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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.

JANUARY NEWSLETTER

2023

Our Core Values



*faith
acceptance
compassion
gratitude
love*

Tai Chi and Qigong
Classes
start this month
~ Details on page 7 ~

Red Cross
Blood Drive
at HLC
~Registration Info.
on page 9

From Our Pastor

Happy New Year!

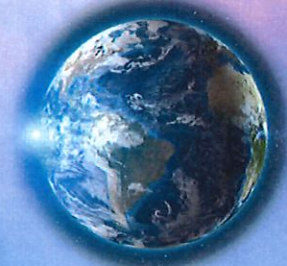
So often this is the time of year when we make New Year's Resolutions. Nothing wrong with that—it can be a truly fun thing to do, whether alone, or with family and/or friends. But this new year I'd like to share with you a New Year's prayer and invite you to perhaps create your own New Year's prayer. So here is mine.

My prayer this year is that the world be filled with a new spirit. That we begin anew in our world, leaving behind old fears, divisiveness, and hatreds. Leaving behind a world filled with the illnesses of a pandemic. That instead the world become a more caring, generous, and compassionate place. That the world become a place of healing and new life. That when you and I look at our brothers and sisters in the world, regardless of their race, or ethnicity, or gender, or economic status, that we endeavor to see in them, the face of Christ. And that when others look at us, we endeavor to be the face of Christ to them. I pray that you and I together work towards making this a new year filled with the love of God. That filled with the Spirit we go forth to clothe the naked, feed the hungry, care for the sick, and welcome the stranger. That we strengthen our efforts to take care of our planet and the creatures which inhabit our world, in our seas and oceans, in the air, and on land. That we each develop the courage to tell our story, so that the world may know how God has been at work through us and continues to do so. That we each open our hearts to fully receiving the love and the grace that is our birthright as followers of Jesus Christ. And finally, I pray that you know how deeply grateful I am to be your pastor and to be able to share in this ministry with you here at Hope as we move into the year ahead. May God continue to bless you this day and throughout the year.

So, this is my prayer. What's yours?

Wishing you a Happy New Year!

Pastor Pamela





NAMES AND HEALING

Scripture introduced the Christ Child with two names: Emmanuel and Jesus. Emmanuel means “God with us” and Jesus means “Savior.” The Angel told Mary and Joseph to give the promised child these two names. When you and I consider Emmanuel and Jesus, we are likely to say something like: “Yes, that’s who He is: He IS God with us and He came to save us.” His names addressed his identity. In the gospels, Jesus regularly asserts that his name brings power, hope and healing through prayer as well as physical healings. Consider the verses below:

John 14:13-14 (Jesus said) Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. If you ask Me anything in My name, I will do it.

Acts 3:6, 16 ⁶Peter said, “I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth,^[a] stand up and walk.”

¹⁶And by faith in his name, his name itself has made this man strong, whom you see and know, and the faith that is through Jesus^[a] has given him this perfect health in the presence of all of you.

Cheers, an old favorite sitcom, always began with a song that announced:

*Be glad there's one place in the world
Where everybody knows your name
And they're always glad you came
You wanna go where people know
People are all the same
You wanna go where everybody knows your name*

What about your name? Often you and I are asked how we got our names. Was it a family name? Was it a popular name in the year of your birth? Did your parents simply go through one of those name books to discover a unique name for you? And did they consider what your name meant before giving it to the hospital registrar? Maybe you don’t like your name. If that’s the case, what would you prefer it to be? And would you consider the meaning before you made the name change legal?

As we begin 2023, consider how your name might be a source of healing and renewal. Check Google to remind yourself of the various meanings you find for your name. Does that meaning reflect more than your identity? Does it also give purpose and strength to you? Is your name one that guides you and your personal ministry?

And finally, how do you use the name of Jesus? Do your prayers reflect your faith in his power to give you strength and hope? When you are asked to pray for others, do you consider how the name of Jesus brings promise and healing to others through your words?

PRAYERS OF HOPE PRAYER TEAM

A reminder: Prayers of Hope meets in the small classroom once a month to pray for those whose names are in the bulletin or have been given to the Prayer Team. If you have requests or would like to join the team, please speak with James Macris jimthegreek40@gmail.com or 518.479.3432



NOW I LAY ME DOWN TO SLEEP,
I PRAY THE LORD MY SOUL TO
KEEP.....

