

hello community podcast

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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.

September 2024 Newsletter





From the Pastor & Desk

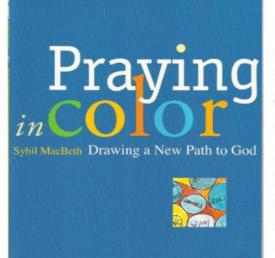
Happy Autumn!

Autumn is such a marvelous time of year! As a child I couldn't wait for the Fall to come. It seemed after the fun of summer, everything began anew in September. New school supplies, new clothes, new teachers and sometimes even new students. That was many years ago, but nevertheless, even today I still look forward to those first days of Fall. It is a new church year, and so we gather together once again, refreshed and ready to begin anew the many ministries we have here at Hope Lutheran.

And so, I say to you all, Welcome Back! I look forward to beginning a new church year with you all this Fall.

In Christ,

Pastor Pamela



Healing Ministry: Praying in Color

Did you know that there are coloring books for adults? Coloring is a tool that parents and teachers have used for generations to occupy children. Some of us graduated to doodling as we grew older and considered coloring and coloring books merely child's play.

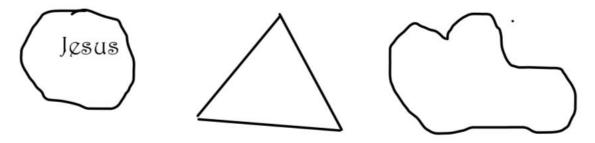
A few years ago, I discovered a book by Sybil MacBeth titled: *Praying in Color: Drawing a New Path to God.* MacBeth proposes that often we have prayer dilemmas. Either we don't know exactly what to pray for or we simply cannot find the words for our spoken prayers. Some weeks our Hope Prays list is lengthy with

simply a name and maybe a few words to describe the reason for the request. We fumble for words and wonder if God is evenly listening to us.

Coloring your prayers might be the answer to those dilemmas. Do you have some stray sheets of paper? Do you have some leftover crayons or markers from the last visit of a niece or grandchild...maybe even in an old box stored in the back of a closet?

It's time to experiment !!!

- · Get the items out along with a list of personal and Hope Prayers.
- Find a quiet spot with 15 or 20 minutes to contemplate the names of loved ones and those from Sunday's bulletin.
- Draw a circle, triangle, trapezoid or a squiggly line. Maybe lots of them
- Pick your favorite crayon or one that reflects your mood,
- Write Jesus or God or your favorite name for the Almighty in one of those shapes.
- Print your own name in another, or the first name that comes to mind.
- Leave one shape empty for when you sense an answer or a mystery.
- After you have filled most of the shapes, begin to add color to the page.
- When you sense that you are finished for the moment, offer a prayer of thanks for God's presence in your life. Then reflect on what you learned about God, yourself and your petitions. AMEN.



JOIN THE GOODY BRIGADE!!

Those treats at coffee hour don't just make themselves! If you'd like to help make Coffee Hour even more delicious, please sign up to bake/buy treats for Sundays after worship.

We presently have 7 women signed up to contribute baked goods but men are most welcome to join us. We KNOW some of you guys like to bake!

I send out a list of dates and you can sign up for the one(s) of your choice. With more people on the team, you would bake fewer times. If baking's not your thing, nice purchased items are joyfully accepted.

See the SIGN UP SHEET IN THE NARTHEX any Sunday or call/text/email Marilyn Dyer, Council President to say you'll be part of the team! Thank you all! DYERMM48@GMAIL.COM OR 518-505-6434





hello community podcast

Cathrine Jura, host

Have you found yourself wishing you had more social connections and community? I created *hello community* podcast to give folks ideas of how to do just that.

The podcast is both video and audio. So, you can sit and watch myself and a guest in conversation or you can pull up the link/QR Code/Hope website and just listen while you are driving, walking, gardening, or relaxing.

The first podcast is with Marilyn Dyer, and she shares her story of building connections and community especially challenging after the loss of her husband. (Title: Making Connections: It's only hard for the first time!)

Andrew Barnes was my second guest. Research shows that sometimes people don't realize they are lonely, or it is hard to admit. Andrew's story is how he came to recognize loneliness in himself and is in the beginning stages of building connections and community of depth. (Title: I didn't know I was lonely!)

