



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

February 2015



### *From the Pastor*

One of the many blessings of serving among you is our witness to Christ in praying and caring for one another. We do this by offering rides, cooking meals, sending cards, and calling to ask, "How are you?" St. Stephen's participation in Stephen Ministry is also evidence of our care for each other. As strong as we are in our caring, Stephen Ministry is not named after our congregation! Like our church, it is named for Stephen, the first martyr of the Christian church.

Many of you know that I recently attended a weeklong Stephen Ministry Leader Training conference. 372 people representing 256 congregations, 36 denominations, came to be trained as leaders. Stephen Ministry began training people in 1975 to help meet the needs of their congregations. Our congregation has been actively engaged with Stephen Ministry for more than 20 years! In 1994, 10 members were commissioned as Stephen Ministers. Although our congregation has been involved, and you have heard Stephen Ministry mentioned in prayers and seen articles about it, you may not know some of the finer details. New members may not be familiar with it. What is a Stephen Minister?

Stephen Ministers are people who have received 50 hours of training to walk alongside people in times of disruption. As their web site states, "Stephen Ministers are congregation members trained by Stephen Leaders to offer high-quality, one-to-one Christian care to people going through tough times." Some of life's interruptions, though joyful, are also stressful. Having a baby, a new job, or moving are examples of positive events that can be challenging. Illness, death of a spouse, job loss and divorce are disruptions that we

would forgo if we could. Stephen Ministers provide prayer, support and encouragement. They have listening ears and caring hearts. Typically, a Stephen Minister meets with a care receiver an hour a week. Who has a Stephen Minister? That's confidential. What exactly is said in conversation between the Stephen Minister and the care receiver? That's confidential!

If you are interested in becoming a Stephen Minister, or would like to know more about the program, please speak with Pastor Ballentine or with me. If you would like to enter into a Stephen Minister relationship, please speak with one of us.

In God's amazing grace, **Pastor Griffin**

### OUR PASTOR'S THOUGHTS ON LENT

The season of Lent is a journey of 40 days (not counting Sundays) beginning with Ash Wednesday, and ending with the "Three Days" of Maundy Thursday-Good Friday-the Easter Vigil. The next morning is Easter Sunday, April 5 this year.

The Prayer of the Day for Ash Wednesday is: "Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

The season of Lent is a journey of repentance, of returning to God. With "new and honest hearts," knowing that we cannot save ourselves, but are entirely

dependent upon God's grace, we hear and receive the gospel, as if for the first time. The gospel, the good news, is that we are saved! God accomplishes this through our baptism into Christ's death and resurrection.

Lenten worship will be on **Wednesday evenings at 7:00 PM**. On Ash Wednesday, worshipers will have the opportunity to receive the cross made of ashes on their foreheads: "Remember that you are dust, and to dust you shall return." We will share Holy Communion as well. During the following Wednesdays of Lent, we will use Holden Evening Prayer. During the teaching moments of those services, Pastors Griffin and Ballentine will lead worshipers into the mystery of salvation in Holy Baptism and Holy Communion.



**Wednesday, February 18:**

6:00 PM – Potluck Dinner in the Fellowship Hall  
7:00 PM – Worship featuring ashes and Holy Communion

**Wednesdays, February 25, March 4, 11, 18 and 25:**

6:00 PM – Soup Suppers (Watch for sign-ups to bring soup!)  
7:00 PM – Holden Evening Prayer

Pastor Ballentine



*Musical Expressions of  
Lent*

As many of us are aware, we are currently in the season of Epiphany which will end on February 18, Ash Wednesday. Where has the time gone?! As many of you have observed, the music (the text, as well as overall mood) tends to change somewhat during Lent. In past positions people have remarked "your music is more depressing during Lent."

When it comes to liturgy settings, many of you are aware that the Hymn of Praise is omitted, and the Gospel Acclamation never contains the word "Alleluia." Alleluia is a word associated with joy, and this season is one that is contemplative and penitential.

As with any Sunday in the church year, the preludes and postludes, hymns, and choir anthems reflect the readings in the lectionary, which accounts for music with a comparatively more reflective mood.

Some organists will withhold the use of the cymbelstern during Lent, since it is often used to reflect joyous and delightful musical moments. The cymbelstern, behind the organ case in the sacristy, contains several bells that form a "bell tree." When it is activated by the organist, they all ring together.

Palm Sunday and services during Holy Week are great examples of times when music (or lack thereof) especially helps to reinforce the theme of the day. Often times the postlude for Palm Sunday is either meditative, which is uncommon for a postlude, or deleted entirely. For services during Holy Week, leaving in silence, without a postlude, is incredibly effective.

