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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.

JANUARY NEWSLETTER

2025

Our Core Values



*faith
acceptance
compassion
gratitude
love*

Join
Our
Team!

~ see page 2 ~

Dinner &
a Movie
at HLC

~ see page 12 ~

From Our Pastor

Happy New Year!

So, have you made your New Year Resolutions? I've been thinking about this quite a bit. Because the truth is I don't tend to put much stock in making New Year Resolutions. Not because it's not a good time to reflect on where you've been, where you are presently, and where you're headed. Quite the contrary, the beginning of the year is actually a great time to do such an exercise of self-examination. No, the problem is that I tend to forget about New Year Resolutions made (although I begin with good intentions), and in fact rarely do them. Isn't it interesting that most folks make New Year Resolutions—essentially promises to themselves—only to break them, or fail to follow through on completing them. Or even worse, they forget them altogether. A bit like forgetting yourself if you think about it.

Now you might say, "what's the problem? I have a lot of other important things to do. And real life sometimes interferes." And I understand that—it's been my excuse as well. Yet upon reflection I'm realizing there is a deep flaw in this type of thinking. For if we look at Matthew 22:36-40, we see how this self-forgetting goes against that which Jesus has commanded:

³⁶ Teacher, which commandment in the law is the greatest? ³⁷ He [Jesus] said to him, You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." ³⁸ This is the greatest and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself." ⁴⁰ On these two commandments hang all the law and the prophets. "

Note that in order to truly love your neighbor you have to first love yourself. You cannot give to another that which you do not have within. I am convinced that most of the hatred, intolerance, bigotry, and need to see others (usually a whole group of people: blacks, jews, women, etc.) as inferior in order to see ones' self as superior, is steeped in a lack of self-love. Just to clarify, self-love is not selfishness, nor narcissism; these are but aberrations of true self-love. I would contend that the selfishness and narcissism we so often see today are but symptoms stemming from a lack of deep self-love. A self-love that comes from the understanding that you are graced by the Spirit, created in the image of God, the beloved of God. We do a disservice to the humans God has created us to be when we self-forget. We are to take care of our bodies, our hearts, and our minds as the precious aspects of our being that God has created them to be.

So, have you made your New Year's Resolutions? I think the angels smile when they see that we value and love ourselves as God values and loves us. For out of such healthy self-love, comes a love that embraces our neighbor as one to also be valued and loved.

Wishing you a Happy New Year!

Pastor Pamela



HELP WANTED

After decades of her service as the head of the Altar Guild at both Trinity and Hope, Maureen Hoffman has retired from her role. It is with great thanks that we applaud her commitment to this ministry for these many years.

Of course, this leaves us in the position of needing someone to fill this void. If you would be interested in taking over chairing this important committee or, indeed, serving on it, please contact Council President, Marilyn Dyer at dyermm48@gmail.com for more information. Thank you for your consideration.

Marilyn Dyer





HEALING TEAM

HOPE PRAYS GUIDELINES

2025 offers a renewal of our commitment to pray for members, family and friends of the Hope Lutheran community. Some thoughts about the importance of this group of pray-ers and the ministry we share together. Below are some thoughts on a prayer chain ministry (which we simply call **Hope Prays!**)

What is a Prayer Chain?

A prayer chain is a group of people committed to praying for a specific reason or person for a pre-determined period of time. A prayer request begins when someone contacts the congregation through Pastor Elaine (personally or via text, email or a submitted prayer card). The requesting person expresses the need, then the request is passed along to the members of **Hope Prays** to pray over. Members of this group are congregational leaders, the pastor, members of the Healing Team, and any one person who offers to join the group. **Hope Prays** meets after worship in the small classroom at least one Sunday a month to update the requests and to pray for all those listed (this month January 12, 2025).

Some Do's and Don'ts Considered Important to the Trustworthiness of Hope Prays!

