HEPE Lutheran Church

470 Winter Street Ext.., Troy, NY 12180 (518) 283-1372 ~ WWW.HOPELC.ORG

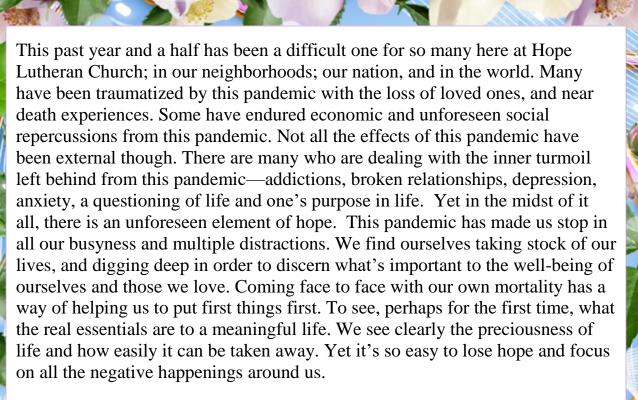
We are a community empowered by the Holy Spirit, called to bring God's comfort, to work for God's justice, and to share the hope and love of Jesus with all.





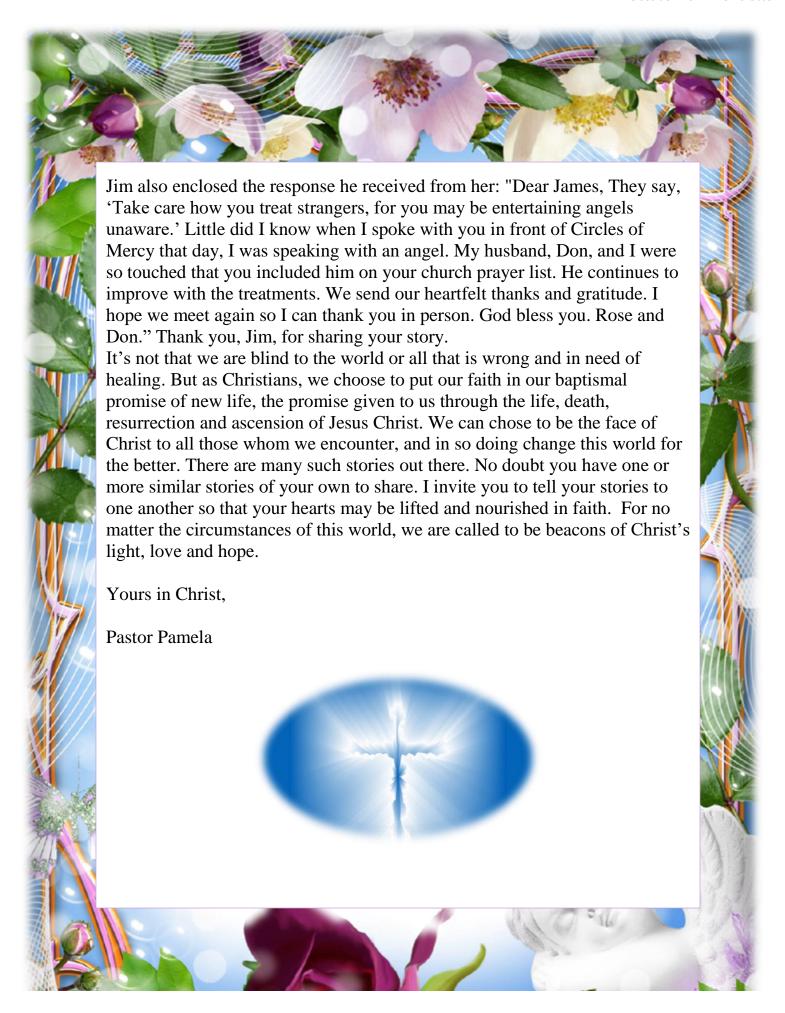
Our Core Values





From Pastor

A few weeks ago in a sermon, I invited the congregation to share those positive things and experiences they were part of—as a way of seeing the grace of God in their lives and the lives of others. To that end, I'd like to share part of a letter I received from Jim Macris telling of one such moment. "The story: In Rensselaer there is a used clothing shop called Circles of Mercy. On this particular day I was dropping off some items my wife wanted donated. When I arrived, they had not opened yet, however there was a lady just starting up the steps, so I waited, the door was locked. She turned to me and said that she had not been able to work at the shop for over a year due to her husband's illness. We chatted for a few minutes, and I asked her if she would mind if I prayed for her husband Don. She said that would be wonderful. As a result, Rose and Don have been on our prayer list in the bulletin. I took a copy of the bulletin with prayer highlighted and dropped if off at Circles. She was not there, but they said they would hold it for her."





