

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 2025 NEWSLETTER

God's Work.
Our Hands.
~ See page 8

Hope's Gathering
Event
~ Details on page 14

Our Core Values



faith
acceptance
compassion
gratitude
love

A Message from Our Pastor

I sit here in amazement as it strikes me that summer is almost over. Perhaps I should have gotten the hint, as the last couple of weeks have delivered cooler weather than we had seen these past few months. But I didn't. The calendar hits me with the final blow—September is here and with it the beginnings of a new year—summer is over.

It is a time when children return to school; outdoor picnics and summer vacations come to an end. But it is also a time filled with the start of new beginnings. An opportunity for students to learn anew. Explore the world from a different perspective.

Yet it is also a time for new beginnings in the church. We hear the stories of Jesus and his ministry told anew. We see how God intervenes in the world to let us know we are not alone. But just as importantly, we are shown that regardless of the chaos and fear we see around us, in the end God is in charge. We hear the words that encourage us to have faith. For it is through faith that we once again hear the promise of hope and a grace freely given that brings new life and possibility.

Welcome Autumn!

Pastor Pamela



New hello community® episodes are coming!

Now that the launch is just about finished I am starting to reach out to new “guest(s)” and we will start taping again. I know many of you have expressed a desire to see new episodes so they will be coming soon!

Part of Hope Lutheran’s Mission Statement is “to bring God’s comfort.” If you are experiencing loneliness and isolation, my prayer is that these episodes will bring you hope and comfort by learning how guests have created connection and community for themselves. If you know someone who might find comfort from the podcast please share the Link Tree with them. The Link Tree lists all the platforms the podcast is on and makes it very easy to get there.

Link Tree: <https://lnk.bio/hellocommunity>

I recommend *YouTube* because that is where you can watch several “shorts” for each episode: a 30 sec. to 2 min. trailer--that gives you a taste of the guest’s message--to help you decide if you want to watch the whole episode. *Spotify* and *Apple* are for folks who want to just listen (no video) but for many these are their favorite platforms.

So here is who we have so far:

Episode 1: I Didn’t Know I Was Lonely! with Andrew Barnes

Episode 2: Keep Rolling On: From Loneliness to Connection! with Shameka Andrews

Episode 3: Finding Community in Surprising Places! with Jim Macris

Episode 4: The Power of Curiosity! with Ellen Cosgrove

Episode 5: Making Connections: It’s Only Hard The First Time! with Marilyn Dyer

Episode 6: Three Generations of Community! with the Peters Family

Episode 7: Just Say Yes! with Lynn Underhill

Thank you for watching/listening and perhaps sharing these episodes. Together, let’s support each other to lives of social connection and community.

Till next time, Catherine

BACK-TO-SCHOOL Assistance

Who is Eligible?

Grades K-12, with priority to Grades 6-12

Must be a Rensselaer County resident

Household income at-or-below 200% of Federal Poverty Guidelines



Supplies Available

Backpacks

Footwear Gift Cards

School Basics



Apply Now!

Contact our **Service Navigator**

518.272.6012 ext. 269

or

cares@ceoempowers.org





Grateful
Thankful
Blessed

I would like to thank everyone for all
your help that made such a special
celebration of Life for Liz.

~ Jim Macrís



Hope Lutheran Church members,

Thank you so much for
donating food and personal
care items to ConcernSU!
Your donations are so
appreciative by our clients
and staff.

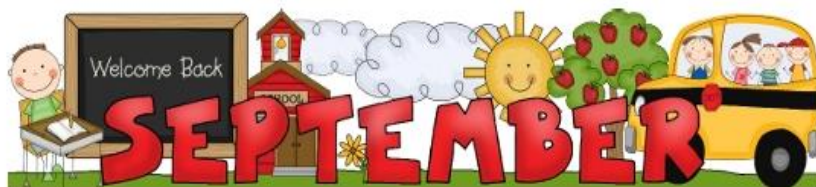
God Bless You



SEPTEMBER PRAYER CALENDAR

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Labor Day	2 Anita Ford	3 Bonny Munteer	4 Jim Munteer	5 Chris Nash	6 Bob Nash	7 God's Work Our Hands
8 Catherine Jura	9 Bill Frier	10 Nora Guido	11 Maureen Hoffman	12 Dawn Conville	13 Jim Macris	14 Sandra Governor
15 Wayne Felt	16 Dale Felt	17 Ja'net Malmstrom	18 Debbie Favro	19 Gary Favro	20 Pam Dodson	21 Dickie Dodson
22 Rosh Hashanah	23 Mike Daus	24 Marion Daus	25 Bob Crowley	26 Karen Covey	27 Richard Covey	28 National Neighbor Day
29 Charmanka Gamage	30 Luke Morello					



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.)



