



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

April 2015



Spring is here! You can tell by its hallmarks – sneezing and road repairs! There are other signs of spring. Red cardinals and blue jays are making appearances. Tulips are popping up from the ground, as I am writing this. (They will be in bloom by the time you read this!) Baby lambs roam in one of the fields in Colonial Williamsburg. God’s creating presence is most evident in spring! The gifts of beauty and life are shared with us through God’s grace.

One of my favorite writers, Frederick Buechner, writes about grace in his book, *Beyond Words*:

Grace is something you can never get but can only be given. There’s no way to earn it or deserve it or bring it about any more than you can deserve the taste of raspberries and cream or earn good looks or bring about your own birth.

A good sleep is grace and so are good dreams. Most tears are grace. The smell of rain is grace. Somebody loving you is grace. Loving somebody is grace. Have you ever *tried* to love somebody? [p. 139].

The things of which Buechner writes are sometimes not seen as monumental. This is how God works, through everyday events and everyday people. God comes to us with love and forgiveness.

With the word of God, water, and ordinary bread and ordinary wine become means of grace for us.

“Take time to smell the roses” is an old cliché, but a wise one. Paul writes to the community in

Thessalonica, “Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:16-17). Paul knew what he was talking about! The practice of gratitude has been proven to improve our well-being. Keep a gratitude journal. At the end of every day, write three things for which you are thankful. Remember, those things are given to us through the grace of God. It’s amazing!

Pastor Griffin

### HOLY WEEK



### WORSHIP SCHEDULE

### *Nourishment during Lent and Easter*

#### April 2, Maundy Thursday worship

**7:00 PM** – During this service of individual words of forgiveness and Holy Communion, those who are interested will be invited to give and receive foot washing. We will recall the story in John’s gospel - of Jesus washing the feet of his disciples, remembering that we are also to serve each other as the Body of Christ. The service concludes with the stripping of the altar in preparation for Good Friday.

#### April 3, Good Friday worship (at St. Martin’s Episcopal Church)

**7:00 PM** – *Tenebrae*, the Service of Shadows.

#### April 4, the Easter Vigil

**8:00 PM** – We begin by gathering around a fire pit in the forecourt, to light the Paschal Candle. From this “light of Christ,” we light our hand-held candles and enter into an ancient chant. In half-light we hear Scripture readings of God’s salvation history, and we return to

our baptisms. In full light we celebrate the first Holy Communion of Easter! We conclude in the Gathering Space with champagne and sparkling cider, strawberries and chocolate!

**April 5, Easter Sunday**

**8:00 AM, 9:30 AM, 11:00 AM** – Festival Easter worship  
**8:30 – 11:00 AM** – Easter breakfast. Bring a dish to share!



*Upcoming Music*

Greetings, people of St. Stephen!

The Holy Week and Easter seasons will be an exciting time for the music ministry. Our **8:30 and 11:00 choirs** will be collaborating for an anthem on **Maundy Thursday**. On **Easter Sunday, the 9:30 service** will include members of both choirs, and Dave Roberts will be offering *The Trumpet Shall Sound* from Handel's Messiah, during Communion. In addition the Flute Frenzy that rehearses on Thursday evenings at St. Stephen will take part in Easter services.

Looking further ahead, the two choirs will join forces once more on **May 31** for a Sunday evening service to finish off the choir season!

Also, for those of you who may be interested in participating during the summer as a soloist, please feel free to let **Marty** know! It would be a delight to work with you!

Blessings,  
**Marty Barstow**



*Thoughts from the Parish Nurse....*

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” [Philippians 4: 7](#)

There really is a Body, Mind and Spirit connection. Each of these is affected by the other, and all are affected by our lifestyle choices. Basic healthy choices of good nutrition, exercise, stress management, social networks, restful sleep and our spiritual practices affect our

overall physical health, but also promote an active brain. Thank you to **Nancy Rivolta** for the following article on ways to improve our brain health:

*Enhance the Performance of your Brain - What you can do!*

A critical element in enhancing the performance of your brain is mental stimulation. Many studies suggest that if you are involved in intellectual activities that challenge your brain, you stand a better chance of maintaining your memory and other cognitive functions as you age.

