

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.

MARCH 2023 NEWSLETTER

Lenten Soup Supper
and Devotionals
Schedule
~ page 7 ~

Take a Look Ahead...
Holy Week & Easter
Worship Schedule
~ page 9 ~

The Annual Lutheran
Summer Gathering
at Silver Bay
~ Details on page 12 ~

Our Core Values



faith
acceptance
compassion
gratitude
love

Pastor's Page

8 Once you were darkness, but now in the Lord you are light. Live as children of light – 9 for the fruit of the light is found in all that is good and right and true.

-- Ephesians 5:8-9

Lent is under way and Easter is yet to come. And so, we are in the in-between time. A time of waiting. Waiting for the days to get longer, and the flowers to bloom. Waiting for the warmer weather and things to once again grow in the greenness of new life. We are waiting for the resurrection and the kingdom of God. In that waiting comes reflection, on who we are and who we are being called to be in the newness of life in Christ. It is a time of dreaming and of re-envisioning a new reality. And so, take this time, this beautiful precious time to reflect on how much you are loved as a child of God and the love you have been graced to share with others in Christ.

Yours in Christ,

Pastor Pamela

*From the Desk
of:*

**Bonny Munteer
Council President**

Dear Members of HLC,

It's been a busy year at our church, with lots of activity - all our committees, ministries, and projects! We've had some important decisions to make along the way – regarding the Mold Remediation Project and the Leaking Roof problem – to name a couple. Now it's time again for us to gather for Lenten services, Easter, and prepare for our annual Stewardship campaign and plan our Budget for next year. All this leads up to the Annual meeting, tentatively scheduled for April 23rd.

We have many committees and members, as well as the Council members, that work week after week, keeping our activities, projects, and 'business' going, as well as planning for the future. I want to thank everyone that contributes their time, effort & talents keeping our church 'business' running smoothly and allowing us to come together in worship every week!

I would like to request that each Committee Chairperson prepare a report – doesn't have to be long or detailed – with their accomplishments made during this past year. You may submit them to Tonya, our secretary, by the first week of April. These will be included with the Annual Report, which will be distributed to everyone at the Annual meeting. Thank you all for your participation and leadership in keeping these committees active and productive.

Thank you and blessings to all,

Bonny Munteer
Council President



HEALING AND HOSPITALITY

Hospitals are the places that we consider when we speak of healing. They are dwellings for healing and health. So, what is the connection between healing and hospitality? Hospital originally meant guesthouse (it's from the same root as hotel and hostel), from the Latin *hospitem* (guest or host); it later morphed into "shelter for the needy" and later into its current meaning. Hospitable came from a related root, receiving a guest properly.

A good example of healing and hospitality is found in **Mark 1:30-31**, *Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So, he went to her, took her hand and she began to wait on them.*

Jesus was invited by Peter (Simon) to come into his home to help his mother-in-law who was sick with a fever. Peter the rocky fisherman, was the breadwinner of his home, and he was the compassionate son-in-law, who made sure to take care of his wife's mom. Not one to ever be shy about taking action, impetuous Peter knew Jesus could make a difference in his home, especially for his mother-in-law. With a simple touch, Jesus healed her, and she began to serve them! Peter had left home to follow Jesus, but when his home was in need, he came home to welcome Jesus, the healer.

As we begin our journey through Lent toward the cross, we are called to be instruments of God's healing love through Jesus to the world. We have multiple gifts of the Spirit as well as talents and strengths to usher in the kingdom of God here in this time and this place. Hope is our gift of hospitality. Questions to ask ourselves are:

How do we extend God's healing hospitality to hungry, hurting hearts that cross our daily paths? And where are the places we are called to extend a helping hand, a warm greeting, a comforting shoulder, a listening ear, a non-judgmental presence, a voice for justice, an open table?

Below are a few of the 30 plus passages about hospitality. I invite you to choose one to guide you through the next month.