This varies greatly from denomination to denomination. Many churches celebrate Easter and Christmas, but avoid other observances such as Ash Wednesday and Maundy Thursday almost entirely, since they do not wish for Christ's atonement to be a focal point in their tradition.

This period in the church year has been an inspiration for timeless musical gems. Much of Handel's Messiah, believe it or not, is appropriate for this season. The oratorio is divided into three parts. Part I is related to Christ's Advent and Birth; Part II is His suffering; Part III is about his resurrection. The famous Hallelujah Chorus, which closes Part II, is actually about Christ's resurrection, even though it is usually sung during the Christmas season.

Blessings to all as we approach this important time in the church year.

**Marty Barstow, Director of Music**



## Thoughts from our Parish Nurse

*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2*

Would it surprise you to know that having at least one healthy relationship, and ideally more than one, is as critical to your health as good nutrition, exercise and stress management?

Little can really top the positive effects that occur when we are with someone to whom we feel connected. The rewards of healthy relationships include improved cardiovascular, gastrointestinal, hormonal and immune health.

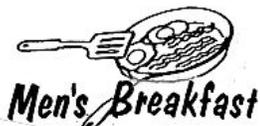
When you're connected to someone and physically with them your muscles relax, you feel calmer, your heart rate slows and there is slowed production of the stress hormone, cortisol.

Being in a supportive loving relationship also lowers risks of depression, anxiety disorders and substance abuse. In longitudinal studies of aging, having good friends was more likely to increase longevity than close relationships with family members.

Communicating in person elicits certain feelings and emotions that you simply can't experience through writing or on the phone. You are able to pick up on nonverbal inflection, such as seeing this person smile with her eyes, as well as her mouth. You can also interact physically, whether it's greeting each other with a kiss, shaking hands, a gentle touch on the back or a hug.

Why not set aside regular times for socializing, which brings with it a host of perks for our health?

Marcie Clark – Parish Nurse



Join the group at the Men's Breakfast the **first Thursday of each month [this month February 5]** at the Colonial

Pancake House at the corner of Page Street and Penniman Road.



## St. Stephen January Council Minutes

The Council met **January 13, 2015.**

**George Vonderheide** reported work on several Property items including HVAC and chiller issues, upcoming repairs to some windows, repaving the driveway and straightening the entrance, and painting the brick wall in front of the church.

Council approved the purchase of two new lapel microphones for the pastors since the current ones are not functioning properly, and also the purchase of an updated set of Bible Commentaries for the Church Library. These purchases will be funded from the Memorial Fund.

**(FYI – the Church Library**, on the ground floor near the College Room, contains a variety of books and references, and **is available for use by congregation members**. Take a look, and you may find something of interest there to sign out and read.)

Council approved minor updates to the Continuing Resolutions sections CR 2.01, CR 3.02, and CR 4.01 regarding Pastor(s), other appointed staff, Preschool Director, Preschool teachers and assistant teachers.

**David F. Clark, Secretary**

## News of the Annual Meeting January, 2015 Annual Congregation Meeting

The Annual Congregation Meeting was held **January 25, 2015.**

Minutes from the June, 2104 Congregation meeting were approved.

A motion was passed to send Randy Punchard and another delegate to be named later to be our representatives at the Synod Assembly in June.

Motion to accept Staff reports passed.

Motion to approve Treasurer's report passed.

Motion to accept the proposed 2015 Budget passed. (This is a balanced budget.)

Motion to approve the Jamestown Road Task Group's recommendation that we sell the property at 608 Jamestown Rd. passed.

David F. Clark, Secretary

For additional information, please contact any of the EDFC members: **Jan MacQueston**, chair; **Lou Rossiter**, financial secretary; Ingrid Brown, recording secretary; **Gerri Bass** and **Gary Krull**.



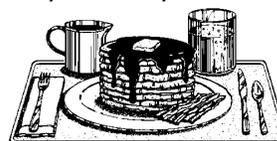
## *A Monday Night Study of Being Mortal, by Atul Gawande*

When we gather to begin Lent, with worship on Ash Wednesday, we use the words, "Remember that you are dust, and to dust you shall return." Our mortality is a fact of life – but our culture encourages us to deny that, to pretend that we will be strong and healthy forever!

A new Monday Night Book Study begins February 16. Pastor Ballentine will lead the conversations during this seven-session study, as we read through *Being Mortal*, by Atul Gawande. "Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should." Can we do better at recognizing our mortality and "living to the last with autonomy, dignity, and joy?"