We know that neurons, when stimulated intellectually, sprout widely, increasing the number of neuronal networks. This new growth could probably compensate for the normal loss of neurons as we age. The more we use our brain, the more connections are made, especially when we perform challenging tasks and new experiences.

Dr. Arnold Scheibel, of UCLA'S Brain Research Institute says, “The most important thing is to be actively involved in areas unfamiliar to you.” Do puzzles, try a musical instrument, fix something, try the arts, dance, and be proactive people.

**Nancy Rivolta BSN**

*Getting Your Affairs in Order:  
Planning for the Future*

**Saturday, April 25  
9:00-12:00 noon  
St. Stephen Fellowship Hall**



It can be difficult and even overwhelming when we think about where we will be and what we want in our later years. Technical terms, and options can be confusing.

Come join on Saturday morning, April 25 to hear practical information, about planning for our future.

**Program Topics:**

- Elder Care Attorney, Susan Jean, will provide information about: advance directives; living

wills; durable power of attorney; general power of attorney; and more.

- Marcie Clark, Parish Nurse, will lead a discussion on planning for long term care and the services and options at extended care facilities.
- Bucktrout Funeral home will provide information about your choices in making those final arrangements.

For more information or questions, contact **Pastor Cheryl Griffin** or **Marcie Clark**



### **March Council Minutes**

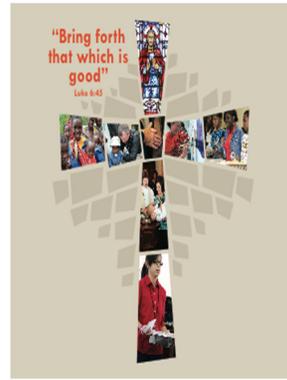
The Council met on March 10, 2015.

**Randy Punchard**, from the **608 Action Committee**, reported on their progress in soon securing an appraisal and starting the sale process for our property at 608 Jamestown Road.

At the request of the Endowment Fund Committee, several names for possible future committee members were suggested.

**The Theologian In Residence Program** was discussed. **Pastor Ballentine** and the committee are considering inviting Senator Chris Coons of Delaware to speak, based on his recent article in the *Christian Century* on how to be a senator and a person of faith at the same time. Since that fund now has \$47,000, and the goal is to keep at least \$50,000 in reserve and spend only the interest, an advantage is that it would cost very little to bring in Senator Coons, but we would be able to have a presentation this year. Contributions to the Fund are always welcome.

**David F. Clark, Secretary**



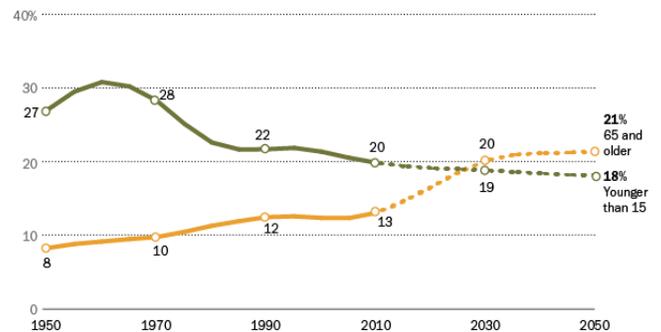
### **Trading Young for Old: The World, the U.S. and (Especially) Williamsburg**

Those of us who grew up after World War II remember growing numbers of children in Sunday School, and young adults with large families. Demographics drove a lot of that. Demographics are driving a lot of what we see in churches today – a mix of older people compared to younger.

The latest U.S. Census report, indicates that persons 65 years or older grew to 40.3 million people, a 15.1% increase, easily surpassing the 9.7% growth of the total U.S. population since 2000.