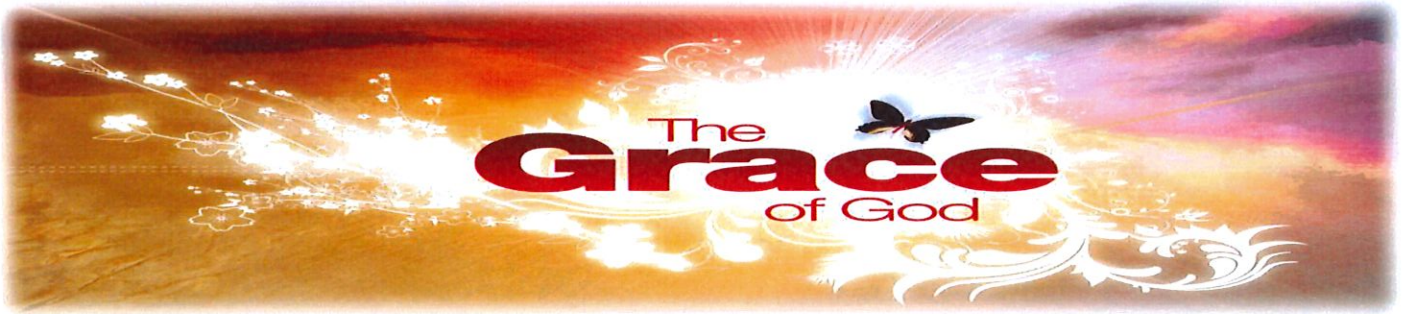
(Romans 12:13 NIV). "Share with the Lord's people who are in need. Practice hospitality."

(Romans 12:13 The Message) "Help the needy! Christians; be inventive in hospitality."

1 Peter 4:9 (NLT) Cheerfully share your home with those who need a meal or a place to stay.

Matthew 25:40 (NLT)

"And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"



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 'jealous' under the core emotion of 'Anger' and asked you to ponder your own thoughts.

These are my thoughts:

jealous (suspicious or fearful of being replaced by a rival) – I come from a lower economic stratum. I have never been a long-term holder of any position of power. For jealousy to be operative, you must have something to lose. Others have shown no interest in what I possess. Also, my potential for loss is more centered around my shadows than by a rival.

I bring another word for consideration. Though this emotion is not on part of the emotional wheel, it is an important emotion for me.

envy (painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same advantage)

Envy is more operative in my life. Envy motivates me to work hard to obtain what others possess: recognition, talents, opportunities, or material possessions. I desire what I see, but as something I earned, not stole. Nothing in this pursuit is perfect. I have champagne tastes on a beer pocketbook and have gotten most of what I have through sweat equity. Time and resources are scarce, so there is a feeling of 'robbing Peter to pay Paul'. I hope, that, in these later years of my life, I will be able to enter into some peace in this direction. For the most part, I have what I would have liked (and definitely more than I deserve). If viewed through the eyes of Grace, Matthew 6:33 fits here. In my bumbling attempts to seek His kingdom, God has been more than gracious to me.

In the area of my greatest passion, I still struggle. With significantly less effort and talent, others have succeeded where I have not. Sometimes, it is hard for me to be happy for them in the midst of my sorrow. Sometimes anger and frustration arise. In this area, I seldom see the fruit of my labors. Someday, I hope to be like Esau when he met his brother Jacob (Genesis 33:9).

I view life as a gift instead of a right – as tentative instead of permanent. I deserve no more than my neighbor and, in some instances, decidedly less. We all have shadows in our lives. Some are less fortunate and have had their lives ruined by their shadows. Here, too, I am reminded: Without Grace, my life could have been much less fortunate.

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

In His Grace, WDM

Thank You!



SISTER BETSY VAN DEUSEN, CSJ
CHIEF EXECUTIVE OFFICER

JENN HYDE
EXECUTIVE DIRECTOR

February 6, 2023

Hope Lutheran Church
470 Winter St Extension
Troy, NY 12180

Dear Parish;

CoNSERNS-U, a Catholic Charities Tri-County Services program, is most grateful for our donors who support our mission of helping individual families. Your generous donation will make a lasting impact on the lives of our neighbors in need.

We cannot thank you enough for your continued support of our program. You have helped us to assist hundreds of families. It's clear you see the importance of treating our most vulnerable with compassion, dignity, and respect. Thank you for being a beacon of hope in our community.

On behalf of the staff and clients of CoNSERNS-U, we again thank you. Thanks to you, neighbors from all walks of life will receive the support they need to meet life's challenges. We hope you have a happy and healthy year.

In gratitude,

A handwritten signature in black ink, appearing to read 'Michelle L. Abel'.

Michelle L. Abel
Associate Executive Director
Catholic Charities Tri-County Services

*Thank you for the
food donated.
Michelle*

Thank You!