The Do's:

1. **Respect privacy:** If someone shares a prayer request, we respect their privacy and only share the request with others with permission. It may be important to allow the option to submit prayer requests anonymously.
2. **Respond with compassion:** It is important to let someone know that their request has been passed along to **Hope Prays**.
3. **Remain focused:** Keep the focus of the prayer group on the needs that were submitted.
4. **Be timely:** Don't let prayer requests go unanswered. The facilitator of **Hope Prays** will respond in a timely fashion with the person requesting the prayers. And the person requesting the prayers should be aware that prayers are offered in a timely manner.
5. **Celebrate answers to prayer:** When updates or positive news related to a prayer request are received, they will be shared with the group. This helps the team know their time and effort are effective.
6. **Pray often but authentically:** Offer prayers frequently when the Spirit speaks to you.
7. **Pray daily for each request:** Continue until notified otherwise

The Don'ts:

1. **Share private information:** Avoid sharing personal or sensitive information about others without their permission.
2. **Share the prayer requests outside of the prayer network:** The sender submitted their request knowing **Hope Prays** would see it. Unless you have their express consent to share it via the bulletin, make sure the chain of prayers stay within the praying team.
3. **Be intrusive:** Do not pry for more details or try to push someone to share more than they feel comfortable with. Often it is more helpful to simply ask God to be present with the person during a time of need. God knows their needs even more than the prayer team.
4. **Engage in gossip:** Avoid using the prayer chain as a **platform for gossip** and do not use it to promote personal agendas.
5. **Make promises you can't keep:** Do not commit to offering services to people in need if you do not have the capacity to fulfill that promise. Often **Hope Prays** finds there are needs that can be filled beyond our prayers. These are discussed with Pastor Pamela and then sent to the appropriate group, such as the **Sue Anthony, our Parish Nurse, or Hope on Wheels** coordinated by **Lois Batsios**.
6. **Set it and forget it:** Some people may send urgent prayer requests. It is helpful to check regularly with the person submitting the request for any changes. **Pastor Elaine Berg, coordinator of Hope Prays**, checks monthly with the person requesting prayer for updates.

Hope Prays is an important ministry of **Pastor Pamela Hoh** and the **Hope Healing Team**. If you have questions, please feel free to contact **Pastor Pamela** (pastorpamela@hopelc.org or 518.283.1372) or **Pastor Elaine Berg**, coordinator of the **Hope Healing Team** (315.882.3732 or meb312@aol.com).





YOU MADE CHRISTMAS EXTRA SPECIAL

Thank you to everyone who participated in the St Paul's Center Adopt-a-Family Program this Christmas. Imagine my surprise when after having the signup sheet up for only TWO Sundays, every gift had been subscribed to!

In addition, when Greg Whitney learned that St Paul's had another homeless family that needed help, you all jumped in with both feet. Even though the goal was to raise \$500 for gifts, the donations came in for a total of \$3300 allowing us to help this family get into an apartment immediately by providing the security deposit AND contribute \$500 to the Shelter's Angel Fund!

Our Hope Family is absolutely amazing!!!! In an organization of our size, your generosity is overwhelming. AND for the Shelter staff you are the epitome of God's love in action, offering them hope and a reason to continue to do the very hard work they do. You are the light in what sometimes seems like a very dark world. Bless you all.

Marilyn Dyer



Once again, Hope LC gave 15 families a tasty Christmas dinner this year. Your food donations were packed up and distributed to families who are "graduates" of the St. Paul's Center homeless shelter. These families are on their own now, but still grateful for any help we can provide.

Many thanks to all who contributed food, especially Karen Hill, who is queen of the corn and green beans!

Thanks also to the packaging crew, pictured below: Pam Dodson, Karen Covey, Diane Cornell, Anna-Lisa Hafgren-Willis, Nora Guido, Cindy Winter, Donna St. John, Diane Middleton and Rick Covey (our photographer). And thanks to Tonya Humphrey, who gathered Hope calendars, pens and other items, including mini-coloring books and crayons for the kids.