CELEBRATE
**SEPTEMBER
BIRTHDAYS**

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

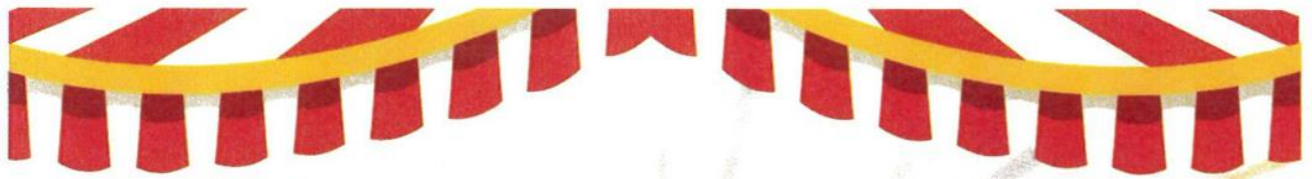


Maureen Hoffman

~ September 3rd

Ja'net Malmstrom

~ September 29th



The North Greenbush Town Fair!

Rides, Games, Vendors, Food
Trucks and Lots More!



September 5th: 6-10pm



September 6th: 1-10pm



September 7th: 12-4pm



Located at the Town Park:

2 Douglas Street

Wynantskill, NY 12198



God's work. Our hands.



September 7, 2025

“God’s work. Our hands.” is Sept. 7, 2025!

This day is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America — one church, freed in Christ to serve and love our neighbor.

Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ – every act of service, in every daily calling, in every corner of life — flows freely from a living, daring confidence in God’s grace.

How Can You Help?

On **Saturday, September 6th**, Hope Lutheran Church will be participating in the Regional Food Bank Packing from 10:30 AM – Noon at 965 Albany-Shaker Road in Latham.

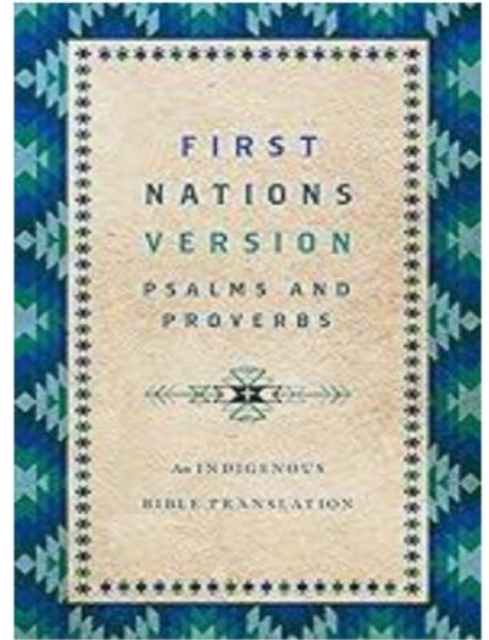
Volunteers will meet at the Regional Food Bank at 10:30 AM. Wear clothes and shoes that you don’t mind getting a little dirty, and shoes must be ‘closed toe’.



God's work. Our hands.

Women's Thursday Evening Bible Study Discovers the Psalms of Ascent through the First Nation Version

Psalms are a natural addition to both our personal and community worship. The words are familiar and often spoken from memory. Their purpose and meaning for the early Hebrew and Christian communities reflected their relationship to God their Creator and Guide. This new study will offer an opportunity to experience them in familiar translation as well as through the hearts of our Indigenous neighbors.



First Nation translators released the Psalms and Proverbs in the words of their people in early August 2025. This translation is part of the ongoing First Nations Version Project, born out of a desire to provide an English Bible that connects, in a culturally relevant way, to the traditional heart languages of an estimated eight million English-speaking First Nations people of North America.