2/2/23



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 and appreciation
to your congregation for your
kind and generous support
to our food pantry.

Sincerely,
Naomi Boel



Our church family will have the opportunity to gather on Wednesday evenings during Lent to share a simple soup and bread supper as we walk with Jesus on his journey to the cross.

Supper will begin at 6:30 PM with devotions/worship at approximately 7:00 PM.

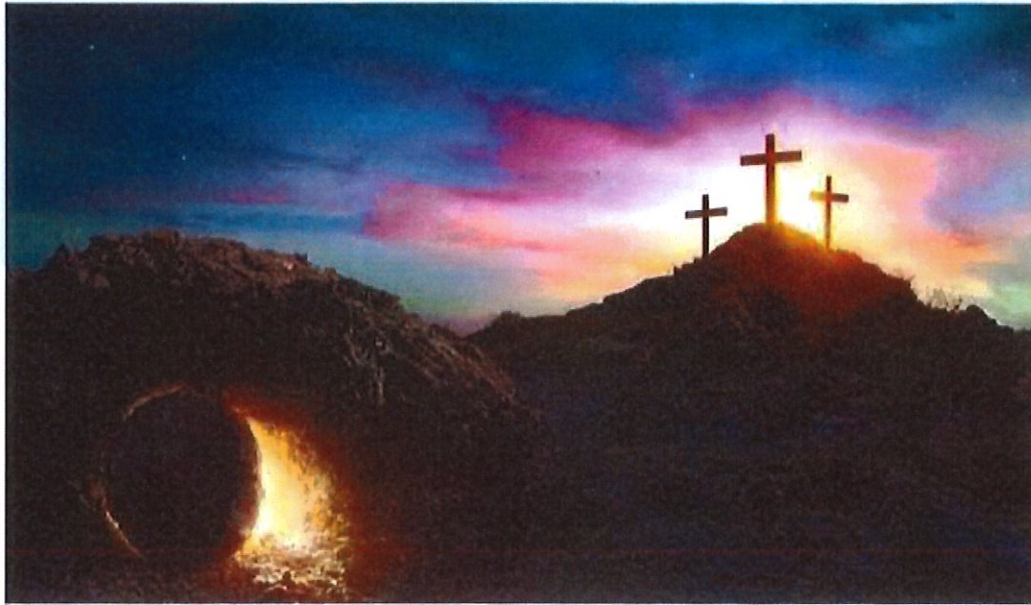
If you are able to provide soup and/or bread for the suppers, it would be most appreciated. Marion will need 3 people each week to make their favorite soup and 2 people each week to bring bread to share. Please email Marion Daus at mdaus@nycap.rr.com to sign up for soup/bread and let her know which date and what kind of soup you will do, or use the sign-up sheet on the table in the Narthex. Soup should arrive hot at about 6 PM so we can sit down promptly at 6:30 PM.

Hoping lots of our folks will come out for this time of fellowship and faith.
Thanks so much!

Ash Wednesday Service ~ February 22nd @ 12 PM & 7 PM ~ In-Person & Online

Here's the scheduled dates for the Lenten Soup Suppers:

Wednesday	March 1 st	6:30 – SOUP SUPPER #1
Wednesday	March 8 th	6:30 – SOUP SUPPER #2
Wednesday	March 15 th	6:30 – SOUP SUPPER #3
Wednesday	March 22 nd	6:30 – SOUP SUPPER #4
Wednesday	March 29 th	6:30 – SOUP SUPPER #5



Holy Week is the week leading up to Easter; it always starts on Palm Sunday, the Sunday before Easter.

Here are the dates for Holy Week in 2023: Sunday, April 2nd - Saturday, April 8th.
Easter is on Sunday, April 9th.

