



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.

May 2024 Newsletter

Hope's May Prayer
Calendar
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Grief Support Group
All are Welcome
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Vendors Needed
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Our Core Values



- faith
- acceptance
- compassion
- gratitude
- love





April Showers bring May flowers! That's the little ditty I grew up hearing, and it seems as though that's exactly what's happening. Flowers are in bloom all over and they are lovely to see first thing in the morning. Life breaks forth abundantly. Indeed, May is an exciting month to behold for the church as well. For during May we have Pentecost Sunday—I love Pentecost Sunday. It's the one day where we celebrate and recognize the third person of the Trinity, the Holy Spirit, and the fact that God's Spirit continues to be at work in the world. When we speak of the Holy Trinity, people often have a clear understanding of the Father and the Son. But less of an understanding of the Holy Spirit. This part of the Holy Trinity is often overlooked and undervalued. Yet without the Holy Spirit there would be no church. Now you might say to me, "Pastor, what about Paul, and all the rest of the disciples?" And we certainly don't want to negate the commitment and hard work they gave to the establishment of the early church. But without the Holy Spirit, it would just have been the work of human beings, and such work (while valuable), without the undergirding of the Spirit is doomed to eventually fizzle out. Throughout the scriptures we read that it was the Spirit that directed and guided the decisions and the work of the early church. It was the Spirit that guided the words of the disciples in their sharing the gospel of Jesus Christ with the world. It was the Spirit that gave them courage even in the midst of rejection and persecution. And so today the Spirit continues to be active, both inside and outside the church, for she is eternal and as long as the Spirit is guiding the work the church, the world will know God's love through you and me—through the proclamation of Jesus Christ in his life, death and resurrection, in both word and deed.

In Christ,

Pastor Pamela



Loving-Kindness Meditation (Metta)

In Hope's weekly qigong class, we usually do a brief meditation, and this is one of our favorites. It's easy to do – try it!

In Pali, a language spoken in India, “metta” means positive energy and kindness toward others. Loving-kindness meditation consists of connecting to the intention of wishing ourselves or others happiness and well-being.

Sit in a comfortable and relaxed manner. Take two or three deep breaths with slow, long, and complete exhalations.

Bring your hands in front of your legs and allow them to rise to shoulder level, palm down (inhale). Bring them back down (exhale). Repeat 10 or 12 times. Let go of any concerns or preoccupations.

Rest your hands on your legs, or hold them, palm in, in front of your lower abdomen (dantien).

1. Metta is first practiced toward oneself, since we often have difficulty loving others without first loving ourselves. As an aid to the meditation, you might hold an image of yourself in your mind's eye. Sitting quietly, mentally repeat, slowly and steadily, the following or similar phrases:

May I be happy.

May I be well.

May I be safe.

May I be peaceful and at ease.

As you say these phrases, allow yourself to sink into the intentions they express.

2. After a period of directing loving-kindness toward yourself, bring to mind a friend or someone in your life who has deeply cared for you. Hold a picture of that person in your mind.

May you be happy. May you be well. May you be safe. May you be peaceful and at ease.

3. Next, bring to mind a person you feel neutral toward, perhaps a neighbor or other acquaintance.

May you be happy. May you be well. May you be safe. May you be peaceful and at ease.

4. Next, bring to mind a person or group with whom you have difficulty. They need your loving kindness too.

May you be happy. May you be well. May you be safe. May you be peaceful and at ease.

5. Finally, extend your well wishes to the world. You can hold your hands out in front of you, palms out, extending your positive feelings to the world.

May the world be happy. May the world be well. May the world be safe. May the world be peaceful and at ease.

WHY WE SUPPORT LWR

Bananas are changing lives in Nepal by Emily Esworthy, 4/11/24 from Lutheran World Relief News

Did you know bananas are the top selling fresh fruit in the United States? Here, bananas are as commonplace in the kitchen as a carton of milk or a toaster oven.

But for Jayantri Kewat, **bananas were the opportunity of a lifetime.**

EXPANDING OPPORTUNITY TO END POVERTY

Jayantri, 48, had tried many jobs to meet his family's needs. He served as a police officer. He hauled buckets of soil as a construction laborer. He tried fishing. Despite being intelligent and industrious, his opportunities have been limited because he is Dalit — meaning he was born into one of the **lowest castes** in Nepal's hierarchy. When none of these jobs put enough food on his family's table, Jayantri returned to his small plot of land to try growing his own. Yet his hard work was fruitless. Every year, more and more of his crops were **destroyed by flooding.**

HOW FLOODS AFFECT THE POOREST COMMUNITIES IN NEPAL

Jayantri's family lives near the river that forms the border between Nepal and India. Farmers depend on seasonal monsoons to grow their crops, but during the last 15 years, these rains have grown more intense. Due to erosion and the heavy rains, [the river overflows multiple times a year](#) — **washing away crops, livestock, homes and even, sadly, loved ones** in the poorest communities.