More podcasts are scheduled to be taped soon.

Part of Hope's Mission Statement is "to bring God's comfort . . . and to share the hope and love of Jesus with all." One in every two Americans says they are lonely so you may know some folks who might find the podcast helpful. Right now, there are three ways to find and share the podcast which are below:

Link: https://www.youtube.com/@hellocommunity-tv8tv

Hope's website: https://www.hopelc.org/ upper right corner

hello community QR Code

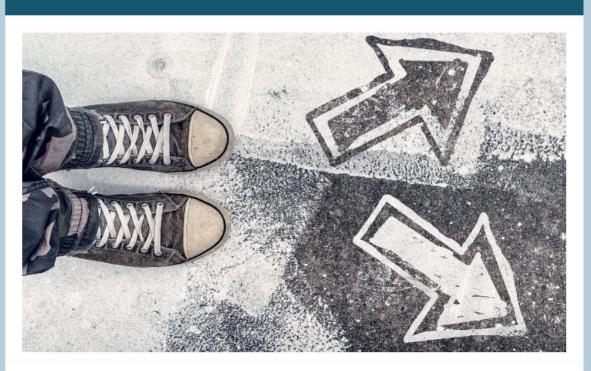


My prayer is that, together, we can support each other to lives of social connection and community.

Till next time,

Catherine

14th Sunday after Pentecost



Shoes for the Journey

As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. Ephesians 6:15

Many parents and caregivers may find themselves shoe shopping with the children and youth in their lives in these coming weeks before school starts up again. It's a time of transition - most likely filled with multiple emotions of excitement, nervousness, anxiety, joy, and some sadness at the ending of summertime. This new pair of shoes is just one small part of them becoming ready for the new school year.

This verse from Ephesians is taken from a much longer lesson in which Paul is focused on putting on the "armor of God" in order to stand against the forces of evil. Youth too, may need some "armor" to be protected from all they face in today's world. I wouldn't recommend using the Old Testament words of putting on the armor of God with youth, but I do recommend thinking about how we as adults can support them through our words and actions. How might we ease some of the anxiety and model the gospel of peace?

Teenagers need adults who will walk with them, opening conversations around safety, mental health struggles, and whatever is on their mind that they'd like to talk through. Physical walks are a great time to engage in conversation and get away from screens together. "Walking with" youth can also look like conversations on a car ride or on a Sunday morning with the youth at your church. ~ continued on next page ~

Here are some questions to get started. {Excerpts from Fuller Youth Institute's 8 Questions to ask your high school freshman.}

- 1. When it comes to going back to school, what (if anything) are you anxious about? How can I best support you?
- 2. What did you learn about friendship in middle school? How does that affect the type of friendships you hope to develop this year?
- 3. Who are a few adults that you'd like to spend more time with? What do you like about them, and what might you want to learn from them?
- 4. What new struggles might pop up for you in high school? Who is someone older than you that you can talk with about these when they come up? How can I help?
- 5. Is your youth group at church a source of support, and if not, how could it be? Is there anything I can do to help out?

Loving and protecting God, as we walk with youth through times of transition, help us to be the armor of support and peace in their worlds. Amen.

Written by Joy McElroy, Cherish All Children Executive Director.

Cherish All Children is a ministry within Lutheran Social Service MN that partners with churches to prevent child sexual exploitation.

Your donations make this ministry possible! Give today!

Thank you for making a difference in protecting children.

Are you a member of Thrivent Financial? Click here!

Designate your Choice Dollars to Cherish All Children - it really adds up!

"Love born of faith in Jesus Christ calls us all to attend to, discuss, resist, and reject the system of sexual exploitation." (ELCA Message on Commercial Sexual Exploitation, pg. 1)



www.cherishallchildren.org

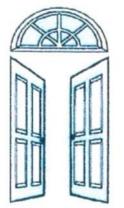
Our mailing address is: Cherish All Children 1605 Eustis Street

St. Paul, MN 55108

We hope you enjoy joining us in prayer each Wednesday. If you no longer wish to receive these emails, you may <u>unsubscribe from this list here.</u>

THE VERY MUCH APPRECIATED!