Important Dates of Lent	Brief Overview of Significance	2023 Dates
Palm Sunday	Celebrates Jesus's triumphant entry into Jerusalem	April 2, 2023
Holy Week	The week leading up to Easter	April 2 - April 8, 2023
Maundy Thursday	Commemorates the foot washing and Last Supper of Jesus Christ with the Apostles.	April 6, 2023
Good Friday	Commemorates the crucifixion of Jesus and his death at Calvary.	April 7, 2023
Holy Saturday	Commemorates Jesus' body resting in the tomb.	April 8, 2023
Easter Sunday	Celebrates the resurrection of Jesus from the dead and his victory over death.	April 9, 2023

Holy Week Schedule



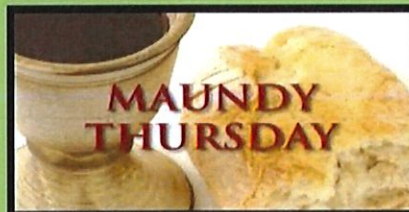
All Services will be In-Person & Online

April 2nd ~



Service at 10 AM

April 6th ~



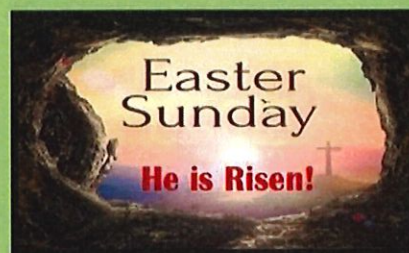
Service at 7 PM

April 7th ~



Service at 7 PM

April 9th ~



Service at 10 AM

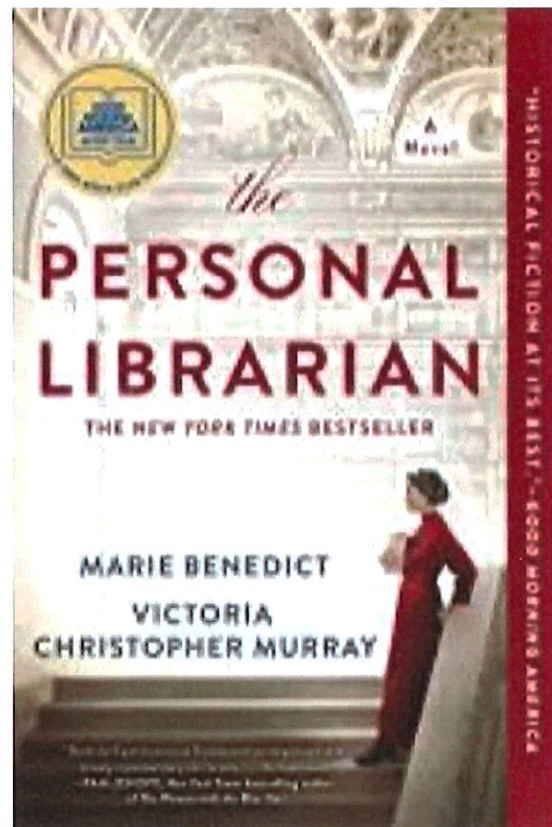
MARCH BOOK CLUB PICK

(new date)

Tuesday, March 14th
7 PM at Marilyn &
Elaine's

Snacks and Drinks
Provided

RSVP dyermm48@gmail.com



"Benedict, who is white, and Murray, who is African American, do a good job of depicting the tight-rope Belle walked, and her internal conflict from both sides—wanting to adhere to her mother's wishes and move through the world as white even as she longed to show her father she was proud of her race. Like Belle and her employer, Benedict and Murray had almost instant chemistry, and as a result, the book's narrative is seamless...I became hooked." - NPR

"An extraordinary tale that is both brilliant historical fiction and an important and timely commentary on racism. By holding up an unflinching mirror and illuminating this little-known chapter in American history, these two gifted authors have penned a work that is a must-read."

—Pam Jenoff, *New York Times* bestselling author of *The Woman with the Blue Star*

"A marvel of a story. This unflinching look at one woman's meteoric rise through New York's high society is enthralling, lyrical, and rife with danger. Belle's painful secret and her inspiring courage will capture – and break – your heart. Serious kudos to Benedict and Murray for bringing this true story to life." —Fiona Davis, *New York Times* bestselling author of *The Lions of Fifth Avenue*

"*The Personal Librarian* illuminates the extraordinary life of an exceptional, intelligent woman who had to make the impossible choice to live as an imposter or sacrifice everything she'd achieved and deserved. That Belle denied her true identity in order to protect herself and her family from racial persecution speaks not only to her times but also to ours, a hundred years later. All that glitters is not gold. This is a compelling and important story."

—Therese Anne Fowler, *New York Times* bestselling author of *A Good Neighborhood*

YOU ARE INVITED!!

