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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.

MAY 2025 NEWSLETTER

**Last Call for
Hope Gathers
Event**
-see pg. 6

Our Core Values



*faith
acceptance
compassion
gratitude
love*

**New Time for
Grief Support
Group**
-see pg. 8



Pastor's Page

A joyful heart is good medicine, but a crushed spirit dries up the bones.
Proverbs 17:22

Spring is finally here!

At least that's my hope. Regardless, I will remain in the Joy of Resurrection Life. You see, I have been thinking about "Joy" a great deal these days. What it is and what it is not. People often confuse joy with happiness. And while both can be great in their own way, they are not the same. Happiness is usually based on outer circumstances. We buy a new home, a new car, or some other material item. We get our dream job, or a promotion we've worked hard to attain. That handsome guy or beautiful woman we've been pining after finally notices us (in a positive manner of course) and we are thrilled. There are a multitude of things that can give us happiness. But what I've often noticed with happiness is that it can be fleeting, it comes and goes. Now please don't misunderstand—if I could be happy 24/7, I wouldn't hesitate to be so. But that's not how life works. Into every life there will be trials and tribulations, the seeming opposite of happiness. But joy, that's something else again. Joy as I define it, is an internal state. Surprisingly, if you look up the definition of the words "happiness" and "Joy", you'll see joy defined as happiness, and happiness defined as joy. But they are not the same. Joy grounds us and remains with us even when life is less than we would have it be. Joy comes from a deep faith in life, and through the grace that is freely given to us by God. In other words, joy is a gift from God. But now here's the thing. Joy is active in that it is a practice—a spiritual discipline if you will. The grace of joy is freely given to us by God, yes, but we have a choice as to whether or not we receive it. It is the "choice" to see the good even in the midst of trials and tribulations which beset us personally and as a society. Such seeing is strengthened by our commitment to the study of scripture, prayer, contemplation, and worship, etc. When we have such joy we live in the power of Christ's resurrection. A resurrection that promises to bring life out of all that may be happening in the world. A resurrection that reminds us that God is in charge and that there is always hope.

May the God of hope fill you all with joy and peace in believing, so that by the power of the Holy Spirit, you may abound in hope. (Romans 15:13)

Happy Spring!

Pastor Pamela

Easter Food Baskets

Through your generosity, Hope LC was able to provide an Easter dinner to 15 families in need. Many thanks to all who donated! Special thanks to Marilyn Dyer, who donated two dozen eggs and an Easter egg coloring kit to each family. And thanks to Karen Hill, who provided all the canned corn and green beans -- 30 cans of each!

We have a MYSTERY PERSON to thank for donating several stuffed animals! Peggy Farrell provided six of them, but someone who remains anonymous brought in the rest. They were adorable, and the kids must have loved them!

Thanks also to the packing crew: Diane Cornell, Pam Dodson, Peggy Farrell, Nora Guido, Anna-Lisa Hafgren-Willis, Karen Hill, Tonya Humphrey, and Ja'net Malmstrom.

Your generosity made the Easter holiday a happier one for many families!



St. Paul's Center

We are thrilled to share the overwhelming success of our new Supportive Housing Program for Seniors! Our ribbon-cutting event was incredible, marking a milestone not just for our organization but for our amazing new tenants.

It was a heartwarming day filled with hope, inspiration, and community. We were honored to have the support of so many, including our amazing tenants, dedicated supporters, and esteemed elected officials who joined us to celebrate this milestone.

This program is a testament to what can be achieved when we come together with a shared vision. The energy, positivity, and excitement at the event reminded us just how impactful this initiative will be in changing lives and strengthening our community.

Thank you to everyone who made this day unforgettable. The journey doesn't end here—stay tuned for updates as we continue to make a difference, one life at a time. 💜



The guys on either end are volunteers from the Chamber. L to R: Charlee Stead, Shay Richardson, Andrew Barnes, Marilyn Dyer, Christina Tribble, Olivia Karis, Patrice Williams, Mark Egan from the Capital Region Chamber, Tracy Pitcher, Andrea Nix, Ginny, OTDA Commissioner Barbara C. Guinn, State Senator Jake Ashby, Hon Neil Breslin.



