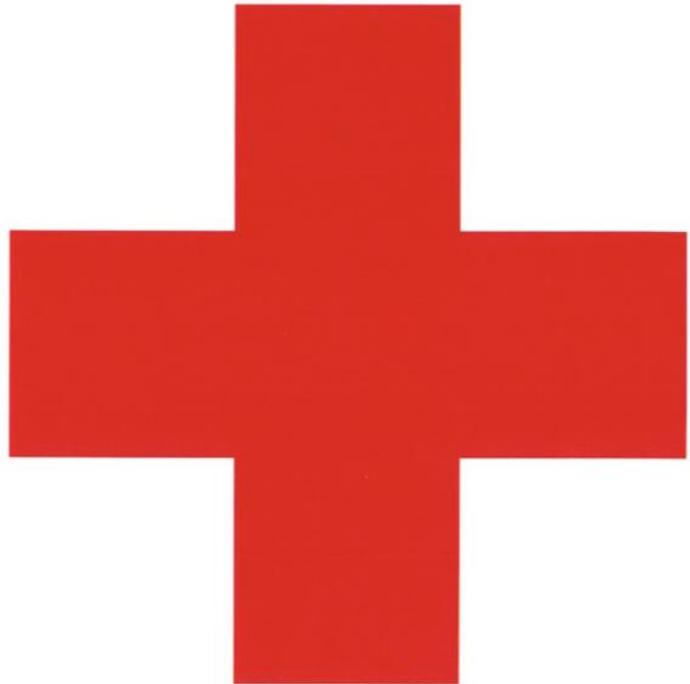
You can also see Tonya for more information. Thank you! ❤️



Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
Hope Lutheran Church

470 Winter Street Ext., Troy, NY 12180
Sanctuary

Saturday, March 28, 2026
8:00 a.m. to 12:00 p.m.

To schedule your appointment, please call 1-800-RED CROSS, visit
www.redcrossblood.org, or,
download the free Blood Donor App.
Use sponsor keyword: **hopelutheran**



Scan to be directed to
RapidPass®



**Give in March for a \$15 Gift Card by email & successful
donations get A1C testing! rcblood.org/March**



Scan to schedule
an appointment.

[32] • Order ID: 1926357 • Item ID: 9790068 • Qty: 3 of 10 • 333068 • 2026LAPI_0079 • 48011 • 944181

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

Holy Week Schedule



All Services will be In-Person & Online

March 29th ~



Service at 10 AM

April 2nd ~



Service at 6 PM

April 3rd ~



Service at 6 PM

April 5th ~



Service at 10 AM

ATTENTION: HOPE(less) Un-OLYMPIC ATHLETES

Hope invites you to the next Gathering on Saturday, April 25, (starting time to be announced). We will host Hope's All Season Un-Olympics!! The committee is already planning events to test your (non) athletic ability. You might be encouraged to join the Rollator Walker Race, Curling (ribbon), the Balance Bean, the Try-athlon, or Hula Hooping! There will be a plethora of opportunities to laugh with others, at yourself and at the person who sits next to you at worship. There will be special events for parents and children alike! Food and drink appropriate to the theme will be offered as well as medals to display next to your 5th grade spelling bee prize. Come join us for an afternoon of fun! All events will be age appropriate!!!



For more information or to offer an idea, contact Marilyn Dyer (518.505.6434) or Pr. Elaine Berg (315.882.3732)

Worship Volunteer Duties for March 2026

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

	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Palm Sunday 10:00am
Altar Guild/ Comm. Asst. 2	Debbie F	Charlie H	Donna S	Charlie H	Bonny M
Greeter	Anna-Lisa H	Ja'net M	Marlies P	Lois B	Elaine B
Usher	Marion D	Debbie F	Diane C	Lois B	Dickie D
Assisting Minister	Mike D	Luis C	Cindy W	Athena B	Sandra G
Comm. Assistant	Bonny M	Luis C	Lois B	Athena B	Chris N (+ candles)
Snack Set-Up	Marilyn D	Susan C	Maureen H	Charlie H	Susan C
Offering Counters	Marion D & Bonny M	Pam D & Nancy C	Cindy W & Pam D	Anna-Lisa H & Bonny M	Marion D & Pam D
Extra Readers	XXX	XXX	XXX	XXX	Pam D & Mike D



Upcoming Events for March of 2026

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

- ✦ Stewardship Sundays on: March 1st, 8th, & 15th during worship service in the sanctuary; with a ham luncheon on the 15th following worship service.
- ✦ **Lenten Soup Suppers & Devotionals @ 6:30 PM in the large classroom on: Wednesdays, March 4th, 11th, 18th, & 25th.**
- ✦ **Choir Rehearsal with Sandra Governor in the small classroom on: Thursdays, March 5th, 12th, 19th, 26th, & Sunday, March 29th at 6 PM.**
- ✦ **Musicians' Practice with Wayne Mizerak in the sanctuary on: Thursday - March 26th, Monday - March 30th, & Wednesday - April 1st from 6 – 8 PM.**
- 1st: Prayers of Hope Team meets in the small classroom following worship service.
- 3rd: **Beginner Plus Tai Chi with Pam Dodson @ 7 PM in the sanctuary; (every Tues.).**
- 4th: Qigong with Pam Dodson @ 1:30 PM in the sanctuary; (every Wed.).
Advanced Tai Chi with Pam Dodson @ 3 PM in the sanctuary; (every Wed.).
- 13th: Finance Committee Meeting @ 10 AM in the small classroom.
- 14th: **Regional Food Bank Packing, 10:30 AM – Noon, Meet at RFB.**
- 17th: Hope's Hands meets @ 10 AM in the small classroom.
- 19th: **Grief Support Group @ 5:30 PM in the large classroom.**
Council Meeting @ 7 PM in the sanctuary & via Zoom.
- 21st: **Movie Matinee: Disney's Zootopia 2, 4 – 6 PM, in the sanctuary.**
- 26th: Newsletter Articles Due to Tonya.
- 28th: **Red Cross Blood Drive, 8 AM – Noon, in the sanctuary; Register Online at:**
<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=hopelutheran>
- 29th: Palm Sunday ~ Worship Service @ 10 AM in the sanctuary.

