

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.

SEPTEMBER 2023 NEWSLETTER

Remember the
PB&J July Event?

Check out the
results on page 3

September Linen
Bonanza
~ Details on page 8

Book Club
Returns

~ Read more
on page 10

Our Core Values



*faith
acceptance
compassion
gratitude
love*

Tai Chi is
back!

~ Info. on
page 12

Pastor's Page

Fall is here! The leaves will soon be falling, and the air will be filled with that special scent that only the oncoming Autumn can bring. I call this particular time of year “the second new year,” as it’s a time when children return to school, college students return to classes, and summer vacations are over. In the church, we restart all our wonderful ministries and begin preparations for quite a few significant holidays and festivals soon to come. In many ways, it is a season of new beginnings. Yet paradoxically, it is also a season of oncoming death. As beautiful as the turning of the leaves are, we are still left with the fact that they are dying. The grass dies, turning brown, and various animals in our world prepare for a death like sleep: hibernation. As beautiful as autumn is, the world is preparing to go into a death-like sleep. But within this sleep, the powers of nature are at work recreating and bringing new life. In this amazing creation of God’s, there is always death and resurrection. Our Lord and Savior Jesus Christ comes to show us exactly this through his own life, death and resurrection. God shows us through his son that no matter what the world throws at us, no matter that death stalks us all, God will have the final say—and so we learn that the earth will once again arise in resurrected abundance.

May your autumn be one of blessings, of sacred silence, and a restful sleep that leads to new life.

Pastor Pamela

SUNDAY GOODIE BRIGADE BACK IN BUSINESS

While the Brigade was on “vacation” during the summer, thank you to those who, of their own volition, brought in baked goods to share at coffee hour. What is it about having something delicious to eat that makes us want to sit and chat and get to know one another??

Established last year, volunteers sign up to bring in homemade or nice purchased items to share. Gluten free (thank you Nancy Clarkson!) and regular goodies, cheese and crackers, fruit, whatever sounds good, can be provided.

Two people per week are assigned. All you have to do is bring in the treat. The person assigned to coffee hour will make sure it gets put out.

If you would like to be part of sharing this yummy fellowship, please let me know. Talk to me at church or email me at dyermm48@gmail.com or text me at 518-505-6434 and we'll add you to the volunteers! A new list of assignments is in the works.

Thanks to everyone already participating and for those considering joining the Brigade!

Marilyn Dyer, Goodie Brigade Coordinator

PEANUT BUTTER AND JELLY JULY!

We had a special food collection for the month of July. Understanding that school students are on vacation, we decided to collect peanut butter and jelly for the two food pantries we support each month. We wanted to make sure that CoNSERNS-U (Rensselaer) and Doors of Hope (West Sand Lake) had an ample supply of PB&J for vacation lunches.

By the end of July, 118 jars of peanut butter and 105 jars of jelly formed a large pyramid on a table in the sanctuary. Pastor Pamela blessed the contributions before they were divided between the two food pantries.

Many thanks to everyone who contributed!

The peanut butter and jelly pyramid grew ...



... and grew ...



... and grew!



Thank You!

8/12/23



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..."

Dear Friends @ Hope Lutheran,
Our thanks to you for your
gift of food to Doors of Hope,
(8/1/23). We appreciate it.

Sincerely,
Naomi Boel

Property Update

The new property committee has already made some headway on the project list developed at its inaugural meeting in July.

Mike Daus and his brother-in-law completed the construction of a large closet in the small classroom. Thank you, boys!! It just remains for the new wall to be painted. Anyone who LOVES to paint is welcome to volunteer to take on that job to complete the project. We just have to determine what shelving will be installed. The closet will store Christmas decorations and pageant costumes in addition to other seasonal items.

The old choir robe closet next to the janitor's closet has been re-purposed for the storage of janitorial supplies.

Emily Gray (little Henry's mom) has given us an expandable gate to enclose the children's area at the back of the church. This allows Henry, Sebastian, and any other little people, to be IN church but safely corralled!