St. Paul's Center

St. Paul's Center provides tools that empower independent living for those experiencing housing insecurity, using a model that incorporates empathy and honors self-determination.
www.stpaulscenter.com



MAY PRAYER CALENDAR

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Emily Filuta-Gray	2 Tyler Gray	3 George Gray	4 Henry Gray
5 Janis Zipkin	6 Dale Zipkin	7 Cynthia Winter	8 Diane Cornell	9 Kevin Willis	10 Anna-Lisa Hafgren-Willis	11 Mothers' Day
12 Greg Whitney	13 Lois Whitney	14 Gerry Ungermann	15 Irene Tumlin	16 Susan Radzinski	17 Judy Reiker	18 Gerd Reiker
19 Sherry Purtell	20 Jim Purtell	21 Emily Purtell	22 Victoria Whitney	23 Iola Pratt	24 Marlies Palka	25 Wayne Palka
26 Memorial Day	27 Karen Hill	28 Ja'net Malmstrom	29 Karen Maycock	30 Wayne Mizerak	31 Carol Mizerak	



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 ...



Marlies Palka ~ May 11th

Emily Gray ~ May 17th

Liz Macris ~ May 17th

Amy Macris ~ May 23rd

Last Call ...

Hope Gathers for Tacos and Trivia Night

May 3rd at 6:00 p.m.

After a Lenten hiatus, **Hope Gathers** returns for a Cinco de Mayo celebration with a Taco Bar, Tex-Mex delights and Trivia on Saturday, May 3rd at 6:00 p.m. Note the change of time (from 5:30 to 6:00) and to the first Saturday (in May only).

You are encouraged to create teams of at least four (4) people to play trivia with a variety of subjects - from the Bible to History, Geography, Sports, and 20th century fads and events. We hear that a prize will be given to the winning team.



PLEASE NOTE: RSVP is needed. If you have not signed up yet and would like to, please contact Pr. Elaine Berg before Friday either by email or text at: meb312@aol.com or (315) 882-3732.

Hope Gathers is a ministry of Hope Lutheran Church to facilitate community and camaraderie around food and laughter. Events include game nights, picnics, cabaret, movies, and a variety of opportunities to encourage shared interest and purpose.

Hope to se you there!!!



**American
Red Cross**

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

10th
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, 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**



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.

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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 19th at 5:30 pm.

If you have any questions, please contact Lois Batsios at:
Lois.Batsios@Gmail.com

Worship Volunteer Duties for May 2025

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

	4-May	11-May	18-May	25-May
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Debbie F	Charlie H	Bonny M	Marilyn D
Greeter	Peggy F	Sandra G	Anna-Lisa H	Ja'net M
Usher	Cindy W	Debbie F	Janis Z	Peggy F
Assisting Minister	Sandra G	Luis C	Bonny M	Mike D
Comm. Assistant	Susan R (+ candles)	Luis C	Pam D	Mike D
Snack Set-Up	Susan C	Charlie H	Marilyn D	Susan C
Offering Counters	Susan R & Cindy W	Marion D & Marilyn D	Pam D & Anna-Lisa H	Bonny M & Pam D



News & Upcoming Events for May 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

3rd: Hope Gathers Event ~ Tacos & Trivia @ 6 PM in the large classroom.

4th: Prayers of Hope Team meets in the small classroom following Worship Service.

6th: Beginner Tai Chi, 7 – 8 PM, in the sanctuary, (every Tuesday).

7th: Qigong, 1:30 – 2:30 PM, in the sanctuary, (every Wednesday).

7th: Advanced Tai Chi, 3 – 4 PM, in the sanctuary, (every Wednesday).

10th: Memorial Service for Ray Littlejohn @ 10 AM in the sanctuary.

10th: Regional Food Bank Packing, 10:30 AM – Noon, Meet at RFB.

14th: Worship & Music Committee Meeting @ 6:30 PM in the small classroom.

20th: Hope's Hands meets @ 10 AM in the small classroom.

21st: Council Meeting @ 6:30 PM, in the large classroom & via Zoom.

22nd: Women's Bible Study @ 6:30 PM at Pr. Elaine's home.

26th: Memorial Day ~ Remembering those who died in service to our country.

28th: Women's Book Club @ 6:30 PM at Marilyn's home.