Thank You



SISTER BETSY VAN DEUSEN, CSJ
CHIEF EXECUTIVE OFFICER

JENN HYDE
EXECUTIVE DIRECTOR

CoNSERNS-U

Date: December 9, 2024

Dear Hope Lutheran Church,

CoNSERNS-U, a program of Catholic Charities Tri-County Services, is most grateful for our friends, benefactors, sponsors and patrons who support our mission of helping individual families meet their basic fundamental needs.

We thank you very much for your most generous donation of

Food and diapers.

Your kindness in these difficult times assists us in our commitment to help people meet the challenges of day to day living. Your thoughtfulness will enable us to continue our mission of serving those who come to our doors seeking help.

On behalf of the staff and clients of CoNSERNS-U, I again thank you for your gift to the food pantry.

Sincerely,

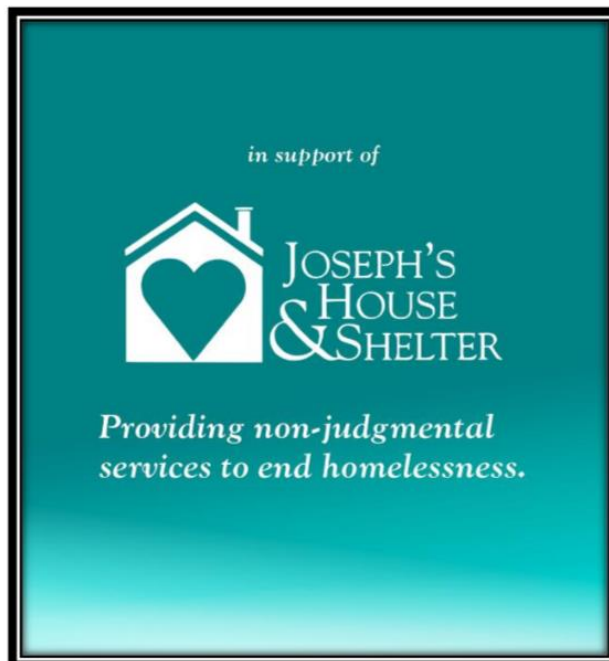
A handwritten signature in black ink that reads 'Michael Doyle'.

Michael Doyle
Outreach Coordinator
CoNSERNS-U
P.O. Box 28
201 Academy St.
Rensselaer, New York 12144
mdoyle@ccalbany.org



HOPE Lutheran Church

Help Us to Help Others at:



Donate Your Change

January – March

Just Drop in the Change Bottle

Sharing the hope and love of Jesus with all



JANUARY PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			¹ <i>Pr Pamela Hoh</i>	² <i>Marilyn Dyer</i>	³ <i>Bonny Mounteer</i>	⁴ <i>Greg Whitney</i>
⁵ <i>Janaís Zipkin</i>	⁶ <i>VP Kamala Harris</i>	⁷ <i>President Joe Biden</i>	⁸ <i>Sue Anthony</i>	⁹ <i>Pam Dodson</i>	¹⁰ <i>Pr Elaine Berg</i>	¹¹ <i>Maureen Hoffman</i>
¹² <i>Marlies Palka</i>	¹³ <i>Lois Batsios</i>	¹⁴ <i>Debbie Favro</i>	¹⁵ <i>Nancy Clarkson</i>	¹⁶ <i>Mike Daus</i>	¹⁷ <i>Sandra Governor</i>	¹⁸ <i>VP Elect J.D. Vance</i>
¹⁹ <i>Pres-Elect Donald Trump</i>	²⁰ <i>Rev. Dr. Martin Luther King</i>	²¹ <i>Members of U.S. House of Representatives</i>	²² <i>Members of U.S. Senate</i>	²³ <i>Gov. Kathy Hochul</i>	²⁴ <i>NYS Assembly Members</i>	²⁵ <i>Members of NYS Senate</i>
²⁶ <i>Members of U.S. Supreme Court</i>	²⁷ <i>Members of U.S. Military and Veterans</i>	²⁸ <i>Bishop Rev. Elizabeth Eaton</i>	²⁹ <i>Bishop Rev. Lee Miller</i>	³⁰ <i>Dean Rev. Dr. Becca Ehrlich</i>	³¹ <i>D.E.M. Rev. Imani Orear</i>	



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.)