From the Desk of the Council President



Greetings friends and families

It's been a busy summer and September this year.

Many things have been going on, some tangible as far as repairs are concerned, and others in the beginning stages of some projects/missions.

To start with:

We have formed a labyrinth committee. Pastor Pamela started the idea of a prayer/meditation labyrinth. We have also formed a walking path committee; the path will encircle the property and both be made available to the community.

Both committees are planning committees, chaired by Greg Whitney, and the final recommendations will be brought to the congregation at a future congregational meeting.

We have hired a contractor to start the replacement of our roofs.

Pastor Elaine is leading a new Bible class. We are studying Luke and so far it's been very exciting and eyeopening. Seats are always available. She is also doing a Sunday AM class. This will start at 9am.

Marilyn Dyer has volunteered to restart our Sunday school. She reports that she already has three students. . . Put the word out we're looking for children with families :-).

Greg Whitney and Susan Radzyminski are heading a committee to start the marketing of Hope Lutheran Church. The next meeting is scheduled in October.

Hope's Kitchen is running well. Call Marion Daus if you would like to help.

We have recently changed contractors for both our lawn and winter plowing schedules.

Good healing team is in process.

Wayne Mizerak will be returning in October with his live music and maybe a choir.

Other things going on:

We are now hosting a small children's theater group as well as Matt's ongoing music group.

Pam Dodson will be starting a Qigong class in October.

A piano teacher has asked to use the premises for her students.

I have it on good authority that the quilting/sewing group is looking to get started back up, at this point probably October.

We have contracted with Meerkat. This a year-long+ program of pest control.

In closing, I'd like to thank all the people that volunteered for the cleanup day in August, and the picnics, and the help with so many things in the church. Just want you all know that I love my family.

Sincerely,

Ray

"CALLED TO LIVE AS COMPASSIONATE PEOPLE"

We have learned from the beginning of time, that human beings are called to be images of God. God showed us *compassion* by sending us Jesus. We have "no excuses for not imitating Jesus in this." (pg112)

I find it is overwhelming, feeling for so many experiencing devastating losses due to the intense heavy rains causing floods in so many areas, the tornadoes, hurricanes, out of control forest fires raging and so much more! But I remind myself with the author's words feeling compassion "means allowing our hearts to be touched by the plight of our fellow humans and taking action for the sake of the other." (pg113) After praying for those in pain, I find myself lost in knowing what action to take! But also feel *called to act*.

"According to Matthew 25, we will be judged by how well we show compassion for those in need":

"Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing?

And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Our church family is strong in their faith and are committed to feeding the hungry by supporting 2 food pantries, and monthly dinners for the hungry, at Hope's Kitchen -contact Marion D., and another coming "Drive through food drop-off"-contact Pam D., and donations to World Hunger! A newer ministry cares for the homeless by preparing winter and summer 'goodie bags' for those needing help, asking on street corners. We still need your support in collecting needed items- contact Maureen H.. You are invited to help prepare the bags and also take some bags to be ready to hand them out to homeless as cold weather arrives.

Clearly there is much more we are called to act on, such as mistreatment of God's children all ages fleeing for their lives from other counties looking for asylum and medical care, youth & adult sexual abuse, or abuse of others which we have seen at our own country and abroad. We as a church family, with combined forces are more powerful than one alone.