Adult Christian Education Retreat

sponsored by the SAM Advisory Committee

featuring Dr. Rick Carlson

April 21-22, 2023

Topic: "Matthew for the Season of
Pentecost"

This will be an overnight retreat to be held at
Christ the King Center in Greenwich, NY

Note: Registration procedure is different this year. Follow this link to register directly with the Center. Payment is due with registration; if for any reason you need to cancel, **25% is non-refundable.**

Double with 2 meals - \$109

Private room with 2 meals - \$156

Optional Friday dinner - \$26

Saturday only - \$26

Be sure to indicate how many meals you want.

Deadline for registration: Friday, March 31, 2023

<http://quiltgroupsatctkcenter.campbrainregistration.com>

If you need help with registration, feel free to call Laura Johnston at
518-692-9550, ext. 107

Please join us for fun, fellowship, and lots of learning!!

Chris Nash

THE ANNUAL LUTHERAN SUMMER GATHERING AT SILVER BAY

Saturday, July 15 – Friday, July 21, 2023

*The fun and relaxing weeklong vacation for spiritual and physical renewal on
beautiful Lake George, NY*

Have you started thinking about your summer vacation yet? Longing for time to rest and relax, maybe even recuperate? How about spending some time at one of the most beautiful places on earth? Why not give some thought to attending the Lutheran Summer Gathering at Silver Bay on beautiful Lake George? Think about just relaxing in the rocking chairs on the porch of the Inn or the Boathouse, chatting with family or new friends. If you feel more energetic, you can try kayaking, sailing, tennis, softball, crafts, archery, swimming, hiking, etc. There's even a climbing wall in the gym! Silver Bay provides a safe environment for your children, too, and child care in the mornings during classes (for a small additional fee). There is also a program just for teens. Silver Bay is handicapped accessible. And you don't have to be a Lutheran – all are welcome!!

The Lutheran Summer Gathering offers many opportunities for worship and spiritual renewal: family Eucharist, morning matins, and evening vespers by the lake. The Silver Bay Association also has a vespers service in the chapel, with music by a string quartet. In addition to all of this, the Gathering offers engaging weekday morning courses to inspire, renew and expand your mind.

Be uplifted, find grounding, relax, have fun, engage the body, engage the mind, make new friends, play. It's your choice.

For more information about the gathering, visit <http://www.lutherans-silverbay.org>. For information about Silver Bay, visit <http://www.silverbay.org>.

Chris

Worship Volunteer Duties for March 2023

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

	5-Mar	12-Mar	19-Mar	26-Mar
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Susan R	Maureen H	Charlie H	Debbie F
Greeter	Lois B	Marion D	Ja'net M	Marlies P
Usher	Donna L	Athena B	Susan R	Donna L
Assisting Minister	Chris N	Athena B	Susan R	Bonny M
Communion Assistant	Marilyn D	Mike D	Bonny M	Chris N
Snack Set-Up / Clean-Up	Marilyn D	Maureen H	Charlie H	Donna L
Offering Counters	Donna L & Marilyn D	Marion D & Pam D	Susan R & Bonny M	Donna L & Pam D



News & Upcoming Events for March 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 Lenten Soup Supper # 1 @ 6:30 PM in the large classroom	2nd Hope's Kitchen Free Community Dinner at Cornerstone Church in Lansingburgh * Serving from 3 - 6 PM * (for those who RSVP'd)	2nd Worship & Music Committee Meeting @ 6:30 PM in the large classroom	4th Regional Food Bank Packing 10:30 AM – Noon Meet at RFB
5th Hope's Prayer Team in small classroom ~15-minutes after worship service	8th Lenten Soup Supper # 2 @ 6:30 PM in the large classroom	10th Dine-Out Dinner Group @ 6 PM (Plum Blossom)	14th Women's Book Club @ 7 PM The Personal Librarian
15th Lenten Soup Supper # 3 @ 6:30 PM in the large classroom	16th Council Meeting @ 5 PM via Zoom	17th 	21st Hope's Hands Meeting @ 10 AM in the small classroom
22nd Lenten Soup Supper # 4 @ 6:30 PM in the large classroom	29th Lenten Soup Supper # 5 @ 6:30 PM in the large classroom	Choir Rehearsal will be held every Sunday during March; following worship service; in the sanctuary	Wednesday Bible Study at Noon will meet on: March 8 th , 15 th , 22 nd , & 29 th (in the large classroom & via Zoom)

