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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.

# *September 2022 Newsletter*

Welcome Back Sunday  
September 11<sup>th</sup>  
~ See details on page 6

Tai Chi & Qigong Classes  
are back!  
~ See class info. on page 7

Bible Study  
resumes on September 14<sup>th</sup>  
~ See introduction on page 8

## **Our Core Values**



*faith  
acceptance  
compassion  
gratitude  
love*





## *From the Pastor's Desk*

Happy Autumn and Welcome Back!

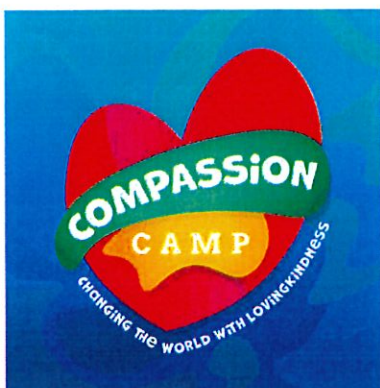
I know technically in the United States we begin the start of the new year in January or with regard to the church year, November. But I think because we've all had it instilled in us since we were children, that the year begins with the start of the new school year, we all tend to see September as the bringer of new beginnings. And so in many ways it is. The summer heat often zaps many of us of any kind of energy we may have had to do anything; but the fall with its brisk winds, and smell of dark rich clean earth is just the means of revitalization we need to get going again. We feel excited and empowered to begin, with a new surge of energy, many of the ministries already central to us here at Hope. At the same time we may also feel inspired to try new ministries.

In spite of recently having COVID, I was privileged to attend two major national church events this summer: The 2022 ELCA Churchwide Assembly in Columbus, Ohio, and a couple of weeks later, The ELCA Service and Justice Conference—"Becoming" in Chicago, Illinois. My experiences at both events were powerful and affirming, and seemed to build, one upon the other. In short, both events reminded me of the fact that as a church, we are greater than the sum of our parts (meaning just individual lone congregations). We are part of a church body, God's body, that has over 8000+ congregations spread throughout the United States. We are the eyes, the ears, the nose, the hands and the feet of Christ in the world. Together we continue the work of the call to repentance, forgiveness, healing and reconciliation, that Christ Jesus began in his ministry to the world over 2000 years ago. We teach and preach the good news of Christ's life, death, resurrection and ascension in our local communities and to the world at large. We teach that there is a world beyond what our eyes may see, and ears hear, in the sometimes darkness of the world's thoughts and actions. We teach that through Christ Jesus, God has redeemed all of creation, and to fear not, for through Christ Jesus, God's word will prevail. Words of compassion and love. So yes, it's a new year. A time of renewal and grace.

Happy Autumn and Welcome Back!

Pastor Pamela





## VBS at HOPE! We had a great week!

As you will see from the photos, VBS was a lot of fun.

Fifteen children from the community attended as we learned how to **See, Feel, and Ease one another's hurt** because **LOVINGKINDNESS IS OUR SUPERPOWER!!!**

We also learned that it is important to care for ourselves and we did that through a daily yoga session with meditation. We explored how to share compassion with our neighbor, our community, and our world! Our lessons included:

**Compassion Jumps into Action:** We learned about the central principles of empathy through the story of Baby Moses rescued by his sister, Miriam.

**Compassion Helps Me Thrive:** God takes care of our needs through the story of Elijah in the wilderness.

**Compassion Crosses Barriers:** The parable of the Samaritan helped us learn what it means to be a good neighbor.

**Compassion Sees the Big Picture:** The story of Pentecost showed us how we can care for people and places we do not yet know.

**Compassion Walks Together with Others:** In Paul's letter to the Romans (Ch. 16:1-6) we met some of the earliest followers of Jesus as they set up the church in Rome and how they helped one another.

The children LOVED the crafts with Debbie Favro and their daily yoga sessions with Beth LaMountain (my friend from work!). And thanks to Maureen Hoffman who was a wonderful general helper and snack lady! The majority of the children were in the 3rd to 5th grade age group so we decided to do everything together which worked out beautifully! Our four teenage counselors were marvelous!

Marilyn Dyer, VBS Coordinator



OUR  
LITTLEST  
CRAFTERS



YOGA!!