“When the flood came, we were not sure we would survive,” Jayantri recalls. Without warning, his land would be covered in two feet of water. He and his wife had to grab their eight small children and flee to higher ground, where they would live in a tent for weeks and even months at a time.

HELPING FLOOD-PRONE COMMUNITIES ADAPT AND THRIVE

In 2014, Lutheran World Relief began helping Jayantri's community prepare for and survive the harrowing rainy seasons. This work included education about [search and rescue, disaster preparedness and flood-resilient agriculture](#). This is also how Jayantri learned about banana farming.

To help improve his family's livelihood, LWR provided Jayantri with **1,500 flood-resilient banana saplings** and in-depth training on business and climate-smart farming. He caught on quickly and turned a profit on his first harvest. Then he invested these profits into planting more banana trees, plus other crops he learned were well-suited for flood-prone land.

BANANAS CHANGED THEIR FAMILY'S LIFE

In 2021, Nepal experienced record-breaking floods. Crop losses were widespread and devastating. But that year, Jayantri earned more than **43 times his original income**. All because he had the opportunity to learn flood-resilient farming practices and sound business skills. Today Jayantri has more than 7,000 banana trees and his farm is 20 times its original size.



BECAUSE OF BANANAS, JAYANTRI HAS BEEN ABLE TO:



- **Increase his farm and income** many times over.
- **Build a new brick house** on high ground to keep his family safe and dry.
- Ensure his children are well fed and **have access to quality education**.
- Send his second oldest daughter to a **four-year university**, with hopes that the others will follow.
- **Employ young men** from the community to work on his farm.
- **Purchase a truck** to transport his bananas to the market — eliminating the middlemen whose low prices kept his family in poverty
- **Share his knowledge** about banana farming with his neighbors through formal and informal training.
- **Transport his neighbors' bananas** to the market so everyone can obtain higher prices
- Leverage his strong reputation in the community to get involved in **local politics to influence positive change**.

While Jayantri's family and community still face challenges, life tastes much sweeter than it used to. "I wouldn't have made it this far if I didn't get the training," Jayantri says. "I probably wouldn't have made it. I feel happiest because I can adequately provide for my family now."

Thank you for bringing bananas into Jayantri's life so that he could cultivate a brighter future for his family.

Until your love reaches every neighbor.

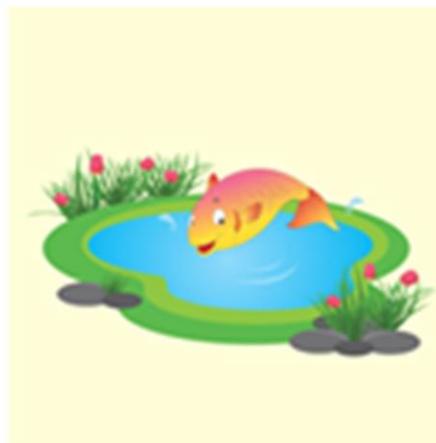


LOAVES AND FISHES

Celebrate the 50th Anniversary of the ELCA's World Hunger Program!

During the month of May, be on the lookout for a POND, some FISH and some LOAVES as we join in the synod's challenge to raise \$500 (or MORE!) for World Hunger!

There will also be a BAIT BUCKET to hold your change! Most of us have a stash of coins laying around the house. This will be a great way to tidy up AND help World Hunger! I know someone who once found \$80 in change under her car seat and scattered around her car!!!



JUST THE FACTS, MA'AM

More than 820 million people - that's about 11 percent of people in our world today - are hungry.

As members of the ELCA, we are called to respond. We are a church that rolls up its sleeves and gets to work.

Working with and through our congregations in the United States, Puerto Rico and the U.S. Virgin Islands, Lutheran churches overseas, and other partners, ELCA World Hunger is uniquely positioned to reach communities in need. From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, your gifts to ELCA World Hunger make it possible for the ELCA to respond, supporting sustainable solutions that get at the root causes of hunger and poverty.