8/26/24

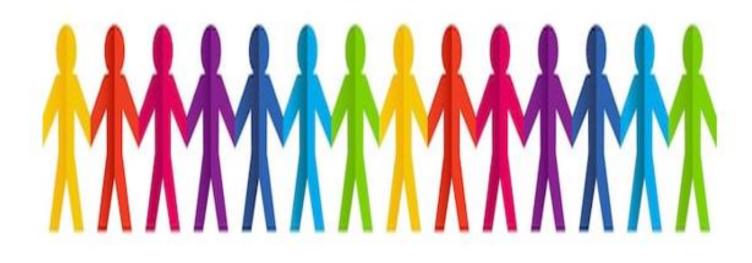


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Hope

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 Triends & Nope Lutheran, How much we appreciate your gift of food to D. O. H. Good Pantry (7/30/24 We appreciate your support.

Sincerely. Naomi Boel



September 2024

Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday
1						
Pam Dodson						
8	7	6	5	4	3	2
Cydney Rogers	Lisa Rogers	Thomas Schmitt	Lucas Schmitt	Matt Schmitt	Mary Schmitt	Dickie Dodson
15	14	13	12	11	10	9
Landon Barber	Lois Barber	Eric Barber	Bill Hoffman	Jeremiah Hoffman	Jake Freehart	Jim Freehart
22	21	20	19	18	17	16
Dawn Conville	Joshua Hoh	Monica Hoh	Daniel Zipkin	Randy Littlejohn	Charlie Huff	Zina Huff
29	28	27	26	25	24	23
Eugene St. John	Donna St. John	Lisa Boyer	Lucas Boyer	Sean Lynch- Littlejohn	Erin McCarthy	Rhonda Bachman
						30
						Pr. Jennifer Dyer- Boyd



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.)

This Photo by Unknown Author is licensed under CC BY-NC

Hope Prays Group

Hope Prays is a group of twenty people with a passion for caring about others through prayer. Requests for prayer are invited through the prayer cards available in the entrance area or by contacting Pr. Elaine Berg by phone, text or e-mail. A reminder that all requests must have permission from the individuals for whom we pray. Our thoughts and prayers Are with you

The group meets together after worship on the first Sunday of the month in the small classroom across from Pastor Pamela Hoh's office. This is a time to check in and to pray as a group for all requests. If you are interested in joining the group, have a prayer request, or have questions, contact Pr. Elaine at 315.882.3732 or meb312@aol.com.



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Fanning the Flames

We resume Bible study on Wednesday, September 4th, but at a slightly modified time. We will start at 12:30 p.m. and end at 1:45 p.m. We will begin exploring Colossians. I say exploring because I believe in fanning the flames and nurturing the coals of faith in each rather than filling the vessel. I will leave the filling of the vessel to the Holy Spirit. I expect this to be a learning experience for all of us, myself included. I have a variety of commentaries to look at and will be able to offer a variety of perspectives when appropriate based on how different theological experts view the text. My favorite commentary, though, is "The New Interpreter's Commentary". We will look at relevant parallel texts in the Bible and discuss how it all impacts us as we read it. It is a safe place to have a variety of perspectives on how the text impacts us and applies to our lives. Come join us.

In His Grace, Wayne

The North Greenbush Town Fair!

Rides, Games, Vendors, Food Trucks and Lots More!

September 6th: 6-10pm



September 7th: 1-10pm Musical Guest Legacy: 7-10pm



September 8th: 12-4pm

Located at the Town Park: 2 Douglas Street Wynantskill, NY 12198



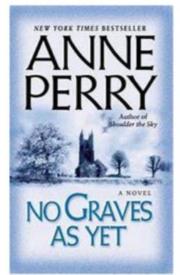
Join us after church for Sunday Brunch on September 8th.

We will have scrambled eggs, breakfast sausages, fruit & cheese plates, pastries, coffee, tea, juice, and more.

We will gather in the large classroom. Contact person is Marion Daus.

Hope to see you there!

Sign-up sheet is located on the big table in the Narthex.