The Psalms of Ascent are collection of 15 Psalms (120 to 134). They are traditionally associated with the journeys of Hebrew pilgrims ascending to Jerusalem for annual festivals, reflecting the themes of praise, salvation, and protection. The term ascent signifies a movement upward, both physically and spiritually, as these Psalms expressed the longing to dwell with God. Notably, four of these Psalms were written by King David. Overall, the Psalms of Ascent hold significant meaning in the context of God's redemption and the journey of faith.

The Bible Study meets on Thursday evenings (6:30 p.m.), beginning September 11, 2025, at the home of Pastor Elaine Berg and Marilyn Dyer (47 Deerhaven Lane, Rensselaer 12144) If you are interested or have questions, contact Pr. Elaine at meb312@aol.com or 315.882.3732.

Contribution Envelopes Order Deadline:

If you would like to order envelopes for your Sunday Service contributions, please notify Sandra Governor, Financial Secretary, no later than September 15. The printing company takes months to process the order, and it's important to have boxes of envelopes delivered before January 1. She may be reached at Sfgovern@yahoo.com or (518) 283-8279 or at church on Sunday.



Coming Soon - Tai Chi

Hope's Tai Chi classes will be resuming soon. The Beginner Plus class will be Tuesdays from 7-8pm, and the Advanced class will be Wednesdays from 3-4pm. Classes will start on Tuesday, September 23/Wednesday, September 24.

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.

The Beginner Plus class is open to anyone. It's a great start for anyone just beginning tai chi, or a good refresher for those with some experience.

The Advanced class is open by invitation to those with some experience in Chen, Yang or Sun style tai chi.

If you're interested or have questions, please contact Pam Dodson at 518-701-4628.

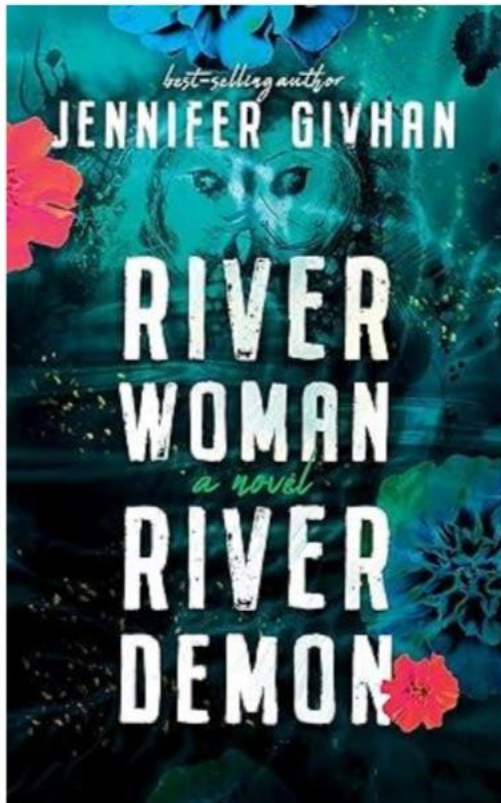
Coming Soon -- Qigong Class

Are you looking for a break in your busy schedule -- an hour of "Me Time"? Hope's Qigong for Life class might be just what you're looking for!

What's Qigong? It's an ancient Chinese practice intended to help the flow of energy in your body. The movements are gentle, repetitive, and easy to follow along with. The class takes place in Hope's quiet sanctuary with soothing music playing. Deep breathing is encouraged. We also do some meditative practices and some self-massage techniques. The aim is for you to leave feeling refreshed and ready to tackle the rest of your day!

The class can be done seated, if you wish. Since the movements are easy to follow, it is not necessary to be in class every week. Payment is \$5/class for a one-hour class.

Classes are on Wednesdays from 1:30-2:30pm. We'll begin the fall semester on September 24. If you're interested or have questions, please contact Pam Dodson at 518-701-4628.



BOOK GROUP READS JENNIFER GIVHAN ON SEPT. 24TH AT 6:30 P.M.