This older age group makes up about 13.0% of all persons in the U.S. The 25 to 44 age group is still the largest (26.6%), but their numbers actually decreased by 2.9 million people (-3.4%) from 2000 to 2010. The Pew Research Center projects that by 2030, there will be more persons 65 years or older than the number younger than 15.

Percent of population younger than 15 and 65 and older in the U.S.



Source: United Nations, Department of Economic and Social Affairs, *World Population Prospects: 2012 Revision*, June 2013, <http://esa.un.org/unpd/wpp/index.htm>  
PEW RESEARCH CENTER

The U.S. is not unique; by 2050 the majority of people in Japan, South Korea and Germany will be older than 50.

Because the Williamsburg area is a retirement magnet, St Stephen draws from an even older population and will continue to do so. James City County has 20.7 percent of its population 65 years or older, or more

than half again as many older persons, proportionally, than the national average. Much smaller Williamsburg City, including the students surveyed by Census, has 13.4 percent.

It is a planner's first rule: you can't understand the future without demographics. The world, the U.S., and especially Williamsburg are trading the young for the old. It affects St. Stephen Lutheran. But it is a present and future we must embrace and give to the Lord.

**Lou Rossiter**

Financial Secretary, SSLC Endowment Fund Committee



### *Virginia Synod 7<sup>th</sup> Day Retreat*

Jaina and Caitlin Leek participated in their first Virginia Synod youth event. Here are their reports!

### *My 7<sup>th</sup> Day Experience by Caitlin Leek*

My experience was amazing! I had a lot of fun singing and doing crafts. We also played some fun games. The food was excellent! For dinner, there was spaghetti, and for lunch there was chicken and mac and cheese. For breakfast, there was French toast and sausage.

At night, we had snacks and talked about what we did that day. We had to wake up bright and early for packing up and breakfast at 7:30. We did modules that had different names. The theme was "A Journey of a Lifetime." The story was of Jacob and Esau. Overall we had loads of fun.

### *7<sup>th</sup> Day by Jaina Leek*

7<sup>th</sup> Day is a fun experience if you like action, music and crafts. I went and I enjoyed it. You get to go to three or four different rotations about three times each. One is storytelling, another is arts and crafts, another is music, and then there is motion. In motion, you play all sorts

of games, and you make up skits, too. The music is very cool, with two people on guitar, one on a drum, and one on another sort of guitar.

You get a cabin for your congregation, and there are bunk beds as well. You bring your own snack whether it be candy or fruit. And you can learn about Christ all along the way! I hope you decide to go!



### *Health Ministry in the Community:*

Please join us at the **Community Café... in April for conversation and information**

**Who:** Free to community residents 60 or better. Bring your friends or make new ones.

**What: Passages: Making the most of the Transitions in Our Lives** A three-part series: **April 16; May 21; June 18**

Our April speaker will be Jenny Inkler PhD from VCU

**When: April 16, 2015 1:00- 3:00 PM**

**Where:** St. Martin's Episcopal Church: 1333 Jamestown Road

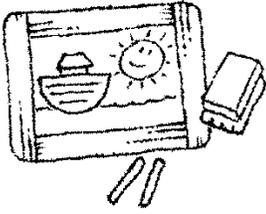
**Questions, more information, need transportation contact Marcie Clark Parish Nurse**



### *Gardeners Wanted!*

We are looking for more gardeners to join the "Gardeners for St. Stephen." This group weeds and waters the church gardens on a weekly basis and helps with seasonal projects outside as needed (like mulching). The more hands the lighter the work, but typically in the past everyone has served one week about every 4-5 weeks, doing just the weeding and watering, from April to October. If you would like to join this award-winning team or just get more

information please contact **Chris Punched** at [mrschris16@aol.com](mailto:mrschris16@aol.com) or 757-880-3347. If you would be willing to be a "Lawnmower for St. Stephen," please contact **Randy Punched** at [Randy4Golf@aol.com](mailto:Randy4Golf@aol.com) or 757-870-8410.