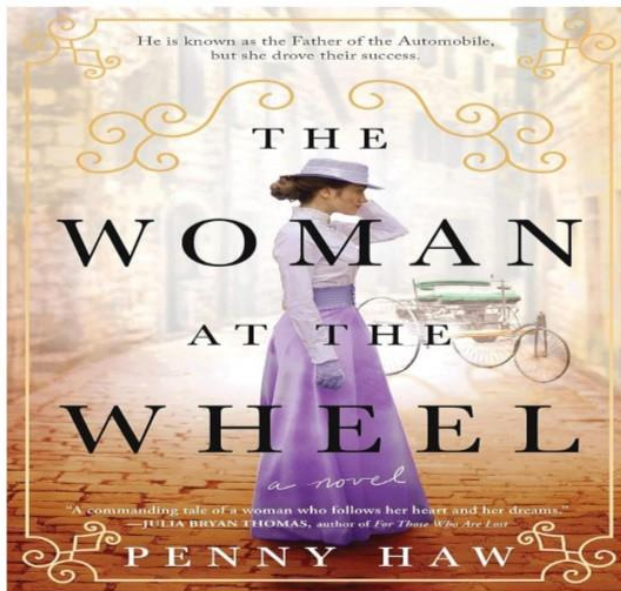
*Happy
January
Birthday*

We wish you a very Happy and Blessed Birthday ...

Sandra Governor ~ January 1st



HOPE WOMEN'S BOOK GROUP READS THE WOMAN AT THE WHEEL BY PENNY HAW



Cäcilie Bertha Ringer is fascinated by her father's work as a master builder in Pforzheim, Germany. But those five words, which he wrote next to her name in the family Bible, haunt Bertha.

Years later, Bertha meets Carl Benz and falls in love—with him and his extraordinary dream of building a horseless carriage.

Bertha has such faith in him that she invests her dowry in his plans, a dicey move since they alone believe in the machine. When Carl's partners threaten to withdraw their support, he's ready to cut ties. Bertha knows the decision will ruin everything.

Ignoring the cynics, she takes matters into her own hands, secretly planning a scheme that will either hasten the family's passage to absolute derision or prove their genius. What Bertha doesn't know is that Carl is on the cusp of making a deal with their nemesis. She's not only risking her marriage and their life's work, but is also up against the patriarchy, Carl's own self-doubt, and the clock.

Like so many other women, Bertha lived largely in her husband's shadow, but her contributions are now celebrated in this inspiring story of perseverance, resilience, and love.

The Hope Book Group meets at 6:30 pm. on the second Tuesday each month (January 14, 2025) at the home of Marilyn Dyer and Elaine Berg, 47 Deerhaven Lane, Rensselaer 12144. [For GPS use the Rensselaer zip code – Deerhaven is off Lape Road near Belltop School]





Join us for our Gathering of **HOPE** Event

Saturday, January 25th, at 5:30 PM

Roast Pork Dinner & Bonhoeffer movie



RSVP is needed ... there is a sign-up sheet
on the table in the Narthex.

(There is also a sign-up sheet
if you are able to help with this event.)

The Regional Food Bank Needs Your Help!

The Regional Food Bank is an amazing organization. This large warehouse, located in Latham, takes in food and other donations from local grocery and department stores, farms and individuals. These donations are inspected, sorted and boxed for delivery to food pantries, daycares, soup kitchens, senior centers, homeless shelters and other agencies. A few statistics, to give you an idea of the size of this undertaking:

- The Regional Food Bank collects donated food and distributes it to nearly 1,000 charitable agencies throughout 23 counties of northeastern New York.
- This donated food helps feed over 350,000 people each month.