Award-winning Mexican-American and Indigenous author Jennifer Givhan brings us an exquisitely written, spell-binding psychological thriller--weaving together folk magick with personal and cultural empowerment--that is perfect for fans of *Mexican Gothic*.

When Eva's husband is arrested for the murder of a friend, she must confront her murky past and embrace her magick to find out what really happened that night on the river.

Eva Santos Moon is a burgeoning Chicana artist who practices the ancient, spiritual ways..... When her husband, a beloved university professor and the glue that holds their family together, is taken into custody for the shocking murder of their friend, Eva doesn't know whom to trust--least of all, herself. She soon falls under suspicion as a potential suspect, and her past rises to the surface, dredging up the truth about an eerily similar death from her childhood.

Struggling with fragmented memories and self-doubt, an increasingly terrified Eva fears that she might have been involved in both murders. But why doesn't she remember? Only the dead women know for sure, and they're coming for her with a haunting vengeance. As she fights to keep her family out of danger, Eva realizes she must use her magick as a bruja to protect herself and her loved ones, while confronting her own dark history. (Amazon synopsis)

All interested women are invited to join the group at the home of Marilyn Dyer, 47 Deerhaven Lane, Rensselaer 12144.





THE HOPE GATHERING MEETS ON SEPTEMBER 27 AT 6 P.M

The August Hope Gathering focused on fifth grade studies. There we learned the five basic questions: Who, What, When, Why and Where with the addition of the word "how." At the September 27th Gathering you may explore those questions regarding your own ancestry.

Who immigrated; What did they bring with them; When did they travel; Why did they leave the country of their birth; and Where did they first settle? The "how" question indicates mode of travel.

If you already have information from past family research, bring that to share along with pictures or documents passed to you from your foremothers and forefathers. Pastor Pamela and Pastor Elaine will have computers available with an ancestry site for some simple searches. If you have an ancestry account that you are willing to share, please bring your own laptop or I-pad.

For our potluck dinner, bring family food reflecting your heritage (Pr. Elaine promises she will not bring Lute Fisk). A sign-up will be available near the media area.

Questions, contact Marion Daus (518.248.5914) or Pastor Elaine 315.882.3732)

Worship Volunteer Duties for September 2025

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

	7-Sep	14-Sep	21-Sep	28-Sep
	Worship 10:00am	Worship 10:00am	Worship 10:00am	Worship 10:00am
Altar Guild/ Comm. Asst. 2	Debbie F	Susan R	Charlie H	Donna S
Greeter	Sandra G	Elaine B	Nancy C	Marlies P
Usher	Cindy W	Janis Z	Dickie D	Pam D
Assisting Minister	Cindy W	Luis C	Sandra G	Pam D
Comm. Assistant	Janis Z	Luis C	Athena B (+ candles)	Debbie F
Snack Set-Up	Susan C	Susan C	Charlie H	Charlie H
Offering Counters	Cindy W & Susan R	Bonny M & Pam D	Nancy C & Marion D	Pam D & Charlie H



UPCOMING EVENTS FOR SEPTEMBER 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

6th: Regional Food Bank Packing, 10:30 AM – Noon, Meet at RFB.

7th: Pastor Pamela's Enneagram Workshop @ Noon in the sanctuary.

10th: Worship & Music Committee Meeting @ 6:30 PM in the large classroom.

11th: Women's Bible Study @ 6:30 PM at Pr. Elaine Berg's home; every Thurs.

14th: Prayers of Hope meets in the small classroom following worship service.

16th: Hope's Hands meets @ 10 AM in the small classroom.

17th: Council Meeting @ 6:30 PM in the large classroom & via Zoom.

18th: Grief Support Group @ 5:30 PM in the large classroom.

19th: Hope's Dine-Out Dinner Group – TBD.

23rd: Beginner Plus Tai Chi with Pam Dodson @ 7 PM in the sanctuary; every Tues.

24th: Qigong with Pam Dodson @ 1:30 PM in the sanctuary; every Wed.

Advanced Tai Chi with Pam Dodson @ 3 PM in the sanctuary; every Wed.

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

26th: Newsletter Articles Due.

27th: Hope's Gathering Event @ 6 PM in the sanctuary.