Hunger facts

- 821 million people around the world - that's more than 1 in 10 - can't access the food they need to live active, healthy lives.
- According to the most recent estimates, 736 million people live in extreme poverty on less than \$1.90 per day. That's 10% of the world's population.
- At some point in 2017 (the most recent year available), more than 40 million people in the United States were unsure where their next meal might come from.
- 39.7 million Americans were living in poverty in 2017. For a family of four, this means their annual household income was below \$25,094.



Every year HVCC has an event that allows donors to meet the student that received the scholarship created by families and businesses. Meet Timothy, the first recipient of the ***John Batsios Memorial Nursing Scholarship.***

If you would like to donate, here is the link, just make sure to click on the box titled "*Designation*" and pick John Batsios Memorial Nursing Scholarship. You can also just call them. The info is on this page.

<https://www.hvcc.edu/giving/online.html>



John Batsios Memorial Nursing Scholarship

This scholarship was created in 2023 by family and friends in memory of John Batsios. John attended HVCC while serving in the New York National Guard. He graduated from Hudson Valley in 2016 with an associate's degree in Nursing. He saved lives working as a traveling registered nurse in many different states.

John enjoyed taking every advantage life offered. He made lasting friendships with humans and animals alike, wherever his adventures took him. He embraced everyone and everything with a passion and an excitement that was contagious. The family feels blessed to have had such a loving, caring, funny son and brother in their lives.

May Prayer Calendar

The May calendar includes names of some adult children of Hope Lutheran Church members as well as some of our ELCA leadership. We will begin recycling our own people in the summer. If you have family members for whom you would like us to pray, please contact **Pr. Elaine Berg 315.882.3732** or **meb312aol.com**. A reminder: Names are not for the Healing Prayer List, but folks we support and encourage in their daily lives as they live out God's Work, Our Hands.

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Lydia Calabro	2 Sebastian Schomer	3 Mary Schmitt	4 Matt Schmitt	5 Lucas Schmitt
6 Thomas Schmitt	7 Cydney Rogers	8 Lisa Rogers	9 Jim Freehart	10 Jeremiah Hoffman	11 Bill Hoffman	12 Eric Barber
13 Lois Barber	14 Mason Barber	15 Landon Barber	16 Kevin Churchill	17 Melissa Churchill	18 Emma Churchill	19 Daniel Zipkin
20 Monica Hoh	21 Joshua Hoh	22 Dawn Conville	23 Rhonda Bachman	24 Erin McCarthy	25 Sean Lynch-Littlejohn	26 Bishop Lee Miller
27 Memorial Day Honor those who died	28 DEM Rev. Imani Orear	29 Presiding Bishop Elizabeth Eaton	30 Hudson-Mohawk Dean Rev. Jo Page	31 Bishop's Assistant Julie Grindle		

EACH WEEK WE LIST NAMES FOR YOUR DAILY PRAYERS.
EVERYONE IN OUR COMMUNITY BRINGS UNIQUE GIFTS
FOR OUR MISSION



The Elves Have Been at Work!

Thank you to **Gary Favro** and his community service folks for placing the planter boxes and setting them on pavers. Next up is filling the boxes with the soil! He is planning on bringing over a crew for that too!



Thank you to **Debbie Favro** who has taken on the job of painting the large classroom!

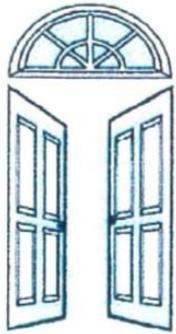
Thank you to **Jim Macris** has signed up to construct the two shelving units for the small classroom closet!

Thank you to the Goody Brigade who has been deliciously supplying coffee hour with treats! **Ja'net, Malmstrom, Judy Cosgrove, Bonny Munteer, Nancy Clarkson, Pam Dodson, Chris Nash**

**THANK YOU TO ALL THOSE WHO GIVE OF THEIR
TIME AND TALENTS TO GET THE JOBS DONE!!!**

(Hey! Isn't that part of Stewardship!!)

Thanks!



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..."

April 11, 24

*Dear Friends of Hope Lutheran,
Our thanks to each one who participated
in the food donation to Doors of Hope
Food Pantry (4/8/23).*

We are glad to have your support.

*Sincerely,
Naomi Boel*

Thank you



Grief Support Group Invites You!