"The future of our planet depends on us —on how we live as the image and likeness of God." (pg 113)

*Taken from an awesome book, A FRIENDSHIP LIKE NO OTHER experiencing God's amazing embrace,

by William A. Barry, SJ



~ submitted by Liz Macris, RN



Sept 16, 21

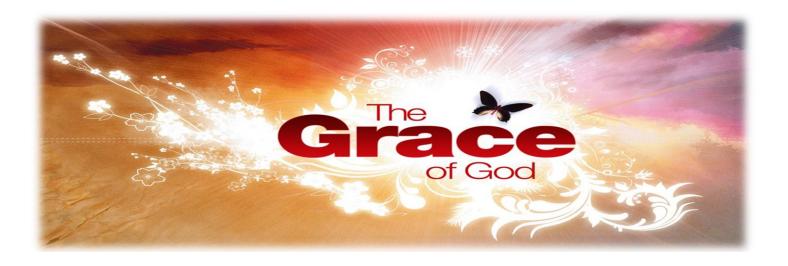


Matthew 25:35
"For I was bungry and you fed me,
I was thirsty and you gave me drink,
naked and you clothed me..."

Dear Menters and Frunds & Flore Full was thought ful don Sions of food to our food pantry.

Me appreciate your support.

Sincorely, Naomi Boel



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 'inquisitive' under the core emotion of 'Joy' and asked you to ponder your own thoughts.

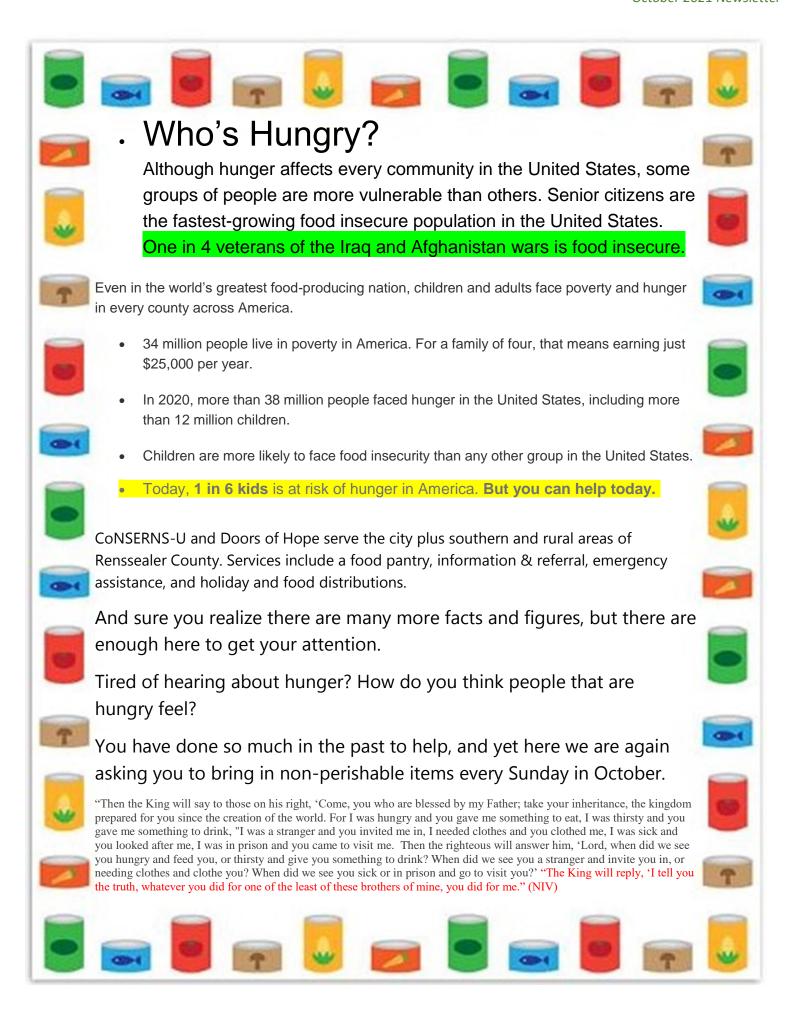
This is what I have to say:

<u>inquisitive</u> (eager to acquire knowledge)—I am naturally inquisitive. I seek to know and be known. Unfortunately, indiscriminate inquisitiveness primes me for my shadows. The drive for certain types of knowledge elicits my dark side, a side that reminds me that I am the created, not the Creator. Early in the biblical story, Adam and Eve sought the knowledge of good and evil, to be like God. That did not lead to a good end. Sometimes, not knowing is as God has intended for us.