Hope's Book Group: No Graves as Yet by Anne Perry

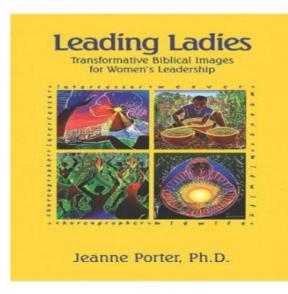
On September 10 at 6:30 p.m. (note time change) Hope's Book Group will meet at the home of Marilyn Dyer and Elaine Berg (47 Deerhaven Lane, Rensselaer 12144) to discuss *No Graves as Yet* by Anne Perry. If you would like to know more about the group, call or text Elaine at 315-882-3732 (meb312@aol.com).

Anne Perry is an expert in suspense. In No Graves As Yet, beginning her series on WWI, Perry reminds us that love and hate, cow-

ardice and courage, good and evil are always a part of life, in our own time as well as on the eve of the war to end all wars.

On a sunny afternoon in late June, Cambridge professor Joseph Reavley is summoned from a student cricket match to learn that his parents have died in an automobile crash. Joseph's brother, Matthew, an officer in the Intelligence Service, reveals that their father had been enroute to London to turn over to him a mysterious secret document—allegedly with the power to disgrace England forever and destroy the civilized world. Meanwhile, England's seamless peace is cracking—as the distance between the murder of an Austrian archduke by a Serbian anarchist and the death of a brilliant university student by a bullet to the head of grows shorter by the day.





Thursday Bible Study — Biblical Women Teach Leading Ladies

The Thursday Summer Bible Study Group will continue as a regular Weekly Bible Study on Thursday evenings at 6:30 p.m. at the home of Marilyn Dyer and Pastor Elaine Berg (47 Deerhaven Lane, Rensselaer 12144 – using g.p.s.).

For more information, contact Pr. Elaine by phone/text [315.882.3732] or e-mail [meb312@aol.com].

On September 12 a new study begins using Jeanne Porter's book Leading Ladies. Drawing on stories of biblical women, Leading Ladies presents four models of "transformational leadership" that recognize the leadership styles of women in all walks of life: Queen Ester as Intercessor, Shiphrah and Puah as Midwife, Miriam as Choreographer, and Deborah as Weaver.





On September 14, 10am-2pm, Hope LC will hold a drive-through food collection event and bake sale to benefit two of our local food pantries, Doors of Hope (West Sand Lake) and CoNSERNS-U (Rensselaer).

We'll need your help! We have a lot of wonderful bakers in our congregation. Please consider making some of your favorite items for the bake sale. They can be dropped off Friday evening, Sept. 13.

On Saturday the 14th we'll need volunteers to staff the bake sale table and to collect food donations. If you can join us for an hour, two hours, or all four, please let Pam Dodson know.

Even if you're unable to help out, please plan to attend, and tell your friends and neighbors! All are invited to bring their donations of non-perishable food between 10am and 2pm. Just drive into our parking lot and we'll do the rest -- you don't have to lift a finger! And don't forget to stop by the bake sale -- you'll be sure to find something you can't resist! All bake sale proceeds will benefit the two food pantries.

And a prayer for good weather on the 14th would be appreciated!



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Did You Know? ...

... that canned tuna is probably the most requested item at your local food pantry? We were recently told by a food pantry volunteer that cans of tuna practically fly off the shelves! Sometimes the pantry has to limit families to just one can. When you're shopping, please pick up a can or two of tuna and let's help our neighbors!

TAI CHI AND QIGONG ARE BACK!

Hope's Tai Chi and Qigong classes will resume on September 17th after a summer break. Here's the schedule:

Tuesdays, 7:00-8:00 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.



The Enneagram

I will be teaching two consecutive workshops on September 21st (Enneagram I) and September 28th (Enneagram II). The workshops will run from 10am-2pm, with lunch being provided.

So what is the enneagram and why is it important? The Enneagram is a spiritual tool that helps us to understand that people view life through different perceptual lenses. In particular it looks at nine different ways in which people are motivated to engage with life. We learn that our greatest gift is also our greatest sin. The enneagram addresses everybody's need to belong and for their life to have meaning. But also most importantly it guides us in developing compassion for both ourselves, our loved ones and our neighbors. I invite you to join me for these two workshops—hope to see you there.