## Preschool News

March certainly "came in like a lion and out like a lamb!" Our children are learning a lot about the weather these last couple of months! Thank goodness for April.

Our children have been preparing for Easter; making beautiful stained glass crosses, Easter baskets and eggs! We are awaiting the arrival of our caterpillars for the children to see the miracle of life as they watch them turn into beautiful butterflies.

Our spring break is from **April 3-12**. We originally had Monday April 13 as part of our break, but it is now a make-up day for the Owls, Frogs, Cubs and Raccoons. Grandparent's Day was a huge success! Check out our pictures on Facebook and the Church Web site.

Staff from the York River State Park visits the Extended Day program on **April 15** to teach us about the Web of Life and Earth Day.

Our Summer Camp runs the first three weeks in June! We are currently full week 1 and week 2, we have 3 spots available for week 3 "Roar for Dinosaurs"! We are looking for college or high school age students to help volunteer at our camp. Please contact **Lauren McQuain** at **229-6688** if you are interested.

## Address changes



**Julie Berry**  
Jeffrey, Benjamin  
507 Riverside Drive  
Lanexa VA 23089

**Birdie Burton**  
Morningside of Williamsburg  
440 McLaws Circle  
Williamsburg, VA 23185

**Glenn and Rae' Carlson**  
Glenn  
44 Old Chester Road  
Derry NH 03038

**Paul & Sarah Melvey [welcome back!]**  
Russell, Sam and Truett  
101-A Mason Row  
Yorktown VA 23691  
598-1245



## April Birthdays

2	Clare Stimson	Ray Walker
3	Robert Alpino	Marian Thies
4	John Harms	
5	Chris Einarsen	Grayson Henderson
	Paul Reier	
9	Gerri Bass	
10	Ingrid Brown	
11	Jack Behlendorf	Carole Finch
	Arthur Nelsen	
12	Jenni Punched	
13	Sara Martin	
14	George Bass	Jonathan Davies
	Ellen LaPlace	Meghan Osborn
16	Christine Hallman	
17	Al Bean	Julie Berry
	Ken Spencer	
18	Jo Hanny	
20	Bill Miller, Jr.	
21	Bob Groom	
23	Ellie Bailey	
24	Noah Delehanty	Bobbie Harms
	Brenda Olson	
25	John Rivolta	Mary Swanson
26	Rudy Stegmann	
29	Alan Balma	Jake Hughes
	Helen Nelsen	Susanna Owens
30	Paula Agor	Donna Crinklaw
	Shirley Minnick	



## Prayers

## Lenten Soup Suppers and Holden Evening Prayer

**We give thanks to God** for blessing **Chad and Cathy Bingman** with their new baby girl, **Caroline McKenna**, born this past month!

**We pray God's blessings** on the marriage of **Nathan Egloff** and **Katie Horvath**. Pastor Ballentine officiated at the wedding in Thurmont, MD.

**Join your prayers for healing** with God's desires for **John Allen, Marilyn Asprey, Anita Dorsey, Kathie Eichfeld, Forrest Fenstermaker, Dan Hanley, Gloria Happel, Bobbie Harms, Jack Harris, Janet Higgs, Jim Ivey, Mary Jamerson, Hank Mallue, Jane Mazur, Carole Meyer, Ursula Recktenwald, Regina Root, Marian Thies, Shana Wilkins, and Soni York.**

**Pray for these who are physically unable to get to worship:** **Dick Batman, Bob and Angie Groom, Elsie Hall, Willetta Heising, Helen Lenox, "Pete" and Kathy Peterson, Jo Schumacher, Jean Shivel, Dot Wright and Lois Wysong.**