Thank you to our members who very quickly move the sanctuary chairs to the sides after worship on Sunday. (I like to call this the Locust Approach! The group just swarms the area and gets the job done in no time!) This allows the groups that use the church during the week access to the full area.

A revamp of the outdoor food collection area will be undertaken once Debbie and Marilyn have a chance to relocate the large flowering plant that is to the left of the front door as you enter. We will purchase an insulated box so that food will be protected from both hot and cold weather.

We are contracting with Mangione Lock to install a break bar on the left front door as you exit both for safety and ease of exit (same as on right door). At this time, the door is VERY hard to unlock and would be unusable during an emergency. This will be done as soon as the installer is available.

Handicap Bathroom: We are going to remove the old wallpaper and paint the room to make it prettier. We will remove the cabinet under the changing table to allow for more space for those using wheelchairs or walkers and replace it with an over the toilet storage unit. It was mentioned that this bathroom is not really handicapped accessible since we don't have a higher toilet. This is something we will investigate.

You will have noticed that the narthex has been re-arranged. This was to create better flow. Sign-ups have been moved to the large table on the green wall. It seems to be working well. Hopefully, it will encourage folks to grab a cup of coffee if they don't have to negotiate a log jam and join the gang in the classroom for fellowship!

(Property Update continued)

Lastly, we have plans to build out the coat area to be prettier and more functional. This will include enclosed space on the right-hand side of the area both above and below the shelf. Choir robes will be stored there. Anyone who would like to develop and help build that project is encouraged to talk with one of the members of the committee.

Thanks to committee members: Elaine Berg (handicap input), Mike Daus, Debbie Favro, Sandra Governor, Maureen Hoffman, Pastor Hoh, Donna Littlejohn, Bonny Mounter (Council Pres.), Marlies Palka, Greg Whitney (Treasurer) and Janis Zipkin.

We're getting things spruced up and more functional! Thank you to the committee for their input and willingness to take on projects!

Marilyn Dyer
Property Committee Chairperson

PROPERTY COMMITTEE P.S.

Since the Property Committee article was written, several projects have already been completed. On Monday, August 28th, Donna Littlejohn, Debbie Favro, and Marilyn Dyer met at church and accomplished the following:

- Wallpaper stripped from handicap bathroom. Painting and addition of the over-toilet cabinet to follow.
- All Christmas decorations and pageant costumes were sorted, and EVERYTHING is now stored in the small closet in the back classroom – henceforth to be known as The Christmas Closet!
- All janitorial supplies were organized and are now stored in the closet (formerly known as the choir robe closet). Paper towel rolls are now in the kitchen, a supply of toilet paper has been added to both the men's and ladies' rooms, a supply of trash bags for the large kitchen garbage cans are now in the kitchen.
- The Advent wreath stands, and the brass wedding candelabra are now *the only things* in the front storage area behind the organ.

Well done, ladies!!!



Emotional Intelligence (EI)

It is generally accepted that success in life is better predicted by EI than IQ.

It is generally accepted that emotionally-aware congregations are usually better able to process the stresses that confront them than those congregations that are not. It could be useful for us, individually, to think our own thoughts about each of these emotions, and if any is so inclined, to share one's thoughts with another. In the last newsletter, I offered the emotion 'skeptical' under the core emotion of 'Anger' and asked you to ponder your own thoughts.

Skeptical: (marked by or given to doubt) (doubt: uncertainty in belief or opinion) – Faith (the opposite of being skeptical) is a conundrum. In some instances, a discontinuity between belief and circumstances brings forth a stronger faith. Faith is being sure of what we hope for and certain of what we do not see (Hebrew 11:1). Sometimes, circumstances call us to a changed faith, as in the born-again experience. Fowler's "Stages of Faith" is another example. In these, the foundations of one's faith are re-evaluated. Even though the books of Romans and Hebrews also speak about a changed faith, these changes came by a re-evaluation of the roots of their faith, not by discarding them.