My goal in life is to know self, other, life, and God. Since each of these, except God, has a dark side, then I guess I am achieving (sometimes to a greater measure than I might like) my goal. (Maybe I should request a Surgeon General's Warning: Proceed with caution. Inquisitiveness can be hazardous to one's wellbeing). And, yet, the Psalmists were always asking questions. So, in the spirit of the Psalmist, I continue my quest, aware of the need for caution, trusting that Grace will be sufficient, and that the wisdom, hopefully gained over time, will appropriately guide me.

Next month, please consider your thoughts on 'inferior' under the core emotion of 'Sad'.

In His Grace, WDM



Qigong Class to Begin



Starting in October, Hope will be hosting a weekly class called "Qigong: Energy for Life." The class will focus on qigong, meditation, and other practices to enhance your wellbeing. In order to make the class accessible to people of all abilities, it will be done seated, with an option to stand if you wish. These gentle practices are done at your own pace, and comfortable, loose clothing should be worn.

What is qigong? (And how do you pronounce that funny-looking word??) The term comes from two Chinese words. "Qi" (pronounced "chee") means energy, breath, or life force. We all have qi. And "gong" means practice or cultivate. Qigong is a way - actually, many ways -- to cultivate and enhance your qi. There are thousands of qigong practices, and many are very ancient.

Pam Dodson, who has been studying tai chi and qigong for 20 years and teaching it for 10, will lead the class. Liz Macris will lead the class once a month in a meditation practice. Liz is our former parish nurse, has led meditation classes at Hope, and is a healing touch practitioner.

The class will be in Hope's sanctuary on Wednesday afternoons from 1:30 to 2:30. Proof of Covid vaccination will be required for in-person participation. The classes will also be available via Zoom. The class fee will be \$25 per month.

If you're interested, or if you have questions, please contact Pam at 518-701-4628, or pamd@fastmail.com.

It's not too late to register!

Hope's Kitchen

~ Free Community Dinner ~

Thursday, October 7th, 2021 3:30 PM to 6:30 PM

At: Cornerstone Community Church of Lansingburgh
570 3rd Avenue in Troy

A ministry of Hope Lutheran Church & Cornerstone Community Church of Lansingburgh

On the Menu:

- Oven Baked Chicken Breast
- Mashed Potatoes
- Peas & Carrots
- Tossed Salad
- Rolls
- Spice Cake
- Coffee, Tea, Lemonade, Ice Tea, & Water

This dinner will be PICK-UP ONLY;

You Must Reserve Your Dinner:

Call Nancy at (518) 235-3851

HELP FEED THE HUNGRY. HOPE LUTHERAN CHURCH, 470 WINTER STREET EXTENSION, TROY SATURDAY, OCTOBER 9TH, 10AM UNTIL 2PM DRIVE THROUGH COLLECTIONS















DRIVE RIGHT INTO OUR PARKING LOT.

WE WILL HAVE GROCERY RECEIVERS TO UNLOAD YOUR CAR, TRUCK,

MOTORCYCLE, OR BICYCLE!!!!!

FIRST BICYCLE TO ARRIVE WITH GROCERIES WINS \$10.00

THE BEST BAKERS IN THE COUNTY WILL BE OFFERING DELIGHTFUL, DELICIOUS, SCRUMPTIOUS FRESH BAKED GOODS.

ALL FUNDS, ALL GROCERIES WILL BE DIVIDED BETWEEN
CONSERNS-U IN RENSSELAER AND DOORS OF HOPE IN WEST SAND LAKE.



Hello Everyone!

I wanted to let you know that I will be teaching a new session of Children's Christian Education on Sunday mornings from 9:00 - 9:45 AM. We will begin on Sunday, October 17th. I am planning on interactive learning since all ages will be in one class. Got some fun new resources for the children to learn from and enjoy.