PARACHUTE  
GAMES





**2,360!!!**

**We filled the school bus! Many of Hope's members generously contributed to our annual school supplies drive, and we collected 2,360 writing implements -- pens, pencils, crayons, markers, etc. And that wasn't all! A variety of other much-needed school supplies were also delivered to CoNSERNS-U -- notebooks, backpacks, erasers, pencil sharpeners, glue sticks. Many of our neighbors in need will be most appreciative!**

**Thank you to all who contributed!**





# COVID-19 VACCINE BOOSTER DOSES



## What is a COVID-19 'booster' dose?

A COVID-19 booster dose is an extra dose of a vaccine that is given after your primary course of COVID-19 vaccines. Many vaccines, even tetanus vaccines, need booster doses. You need a booster to stay up-to-date with your COVID-19 vaccinations.



## Who is eligible to get a booster dose?

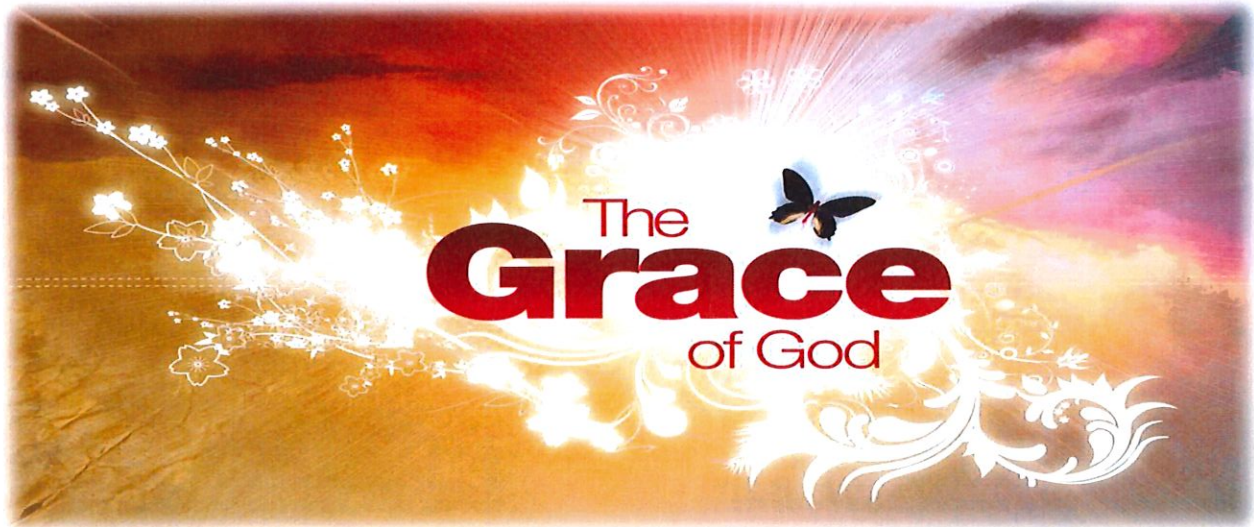
You are eligible for a COVID-19 vaccine booster dose if you are 16 years and older and have had your primary course vaccination at least 3 months ago.



## What is the benefit of a COVID-19 vaccine booster dose?

The booster will make sure that the protection you receive from your COVID-19 vaccine is even stronger and longer lasting.





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 'alienate' under the core emotion of 'Fear' and asked you to ponder your own thoughts.

These are my thoughts:

alienate (experiencing or inducing feelings of isolation or estrangement) – When differences are not cherished, dissonance can prevail between members of a family system. This often results in alienation. During such times, it is important to tolerate the discomfort of the dissonance and maintain contact with the family system, allowing time, juxtaposition of the differences, respectful communication, and Grace to form bridges over the gaps created by the dissonance and thus decreasing the alienation.

Next month, please consider your thoughts on 'insecure' under the core emotion of 'Anger'.

In His Grace, WDM



## **WELCOME BACK SUNDAY—SEPTEMBER 11TH**

### **COME START THE NEW CHURCH YEAR!**

**WORSHIP—10 a.m.** Brings back the following:

**SINGING THE LITURGY!** It's been on hiatus throughout COVID and we've missed it!

**PASSING THE PEACE:** However you are comfortable doing that! Shaking hands, fist bumping, elbow touching, staying in one place, moving around...it's up to you! Our organist will play the hymn through once to get us back in our seats!

**POT LUCK PICNIC after worship** (in the Grove—weather permitting or inside) See the sign up sheet in the hallway (narthex) to say you'll come and what you might bring! Hamburgers and hot dogs will be provided.

**SUNDAY MORNING VOLUNTEER SIGN UP:** Marilyn Dyer will be around with her clipboard to get some new volunteers to help out with Sunday morning jobs. Even if you depart for the winter, there are still Sundays you can help! And that would be great!