Each month, a small but dedicated crew from Hope LC goes to the Regional Food Bank in Latham on a Saturday morning for an hour and a half. There, we help to inspect, sort and box up food and other products. One Saturday we might be doing beverages, another time it's canned goods, another time it's frozen foods. We have sorted apples and peaches, household goods, health and beauty products, toys, and many other items.

In 2025, we will continue our efforts. Here's our calendar for the coming year. These are all Saturdays, and our time slot is 10:30am until noon.

January 25

(Unfortunately, there were no open shifts in February)

March 1

April 12

May 10

June 7

July 5

August 2

September 6

October 4

November 1

December 6



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Please consider joining us! If you have any questions, talk with Pam Dodson.

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
Hope Lutheran Church

470 Winter Street Ext., Troy, NY 12180
Sanctuary

Saturday, February 1, 2025
8:00 a.m. to 12:00 p.m.

To schedule your appointment, please call 1-800-REDCROSS,
visit www.redcrossblood.org, or, download the free Blood Donor App. Use sponsor
keyword: hopelutheran

New Donors Needed!



Scan to be directed to
RapidPass®

**Create a flurry of hope! Come give blood Jan. 27 to Feb.
28 for a \$15 e gift card rcblood.org/flurry**



Scan to schedule
an appointment

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

Worship Volunteer Duties for January 2025

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

	5-Jan	12-Jan	19-Jan	26-Jan
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Charlie H	Susan R	Charlie H	Bonny M
Greeter	Nora G	Ja'net M	Anna-Lisa H	Marlies P
Usher	Debbie F	Marion D	Athena B	Cindy W
Assisting Minister	Luis C	Mike D	Athena B	Bonny M
Communion Assistant	Luis C	Mike D	Donna S	Chris N
Snack Set-Up	Susan C	Charlie H	Charlie H	Marilyn D
Offering Counters	Charlie H & Pam D	Marion D & Charlie H	Anna-Lisa H & Pam D	Cindy W & Marilyn D



News & Upcoming Events for January of 2025

We have 'In-Person' Sunday Worship Services at 10:00 AM.

We also live-stream our services on our website, Facebook and YouTube.

Sharing the hope and love of Jesus with all

1st: Happy New Year!

2nd: Women's Thursday Bible Study @ 6:30 PM at Pr. Elaine Berg's home, (every Thursday).

4th: Enneagram Workshop IV with Pastor Pamela Hoh; 10 AM – 2 PM; in the sanctuary.

5th: First Stewardship Meeting following Worship Service in the small classroom.

7th: Beginner Tai Chi, 7 – 8 PM, in the sanctuary, (every Tuesday).

8th: Qigong, 1:30 – 2:30 PM, in the sanctuary, (every Wednesday).

8th: Advanced Tai Chi, 3 – 4 PM, in the sanctuary, (every Wednesday).

8th: Worship & Music Committee Meeting @ 6:30 Pm in the small classroom.

9th: Choir Rehearsal @ 6:15 PM in the small classroom, (every Thursday).

10th: Hope's Dine-Out Group @ 6 PM; Must RSVP.

12th: Prayers of Hope Team meets in the small classroom following Worship Service.

14th: Women's Book Club @ 6:30 PM at Marilyn Dyer's home.

15th: Council Meeting @ 6:30 PM, in the large classroom & via Zoom.

16th: Grief Support Group @ 6:30 PM in the sanctuary.

21st: Hope's Hands meets @ 10 AM in the small classroom.

25th: Regional Food Bank Packing, 10:30 AM – Noon, Meet at RFB.

25th: Gathering of Hope Event; Dinner & Movie @ 5:30 PM in the sanctuary; Must RSVP.