Advances in science came when exceptions to the currently accepted theories lead to new considerations. Certain, previously-unnoticed factors, led to new theories. Relativistic (high speeds), quantum (extremely small spaces/distances), and relativistic-quantum (both high speeds and small spaces/distances) generated much more complicated formulas than those needed for classical physics. These more complicated formulas, however, reduced to the simpler formulas when applied to classical physics. The additional components of the more complex formulas generated extremely small numbers within the realm of classical physics. The new had roots in the old.

As the Bible says, "We know in part and see in part". No matter what we believe, something in our belief can be enhanced through further enlightenment (and a dose of skepticism).

Next month, please consider your thoughts on 'revulsion' under the core emotion of 'Disgust'.

In His Grace, WDM

SEPTEMBER LINENS BONANZA!

If you haven't seen the fabulous display and collection of linens in the narthex at church, make sure you check it out! Thanks to a great idea from one of our members, Peg Farrell, we are collecting all manner of linens to give to the St Paul's Center for homeless moms and their kids for their use while at the shelter and to take with them to their new apartments when they leave. Thanks to Peg and Ja'net Malmstrom who are coordinating the drive. As you can probably imagine, the families come to the shelter with not much more than the clothes on their backs and very few other personal items. When they become homeless, they leave all their household goods behind. A very nice assortment of items has already come in – and it's only been ONE week since the announcement. There are even beautiful flannel baby blankets and burp cloths! One member asked if she could bring in new pots and pans she found on sale!

Thank you to all those who have already donated. New items are preferred but *very gently* used items are okay too. Here is a list of what is being collected:

SHEET SETS: TWIN. Double/Full and Queen also okay, but twin sets are most needed

PILLOWS – standard size

BLANKETS/COMFORTERS

TOWEL SETS or bath towels and washcloths

Shower curtains and liners

Dish towels/pot holders/kitchen utensils

St Paul's Center is dedicated to changing the lives of families that have been struggling for years. You can be part of that life-changing mission through your love and generosity.

Thanks, as always, for your participation.

MARILYN DYER

P.S. Just by way of information, we are NOT having a collection for school supplies this fall.



Lawn Mowing Schedule for September



WEEK:

Aug. 28th - Sept. 2nd: Charlie Huff & Tonya Humphrey

Sept. 4th - 9th: Wayne Palka & Kevin Willis

Sept. 11th - 16th: Tyler Gray & Bill Cosgrove

Sept. 18th - 23rd: Debbie Favro & Feed Risked

Sept. 25th - 30th: Marilyn Dyer & Mike Daus

thankyou

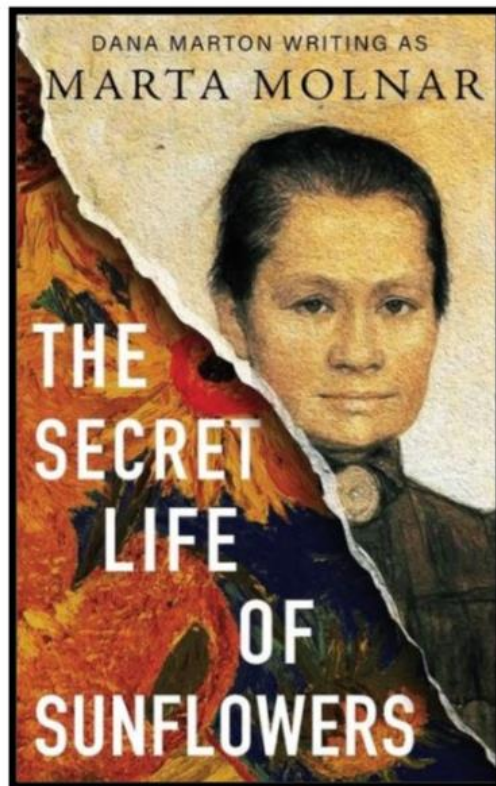
HOPE Lutheran
Church



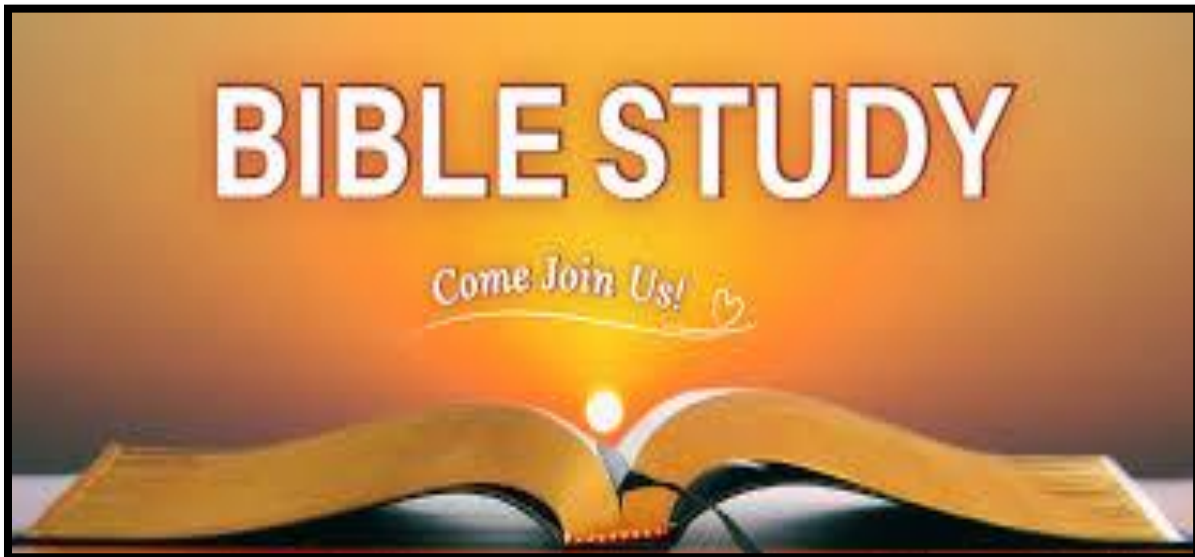
Tuesday, September 12th, 7 PM

The book we will discuss is :

The Secret Life of Sunflowers by Marta Molnar



The book club will be meeting the second Tuesday evening of each month at 7 PM at Marilyn's home.



Hope Lutheran Church welcomes you to come join our Bible Study group.

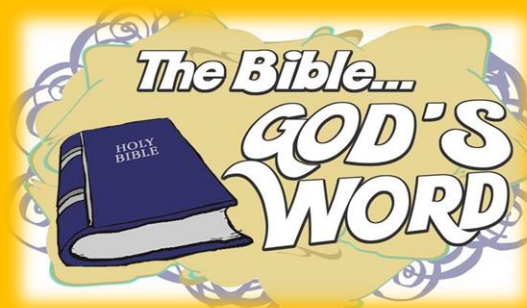
Our Bible Study meets on Wednesdays at noon in the large classroom at church.

(It is also offered via Zoom for those unable to attend in person.)

So bring your bible and your lunch, and come enjoy engaging with others to discuss the wonderful scripts of the bible.

Bible Study begins Wednesday, September 13th, at noon.

Hope to see you there!



TAI CHI IS BACK!

Hope's tai chi and qigong classes will resume on September 19 after a summer break. Here's the schedule:

Tuesdays, 7:15-8:15 PM – Beginner-Plus Tai Chi

This class is open to all – beginners and those with some experience. We will focus on the basics of tai chi and qigong practices.

Wednesdays, 1:30-2:30 PM – Qigong for Life

This class is open to all. We will focus on qigong and other self-care practices, including self-massage and meditation. The class can be done seated.

Wednesdays, 3:00-4:00 PM – Advanced Tai Chi

This class is open by invitation to my current students and those with some experience in Sun, Yang and Chen style tai chi. We will continue to study forms in these styles, as well as some qigong practices.

Tai chi is often referred to as "mind/body exercise." Its slow, gentle movements are suitable for people of all ages and abilities. It has been found beneficial for people with arthritis, osteoporosis, diabetes, and other conditions. The "mind" component of tai chi practice promotes calm and mental balance. **Qigong** (pronounced "chee-gong") practice focuses on movement that helps increase the flow of "qi" -- energy -- through the body. This practice can be done seated.