Our Father, who art in
heaven, hallowed be thy
name; thy kingdom
come; thy will be done
on earth as it is in
heaven. Give us this day
our daily bread. And
forgive us our
trespasses, as we forgive
those who trespass.....

A few years ago, I was in a study class and we were talking about prayer. There was a person in the group whose mother was terminal. She asked if we would pray for her. We all agreed. The next week we were asked if we had offered prayers. One member in the group answered in the negative. He explained that he hadn't had time to set aside an area in his apartment to offer his prayers. Plus, it was hard for him to kneel.

Prayer is not a formal event – it's a conversation with your Friend. God loves you and wants to listen.

How many times do you think the word "PRAYER" appears in the Bible?

- A. 475
- B. 650
- C. 1,120

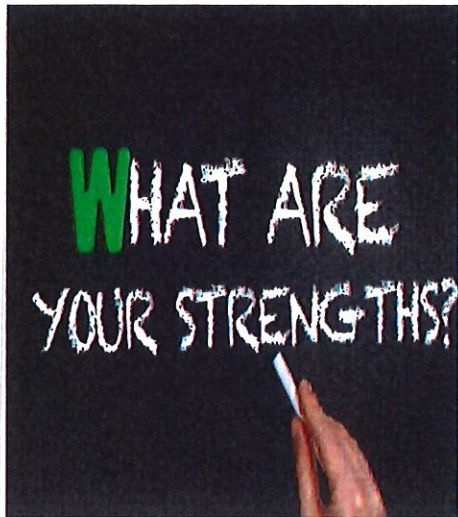
The current opinion is B, 650!!!

Here at Hope Lutheran we have a team of pray-ers known as "Hope's Prayers." We receive requests for prayers via email, and then distribute them to the team. The topics range from medical issues, birthdays, anniversaries, school accomplishments, even requests for safe travel or a great vacation! There is no limit to what we can pray for.

This is an invitation to you to become a member of this group. All you have to do is be willing to offer prayers on behalf of someone's request. You can do this at home, in the car on the road, getting up in morning or going to bed. The time is between you and God. We meet once a month, following the service on the first Sunday of each month. The meeting usually takes about 15 to 20 minutes.

Please let me know if I can add your name to the list of Hope's Prayers. Thanks, Jim Macris

jimthegreek40@gmail.com 518 210-3289



Living Your Strengths in the New Year

The Hope Initiative Team (HIT) invites you to discover your strengths in the next phase of the Congregational Leadership Initiative of the ELCA. Each person participating can take the StrengthsFinder assessment offered in the **Living Your Strengths** book.

These books are now available for \$15 each. The book includes a code that is used to take the assessment via the internet. After completing the assessment, each person will receive a personal list of their strength themes along with a discussion of the theme and talents discovered.

SIGNATURE THEMES

The StrengthsFinder® assessment is comprised of 34 themes, each of which contains several talents. Talents are natural, recurring patterns of thoughts, feelings, and behaviors. The talents identified in your Signature Themes are things you do naturally, like breathing. It's practically impossible to stop doing them. You actually do them without even trying.

Later in January participants will be encouraged to join a group to discuss individual strengths and to see how those strengths and talents may be used not only in Hope ministries but in daily life.

A sign-up sheet will be available at the worship computer desk along with the books. (Checks should be made out to Hope Lutheran Church) If you have questions about the book, the process or the group, please contact either Pastor Pamela via email or phone (pastorpamela@hopelc.org or 518- 283-1372) OR Pastor Elaine Berg (315-882-3732 or meb312@aol.com).