**EVERY SUNDAY—COFFEE HOUR:** Grab a cup of coffee or tea and join some of the gang in the large classroom! Although there won't be anyone specifically assigned to bring goodies for coffee hour, if you are so inclined to bake or buy something yummy to share, please feel free to do so! Great way to get to know one another!

**Hope to see you on the 11th for a great Sunday!**



# TAI CHI AND QIGONG

## Are you looking for an hour of calm in your busy schedule?

Hope Lutheran Church offers three classes each week in the ancient Chinese practices of tai chi and qigong. **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** practice focuses on movement that helps increase the flow of "qi" -- energy -- through the body. This practice can be done seated.

## Class Schedule (as of September 2022):

### **Tuesdays, 7:15-8:15 – 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 – 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, 3:00-4:00pm – Advanced Tai Chi**

This class is open 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.

**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

Three classes - \$50/month

Payment is due by the first class of each month.

Instructor Pam Dodson of Wynantskill has been teaching for over ten years.

**Please call Pam to register in advance at 518-701-4628.**





The Book of Revelation and the end times are often linked together. It is said that the Book of Revelation was written in a time when the fairly young Christian church was entering into a time of heavy persecution and that this piece of scripture, like most of the scripture, was written to that people in that time. But like all of scripture it has benefit to all people of all times. Throughout history, it has repeatedly been thought that the end of times is near and, yet the times have continued. Talk of end times continues to this day. Though scripture says that we ought to pay heed to the signs of the times, scripture also says that not even the Son (Christ) knows when that time will be.

Throughout history people have sought to decodify the Book of Revelation, but none, to date, have been successful. It seems to be that the key to understanding this book is to enter into its mystery and allow it to speak to us about ourselves, life, God, and the evil that surrounds us.

It will not be necessary for you to have been to all of the previous discussions for you to feel part of the current discussion. It is hoped that people can come on a regular basis, but life does not always allow. Feel free to be part of our discussion as often as possible. Everyone is welcome and I encourage each to add to the value of our discussion to the degree they feel comfortable.

Since we were doing the Bible Study by Zoom, our first Bible Study, on September 14<sup>th</sup> at noon, will be by Zoom. At that time, we will discuss as a group, how to continue.

In His Grace, Wayne Mizerak



## Worship Volunteer Duties for September 2022

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

	<b>4-Sept</b>	<b>11-Sept</b>	<b>18-Sept</b>	<b>25-Sept</b>
	<b>Worship 10:00am</b>	<b>Worship 10:00am</b>	<b>Worship 10:00am</b>	<b>Worship 10:00am</b>
<b>Altar Guild/ Comm. Asst. 2</b>	Maureen H	Debbie F	Charlie H	Bonny M
<b>Greeter</b>	DeAnn S	Peggy F	Marlies P	Ja'net M
<b>Usher</b>	Pam D	Charlie H	Marilyn D	Pam D
<b>Assisting Minister</b>	Sandra G	Catherine J	Marilyn D	Pam D
<b>Communion Assistant</b>	Pam D (+ candles)	Mike D	Luis C	Mike D
<b>Snack Set-Up / Clean-Up</b>	Marlies P	Maureen H	Marlies P	Maureen H
<b>Offering Counters</b>	Maureen H & Pam D	Marion D & Maureen H	Charlie H & Marilyn D	Bonny M & Pam D

**Together ...**



**... We Can**



# News & Upcoming Events for September of 2022

We will have 'In-Person' Sunday Worship Services at 10:00 AM. We will also continue to live-stream our services on our website 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*

**1<sup>st</sup>**

Hope's Kitchen Community Meal  
at Cornerstone Church in  
Lansingburgh

\* Serving from 3 - 6 PM  
\* (for those who RSVP'd)

**9<sup>th</sup>**

The Kiser's Farewell  
Dinner @ 6 PM  
(for those who RSVP'd)

**10<sup>th</sup>**

Regional Food Bank Packing  
10:30 AM – Noon

Meet at RFB

All Volunteers Welcome

**13<sup>th</sup>**

Beginner Tai Chi Classes  
with Pam Dodson  
start back up

**14<sup>th</sup>**

Advanced Tai Chi  
& Qigong Classes  
with Pam Dodson  
start back up

**14<sup>th</sup>**

Bible Study resumes  
with Wayne Mizerak  
Wednesdays @ Noon

**14<sup>th</sup>**

Council Meeting  
via Zoom  
@ 6:30 PM

**20<sup>th</sup>**

Hope's Hands Meeting  
in the small classroom  
@ 10 AM

JOIN US FOR OUR  
**SUNDAY WORSHIP**  
@ 10.00 AM