All classes are held in person and on Zoom at the same time. Students also receive a link to a video of each class to aid in their own practice.

Payment:

One class - \$25/month

Two classes - \$40/month

All three classes - \$50/month

Interested? Questions? Call Pam Dodson at 518-701-4628, or email pamd@fastmail.com.

CHILDREN'S Sunday School

Calling Sunday-Schoolers of ALL Ages!

I am looking forward to a fun and flexible year at Hope's Sunday School! I know some of our students have sports commitments and I will do all I can to work around those. I will be away several weeks myself.

SUNDAY, OCTOBER 1ST – 9 AM - Children in grades K – 5 will meet in the large classroom to get acquainted and begin our studies of both the Old and New Testaments. Learning the history of God's people is important as it all leads to Jesus, and we will explore how it all works together. I hope to offer videos, crafts, and other interesting ways to experience our faith. Any questions: Call Marilyn Dyer 518-505-6434 or email dyermm48@gmail.com.

NEW PRE-CONFIRMATION CLASS for Grades 6 and Up – We welcome the return of Sherry Purtell to lead young people on a fun-filled journey through Christian Education! She is an innovative, experienced, and wise teacher who knows how to engage with children of all ages, but is especially adept at making faith relevant to children of this age.

NOTE: Sherry is asking that students and a parent come to church on Sunday, October 1st - 9 AM in the back classroom to discuss the best time/day to hold classes. They will most likely NOT be held on Sunday mornings unless that is the consensus. Come to join the discussion! Sherry can be reached at 518-577-5128 (mobile) or 518-436-4740 (home) or purt.12144@yahoo.com.

LOOKING FORWARD to seeing everyone on October 1st!