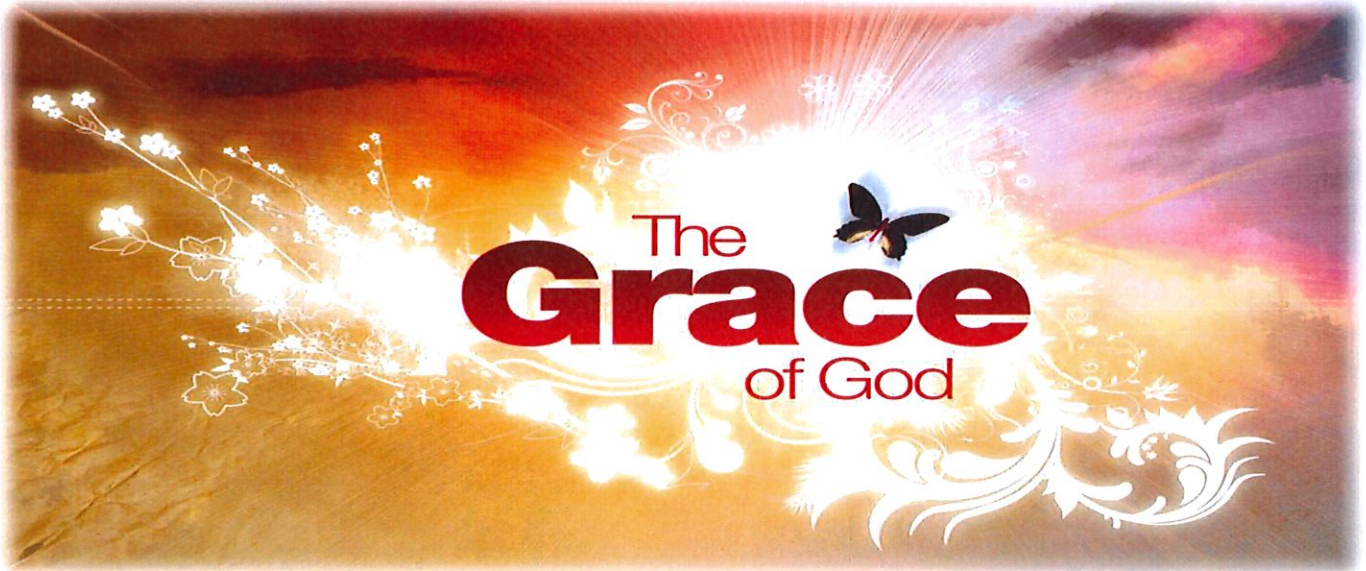




Christmas Food Baskets ~ Mission Accomplished!

Once again, through your generosity, our goal of 15 food baskets was met! The baskets, including cans and boxes of veggies, instant potatoes, stuffing, gravy, and rice, plus some holiday treats and a Price Chopper gift card, were packed on December 19. Jason from the St. Paul's Center picked them up and delivered them to families in need. These families are "graduates" of the St. Paul's Center, a homeless shelter for women with children. They have homes of their own now but are still getting back on their feet. Our gift helps provide a festive Christmas dinner.

Thank you so much to all who contributed and helped pack up the food. Special thanks to Karen Hill and Tonya Humphrey, whose contributions truly went "above and beyond"!



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 'apathetic' under the core emotion of 'Sad' and asked you to ponder your own thoughts.

These are my thoughts:

apathetic (showing little or no emotion or animation)

Sometimes, we see no option for success. We feel powerless, victimized – blinded by a black hole of hopelessness. Isolation strongly reinforces hopelessness. To counteract this, one must network across multiple family systems. When someone is abused, the abuser (whether the abuser be an individual, an organization, or a nation) keeps their power through isolation. Our need for touch is so great that we accept abuse over isolation. The abuser, despite the poison, becomes our lifeline. Unfamiliar with the true nature of abuse, we rationalize it: We say that it is not so bad, that he/she is getting better, or, that it is our fault.

When we see apathy, we try to energize the person, but sometimes, our focus is wrong. Sometimes, we need to focus on the circumstances surrounding the person. Sometimes, we must identify what, in the system (not what in the person), needs to be changed.

Next month, please consider your thoughts on 'worried' under the core emotion of 'Fear'.

In His Grace, WDM

Tai Chi and Qigong Are Back!

After a brief holiday break, tai chi and qigong classes will resume on January 3 and 4. If you could use an hour a week away from your busy schedule, think about joining us!

Beginner Plus Tai Chi is for anyone – beginners, as well as those who have some experience. Simple tai chi forms are taught, giving beginners a good start, and letting those with more experience practice and polish their forms. The class is Tuesday evenings from 7:15 to 8:15.

Qigong is also for anyone, even those who need to practice while seated. The class focuses on qigong (energy work), meditation and other techniques, giving participants a relaxing hour of “me time.” The class is Wednesday afternoons from 1:30 to 2:30.



Both classes are taught in person in Hope's sanctuary, and simultaneously on Zoom for those wishing to stay home. The classes are recorded and links sent to all participants so they can practice anytime. The monthly fee is \$25 for one class or \$40 for both.