Pastor Pamela

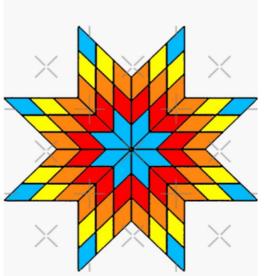
WOMEN OF THE ELCA

HUDSON MOHAWK AND FOOTHILLS CONFERENCES INVITE YOU TO

CULTIVATING GRATITUDE

SATURDAY, OCTOBER 5, 2024—9:30—3:30 Kateri Tekawitha National Shrine 3636 NY-5, Fonda, NY 12068

A DAY-LONG RETREAT HONORING THE WAYS OF THE NATIVE AMERICAN PEOPLE IN RELATION TO CREATION BASED ON THE BOOK "BRAIDING SWEETGRASS" BY ROBIN WALL KIMMERER



PROGRAM

9:30—10:00	REGISTRATION AND COFFEE/TEA/SWEETS
10:00 - 10:30	Opening Devotions
10:30 - 11:00	Fun activity
11:00 – 11:20	Intro to Braiding Sweetgrass
11:20 – 12:00	Fun activity Intro to Braiding Sweetgrass First breakout group The Sacred Tree
12:00 - 12:30	The Sacred Tree
12:30 – 1:15	Lunch—sandwiches and homemade gluten free soup
1:30 – 2:00	Activity - Planting sweetgrass seeds and container decoration
2:15 – 2:45	Second breakout group
3:00 - 3:30	Closing devotions
3:30 onward	Explore Museum (free) - Walk grounds,
4:30	Worship service in the Shrine Chapel (optional)

REGISTRATION: \$15 MAKE CHECK OUT TO "Heralders." Registration and payment is requested by September 20th. Mail to Marge Ugalde, 2322 State Highway 67, Johnstown, NY 12095.

Questions? Contact Marilyn Dyer: call or text 518-505-6434 or email dyermm48@gmail.com



Worship Volunteer Duties for SEPTEMBER of 2024

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

	1-Sep	8-Sep	15-Sep	22-Sep	29-Sep
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Marilyn D	Debbie F	Bonny M	Charlie H	Susan R
Greeter	Elaine B	Nancy C	Cindy W	Ja'net M	Marlies P
Usher	Marion D	Cindy W	Peggy F	Athena B	Charlie H
Assisting Minister	Mike D	Cindy W	Pam D	Bonny M	Karen C
Communion Assistant	Mike D	Donna S	Pam D	Bonny M	Debbie F
Snack Set-Up / Clean-Up	Marilyn D	Charlie H	Susan C	Charlie H	Charlie H
Offering Counters	Pam D & Marion D	Charlie H & Nancy C	Cindy W & Pam D	Bonny M & Pam D	Charlie H & Nancy C



Upcoming Events for **September 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

- 1st: Hope Prays Group following Worship Service in the small classroom.
- 4th: Wednesday Bible Study begins, 12:30 1:45 PM, in the large classroom & via Zoom, (every Wed).
- 7th: Regional Food Bank Packing, 10:30 AM Noon, Meet at RFB.
- 8th: Brunch at Church following Worship Service in the large classroom.
- 10th: Hope's Book Group @ 7 PM at Marilyn Dyer's home.
- 11th: Worship & Music Committee Meeting @ 6:30 PM in the large classroom.
- 12th: Thursday Bible Study @ 6:30 PM at Pr. Elaine Berg's home, (every Thurs.).
- 13th: Dine-Out Dinner Group @ 6 PM, Emperor Garden, for those who RSVP'd.
- 14th: Food Collection & Bake Sale, 10 AM 2 PM, Hope's parking lot.
- **15th: Congregational Meeting following Worship Service in the sanctuary.**
- 17th: Beginner Tai Chi begins, 7 8 PM, in the sanctuary, (every Tues.).
- 18th: Qigong begins, 1:30 2:30 PM, in the sanctuary, (every Wed.).
- 18th: Advanced Tai Chi begins, 3 4 PM, in the sanctuary, (every Wed.),
- 18th: Council Meeting @ 6:30 PM, in the large classroom & via Zoom.
- 21st: Enneagram Workshop, 10 AM 2 PM, in the sanctuary, lunch provided.
- 26th: Grief Support Group @ 6:30 PM in the sanctuary.
- 28th: Enneagram Workshop, 10 AM 2 PM, in the sanctuary, lunch provided.