This monthly group is a safe, welcoming, and judgment-free place where people who have recently experienced a loss can come together to share their struggles and learn some coping skills. It doesn't matter if it's the death of a loved one, a pet, a friendship, a marriage or a home, if you are missing children who have left for college or have experienced job loss. This group will provide emotional support, validation, and education about grief, helping you feel less alone.

Camie Engel holds a master's degree in Grief Counseling from Regent University of Virginia Beach, VA. Her monthly column in *Our Towne Magazine*, "Good Grief with Camie," is written to be a window into the often-confusing and painful topics of grief and loss. Having experienced life-altering losses of her own, she wanted to become more educated in helping herself and others to cope with these losses.

Join us when you are ready. Our next meeting will be on Thursday, May 23rd at 6:30 in the sanctuary at Hope.

Feel free to reach out to me with any questions – Lois.Batsios@gmail.com



Grief has no timeline

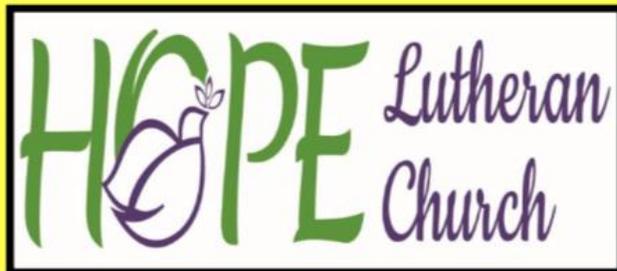
VENDORS NEEDED!!!

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.

Reserve your space early for a donation of \$25.00.

Bake sale, snack bar and raffle will be held with proceeds going to St. Paul's Center.

Contact Peggy at (518) 424-3274 for reservations.



SIGN-UP TODAY!!!
Deadline is June 14th





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, 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



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.

© 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.



JULY 13-19, 2024

**PLANNING YOUR
summer?**

**RELAX AND ENJOY AN
ADIRONDACK SABBATH!**

**A WEEK TO UNPLUG
REST AND RECHARGE
TO PLAY AND TO PRAY
HANG OUT WITH FAMILY AND MAKE NEW FRIENDS**

**AT THE BEACH, ON THE WATER, HIKING A MOUNTAIN
OR
SITTING ON THE PORCH IN A ROCKING CHAIR READING
OR GAZING AT THE LAKE.**

**THERE ARE GAMES AND ACTIVITIES FOR ALL AGES,
CLASSES AND WORSHIP WHICH CHALLENGE AND
INSPIRE.**

**YOU CAN SING AND MAKE SMORES AROUND A
CAMPFIRE OR LEARN TO WEAVE, WATERCOLOR,
MAKE JEWELRY OR STAINED GLASS.**

**THIS GATHERING OFFERS IT ALL....
WE HOPE TO SEE YOU THERE!**

LUTHERANS-SILVERBAY.ORG

Worship Volunteer Duties for MAY of 2024

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

	5-May	12-May	19-May	26-May
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Marilyn D	Debbie F	Charlie H	Bonny M
Greeter	Cindy W	Ja'net M	Marlies P	Anna-Lisa H
Usher	Athena B	Peggy F	Marion D	Pam D (+ candles)
Assisting Minister	Luis C	Karen C	Mike D	Sandra G
Communion Assistant	Luis C	Marilyn D	Mike D	Chris N
Snack Set-Up / Clean-Up	Susan C	Charlie H	Marilyn D	Susan C
Offering Counters	Marilyn D & Cindy W	Charlie H & Nancy C	Marion D & Pam D	Pam D & Anna-Lisa H



Upcoming Events for May 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

<p><u>4th</u> Regional Food Bank Packing 10:30 AM – Noon Meet at RFB</p>	<p><u>5th</u> Informational Meeting for Hope's Community Garden following Worship Service in the sanctuary.</p>	<p><u>8th</u> Worship & Music Committee Meeting @ 6:30 PM in large classroom</p>
<p><u>10th</u> Dine-Out Dinner Group @ 6 PM Longhorn Steakhouse in Albany</p>	<p><u>14th</u> Book Club @ 7 PM at Marilyn's home</p>	<p><u>16th</u> Council Meeting @ 6:30 PM in large classroom & via Zoom</p>
<p><u>16th</u> Hope's Hands @ 10 AM in small classroom</p>	<p><u>23rd</u> Grief Support Group @ 6:30 PM in the sanctuary</p>	<p><u>SAVE-the-DATE</u> Saturday., June 22nd 9 AM – 3 PM Vendor Fair at HLC to benefit St. Paul's Center</p>