Questions? Contact Pam Dodson at (518) 701-4628 or pamd@fastmail.com

Hope's Dine-Out Dinner Group



Join us for a social dinner on:

Friday, January 13th, 6:00 PM at:

Calypso Caribbean Restaurant

77 Congress Street in Troy

(Parking is on the street, so carpool would be best.)

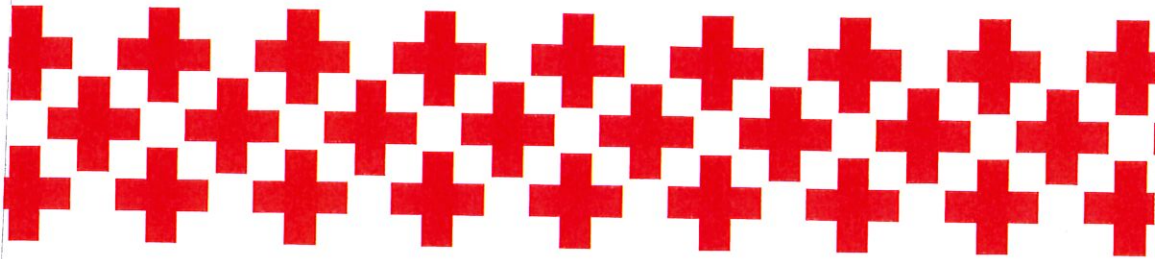
Please RSVP on the sign-up sheet located in the Narthex,

or contact Greg Whitney at: (518) 951-0414 ~ call or text

no later than Wednesday, January 11th.

American Red Cross

Give blood. Help save lives.



Blood Drive **Hope Lutheran Church**

470 Winter Street Ext., Troy, NY 12180
Sanctuary

Saturday, January 28, 2023
8:00 a.m. to 1:30 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®

**Come give Jan. 1-31 and automatically be entered for a
chance to win an exciting trip for you and a guest to
Super Bowl LVII in Phoenix! Includes travel, hotel, \$500
gift card, pre-game activities and more! Terms apply;
visit RedCrossBlood.org/SuperBowl.**



Scan to schedule
an appointment.



11/22/22



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..."

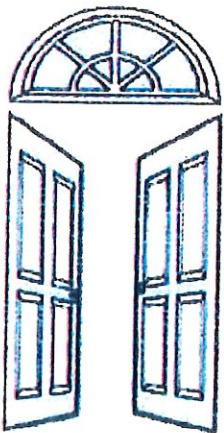
Dear Friends & Hope Lutheran,

*How much we appreciate your
collection of food for our food pantry.
It is a blessing to many in need,*

*Sincerely,
Naomi Boel*



11/29/22



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 appreciation to all in your
fellowship who give so faithfully to
D.O.H. food pantry. We are thank-
ful for your generosity.

Sincerely,
Naomi Boel

Worship Volunteer Duties for January 2023

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

	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Bonny M	Maureen H	Susan R	Charlie H	Bonny M
Greeter	Chris N	Marion D	Pam D	Donna L	Marlies P
Usher	Marilyn D	Athena B	Pam D	Donna L	Dickie D
Assisting Minister	Sandra G	Mike D	Bonny M	Chris N	Luis C
Communion Assistant	Chris N	Mike D	Bonny M	Chris N	Luis C
Snack Set-Up / Clean-Up	Marilyn D	Maureen H	Donna L	Charlie H	Susan C
Offering Counters	Bonny M & Marilyn D	Marion D & Maureen H	Susan R & Pam D	Charlie H & Donna L	Pam D & Bonny M



News & Upcoming Events for January 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 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

1st 	1st Hope's Prayer Team in small classroom ~ 15-minutes after worship service	4th Worship & Music Committee Meeting @ 6:30 PM	5th Hope's Kitchen Free Community Meal at Cornerstone Church in Lansingburgh * Serving from 3 - 6 PM * (for those who RSVP'd)
11th Council Meeting @ 6:30 PM via Zoom Only	13th Hope's Dine-Out Dinner Group @ 6 PM <i>Calypso Caribbean Restaurant</i>	17th Hope's Hands Meeting @ 10 AM in small classroom	18th Women's Book Club @ 7 PM in large classroom
21st Regional Food Bank Packing 10:30 AM – Noon Meet at RFB	28th Red Cross Blood Drive 8 AM – 1:30 PM at HLC		