**Pray for these loved ones of our congregation:** Rita Adams, Ray Adams, Robert Anderson, Robin Armstrong, A.L. Bailey, Jean Ballentine, the Blume family, David Bomba, Lois Bomba, Roy Bouharb, Martha Brikell, Grady Calhoun, Dee Cantrell, Cathy Carr, Ayrton Climo, Rosemarie Cristofolo, Sylvia Croushore, Betsy Cummings, Bill Daenz, Theresa Dodge, Marian Douglars, Donna Embleton, Mary Fitzgerald, Bruce and Kay Flatin, Natalie Fulton, Terri Gallagher, Pamela Glasgow, Bill and Jack Gottschalk, Bob and Barb Graham, Geoff Grant, Ron Hayes, Charles Hee, Alan Hochstetler, Paul Kelly, Fran Kibler, Eileen Kitchik, Vivian Lantis, Theda Laubach, Kate and Ed LeBlanc, Mildred Lindblad, Joe and Pat McCool, Allison McCool, Kristin McGraw, Dick McGrew, Julie Miller, Heidi Morris, Laura Mraz, Barbara Mullins, the Nasra family, Mary Noyes, Lavonne Prescott, Robert Pushaw, Charlie Red, Lisa Rivolta, Tom & Edie Roberts, Christopher Shearer, Linda Smalarz, Emily Smith, Nancy Spaniol, Evelyn Spear, Jean VanDuyse, Annette Vosteen, Curtis Wilkins, Snodie Wilson, and Sandi Wright.

Soup suppers were a grand place to gather as St. Stephen family. Thanks to the hard-working members who provided soup and welcome to all who attended. Holden Evening Prayer was a wonderful way to aid in our journey through Lent.





HE IS  
RISEN

CELEBRATE THE SAVIOR

**Congregational Officers:**

<i>President</i>	<b>Stan York</b>	345-0073
<i>Vice President</i>	<b>Emily Rossiter</b>	345-6206
<i>Secretary</i>	<b>Dave Clark</b>	603-6346
<i>Treasurer</i>	<b>Paul Kristiansen</b>	220-2709
<i>Financial Secretary</i>	<b>Linda Vonderheide</b>	645-4059

**Church Office:** Phone: (757) **229-6688**  
 email: All email addresses are:  
 \_\_\_\_\_@saintstephenlutheran.net



**Church Staff:**

<i>Pastor</i>	<b>Andy Ballentine</b>	229-6742	
	email	pastorab@	
<i>Pastor</i>	<b>Cheryl Ann Griffin</b>	898-1323	
	email	pastorcg@	
<i>Parish Administrator</i>	<b>Sandy Peterkin</b>	office@	
<i>Dir. Music/Organist</i>	<b>Martin Barstow</b>	MusicDir@	
<i>Parish Nurse</i>	<b>Marcie Clark</b>	ParishNurse@	
<i>Dir. Of Preschool</i>	<b>Lauren McQuain</b>	258-3759	
	email	preschool@	

Monday - Friday: 9:00 am - 12:00 noon

**Church Council:**

Amy Bergh	566 4557
Cathy Bingman	(515) 971-6915
Dave Clark	603-6346
Keith Egloff	229-7859
Bob Hanny	229-5080
Terry Hinders	221-0904
Linda Laity Hite	220-2776
Pat Janot	221-0289
Brad Leek	250-3473
Rob Radke	565-7993
Emily Rossiter	345-6206
Stan York	345-0073

The Quill is published monthly by  
 St. Stephen Lutheran Church  
 612 Jamestown Road  
 Williamsburg, VA 23185

**Editors:**

<i>Anne Schone</i>	ahschone@cox.net
<i>Thord Einarsen</i>	teinarsen@aol.com
<i>Diane Reeves</i>	reevesde@gmail.com

**Article deadline: Fifteenth of the month previous**

**Mailing:**

*Pam Buckley*

**St. Stephen Lutheran Church**  
**612 Jamestown Road**  
**Williamsburg, VA 23185**  
**www.saintstephenlutheran.net**

**Dated Material**  
**Address Service Requested**

Non-Profit Organization US Postage PAID Permit No. 34 Williamsburg
---



**Evangelical Lutheran  
 Church in America**

God's work. Our hands.