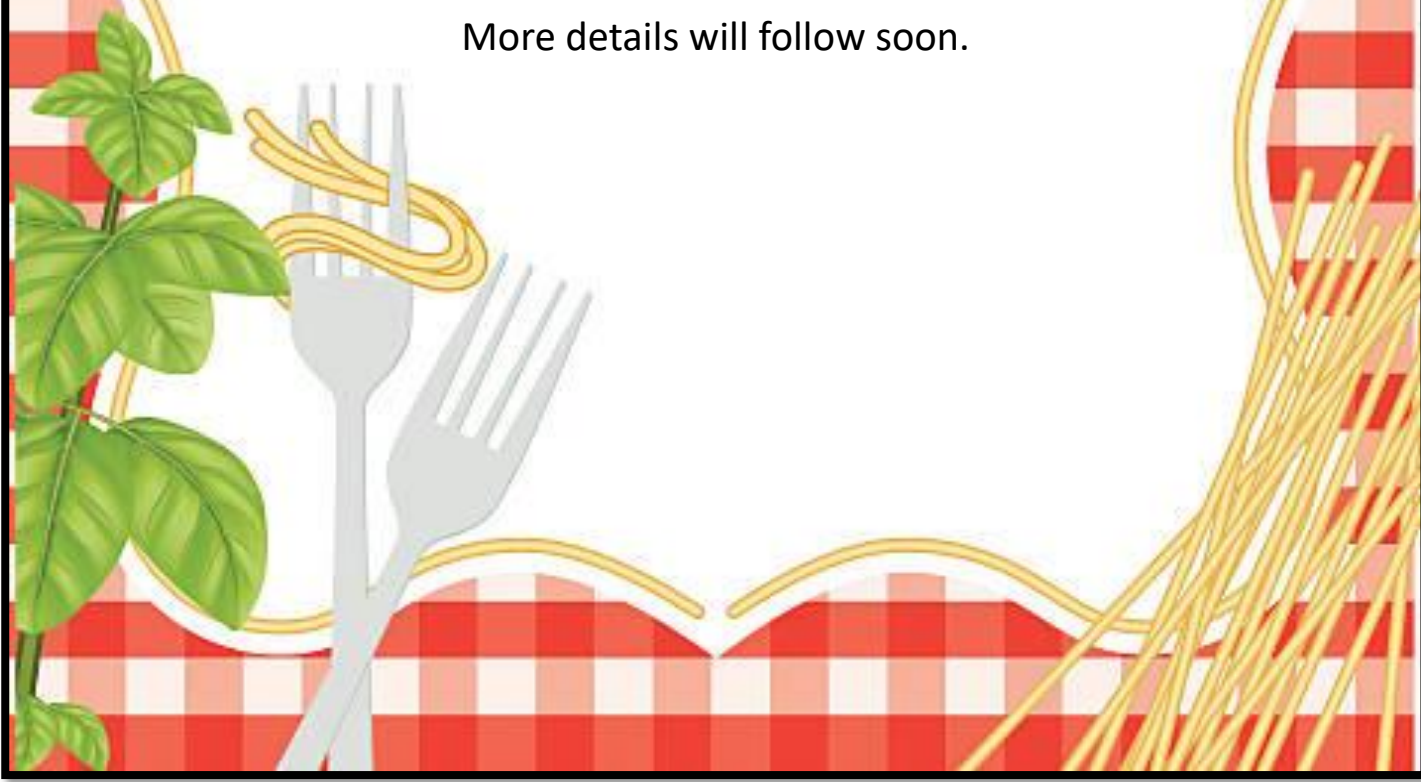
Marilyn Dyer

Sunday Church School Coordinator



Coming in October!

Hope Lutheran Church will be holding a spaghetti dinner to benefit our new upcoming vegetable garden. We will be growing fresh vegetables that will be shared with both Doors of Hope (West Sand Lake) and CoNSERNS-U (Rensselaer) food pantries, as well our Hope's Kitchen dinners. More details will follow soon.



Worship Volunteer Duties for September of 2023

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

	3-Sep	10-Sep	17-Sep	24-Sep
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Bonny M	Charlie H	Marilyn D	Susan R
Greeter	Elaine B	Marion D	Marlies P	Peggy F
Usher	Peggy F	Mike D	Lois B	Donna L
Assisting Minister	Pam D	Susan R	Luis C	Sandra G
Communion Assistant	Pam D	Susan R	Luis C	Pam D (+ candles)
Snack Set-Up / Clean-Up	Marilyn D	(no snack – picnic)	Susan C	Donna L
Offering Counters	Marilyn D & Maureen H	Marion D & Susan R	Bonny M & Charlie H	Pam D & Nancy C



Upcoming Events for September of 2023

We will have 'In-Person' Sunday Worship Services at 10:00 AM. We will also continue to live-stream our services on our website, YouTube page, Facebook page and through Zoom. The Zoom link for Worship Services will continue to be posted in the bulletins.

Sharing the hope and love of Jesus with all

<p><u>3rd</u></p> <p>Hope's Prayer Team in small classroom ~15-minutes after worship service</p>	<p><u>7th</u></p> <p>Hope's Kitchen Free Community Dinner at Cornerstone Church in Lansingburgh * Serving from 3 – 5:30 PM* (for those who RSVP'd)</p>	<p><u>8th</u></p> <p>Dine-Out Dinner Group @ 6 PM (Hanzo Japanese Restaurant)</p>
<p><u>9th</u></p> <p>Regional Food Bank Packing 10:30 AM – Noon Meet at RFB</p>	<p><u>12th</u></p> <p>Book Club @ 7 PM (at Marilyn's home)</p>	<p><u>13th</u></p> <p>Council Meeting @ 6:30 PM in the large classroom & via Zoom</p>
<p><u>19th</u></p> <p>Hope's Hands Meeting @ 10 AM in the small classroom</p>	<p>Wednesday Bible Study at Noon will meet on: Sept. 13th, 20th, & 27th (in the large classroom & via Zoom)</p>	<p>Tai Chi & Qigong Classes begin on Sept. 19th:</p> <p>Tai Chi Beginner Plus – Tues. @ 7:15 PM</p> <p>Qigong – Wed. @ 1:30 PM</p> <p>Tai Chi Advanced – Wed. @ 3 PM (weekly)</p>