Pastor is particularly interested in having the children learn the traditional Bible stories from the Old Testament as well as, of course, hearing the stories about Jesus. As always, our focus will be to have the children know that they are loved by us and by God 'just the way they are!' and to use what they learn in their lives.

One of Hope's members, retired pastor Elaine Berg, will be leading an adult Bible Study in the back classroom at the same time as Sunday School. This might be a great way for parents to meet one another in a meaningful way and learn something too! The adult class is open to all members of the congregation.

Would you please let me know if your child/children will attend so that I may order the appropriate number of supplies. Either call the number below or email me at this address. Hope's Sunday School will be FUN and FILLED with lessons for life! I sure hope you will have your kids attend!

Looking forward to seeing you all.

MARILYN DYER Mobile 518-505-6434 dyermm48@gmail.com







WOMEN OF THE ELCA—UPSTATE NY SYNOD FOOTHILLS AND HUDSON MOHAWK CONFERENCES

Fall Retreat The Wisdom of Women

SATURDAY, NOVEMBER 6, 2021 @ OUR REDEEMER LUTHERAN

103 S Reynolds St, Scotia, NY 12302

PLEASE NOTE

- The event will be held in compliance with NYS COVID guidelines and Redeemer's preferences.
- We ask you to bring a favorite cup or mug to use for the day.
- In lieu of a registration fee, we will collect an offering in memory of our Sister in Christ, Sarah Fisher, that will be sent to churchwide WELCA.
- Please bring your Bible

SCHEDULE

9:30	Registration and Coffee (Hudson-Monawk Will provide goodles)
10:00 -10:15	Women in Your Life BINGO—Pr. Elaine Berg (Hope, Troy)
10:15	Recap of BINGO discoveries
10:30	Opening Prayer—Mary Rainey (Our Redeemer)
10:40-12:15	Bible Study—Pr. Pamela Hoh (Hope) "Who Are the Influential Women in Our Lives?"
LUNCH	Foothills will provide soups and sandwiches
1:00-2:00	Wisdom Bible Study from Gather Magazine— Deacon Gail Markert (Trinity, Amsterdam)
2:00-3:00	Craft—Marilyn Dyer (Hope) "Remembering Wise Women in Our Lives"
3:00	Closing Devotions— Mary Rainey - "A Cup of Blessing"

RSVP to Marilyn Dyer, dyermm48@gmail.com or call 518-505-6434 (leave message if no answer with name, church, how many attending. Thanks!)

LOOKING FORWARD TO SEEING EVERYONE IN NOVEMBER!



Worship Volunteer Duties for October 2021

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

	3-Oct	10-Oct	17-Oct	24-Oct	31-Oct
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild	Charlie H	Debbie F	Marilyn D	Maureen H	Bonny M
Greeter	Ja'net M	Marlies P	Pam D	Marilyn D	Donna L
Usher	Susan R	Jon G	Lois B	Marion D	Pam D
Assisting Minister	Pam D	Susan R	Bonny M	Marilyn D	Chris N
Communion Assistant	Bonny M	Pam D	Mike D (+ candles)	Chris N	Luis C
Snack Set-Up / Clean-Up	Liz M	Charlie H	Marion D	Lois B	Maureen H
Offering Counters	Pam D & Susan R	Jon G & Pam D	Bonny M & Pam D	Maureen H & Marion D	Donna L & Bonny M



News & Upcoming Events for October of 2021

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

2nd

Regional Food Bank Packing

10:30 AM - Noon

Meet at RFB

9th

Drive-Thru
Food Collection
& Bake Sale
10 AM – 2 PM

13th

Council Meeting
Via Zoom

6:30 PM

6th

Qigong Classes

Begin

1:30 PM

In Sanctuary

10th

Picnic in
Hope's Grove
following Worship
(weather permitting)

17th

Adult Bible Study
Begins
9 AM
In Small Classroom

7th

Hope's Kitchen
Community Meal
3:30 – 6:30 PM
At Cornerstone Church
in Lansingburgh

Pick-Up Only

12th

Marketing Meeting

6 PM

In Large Classroom

17th

Children's Christian
Education Begins
9 AM

In Large Classroom