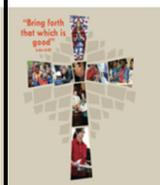
Would you like to join the study? Let Pastor Ballentine know! [pastorab@saintstephenlutheran.net](mailto:pastorab@saintstephenlutheran.net)

The book will cost \$15.60. If you want us to order a book, let us know by February 1.



***Yummy!***

National Pancake Day is **Tuesday, March 3!** The Women's Breakfast is **Tuesday, March 3!** Coincidence? I'm not sure, but if you have not yet attended a Women's Breakfast, **March 3** is the opportune time to come!



## *The 1956 Society*

There is so much to consider when we sit down and prepare our estate plans. We think about our families, church, school, a charity that is meaningful to us and others. How can we ever leave a legacy to so many?

St. Stephen Lutheran Church Endowment Fund Committee (EDFC) has several suggestions for you. By now, The 1956 Society is well known within our church family. To date, we have commitments of more than \$600,000 toward a \$1.2 million goal we strive to reach by 2016.

The EDFC members are inviting you to become a member of The 1956 Society and offer you several tools for you to join this group. Many of us are given a life insurance policy by our employers that we can take with us following our resignation and/or retirement. You might consider committing part, or all, of that policy to The 1956 Society. Other ways to leave a legacy include:

- Cash
- Bequests
- Charitable Gift Annuities
- Charitable Remainder Trusts
- Charitable Lead Trusts
- Securities

We thank you for considering The 1956 Society and to provide a secure means for St. Stephen to continue its ministry in the decades ahead. God bless you.

We gather for breakfast at the **IHOP on Richmond Road near Bypass Road at 8:00 AM the first Tuesday of every month.**

IHOP will serve you a complimentary stack of buttermilk pancakes. Even better, if you make a \$5 contribution to a Children's Miracle Network Hospital, you will receive a \$5 coupon to use for your next visit! Good company, good food, and supporting a children's hospital will make your day! See you then!

**Pastor Griffin**



### *A job for high school youth*

High School Youth! Do you need community service hours? St. Stephen will sponsor your work with PORT, People Offering Resources Together, a shelter program for the homeless. Service will be **Friday, February 13, from 6:00 PM until 9:00 PM at Hilton Baptist Church in Newport News.** Duties will be assisting with check-in and possibly food service. If you would like to serve, or have questions, please contact **David Allen** by e-mail, [jda136@cox.net](mailto:jda136@cox.net) or by phone **757-645-8220**. You may also contact **Dave Sulouff, Roberta Sulouff or Pastor Griffin.**



### *Dining with Friends*

Everyone is invited to join members and friends of St. Stephen for a Sunday meal following worship services on February 15 at **Rocco's Smokehouse Grill, 207 Bypass Road.** The menu includes appetizers, salads, smokehouse entrees, char-grilled steaks, seafood and sandwiches plus desserts.

A private room is reserved for us from **12:30 PM** until we have had our fill of Rocco's good food and of the good times we always have when Friends get together. If you have attended a "Dining with Friends" monthly affair before, you know what we are talking about. If you have not been before, come and find out!

Please make a reservation either on the "liturgically correct" attendance sheet in the bulletin or by contacting **Karen or Larry Shoberg at 565-1264 or shobergs@cox.net.**

### *Welcome New Members - More pictures coming!*

**Neil and Carrie Bailey**

Ellie, Cooper  
109 Molesey Hurst  
Williamsburg VA 23188  
[NBailey@walsingham.org](mailto:NBailey@walsingham.org)



Neil and Carrie Bailey and Cooper

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Neil: 784-3372  
Carrie: 912-536-4785  
Care Group - 10

**Phil McKenna and Ellen LaPlace**

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Care Group - 9



Phil McKenna and Ellen LaPlace

**Jessie Schmitthenner**

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Care Group - 1



Jessie Schmitthenner

**Jusup Silitonga**

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912-7520  
Care Group - 2

**Jesse and Danya Zimbauer Greta, Erich, Karl**

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Jesse: [zimbauer@mac.com](mailto:zimbauer@mac.com)  
 Danya: [danyaz@gmail.com](mailto:danyaz@gmail.com)  
 256-9308  
 Care Group - 9

## February Birthdays

2	Don Hardenbergh	Gretchen Osborn
3	Thord Einarsen	Debbie Lawhon
5	Gwendolyn Agor	
6	Kurt Bailey	Robert Mazur
	Larry Shoberg	
12	Jesse Zimbauer	
13	Danya Zimbauer	Erich Zimbauer
14	Harlan Schone	
15	Chad Bingman	Rebecca Drake
16	Sara Dell	
17	Jane Bailey	Pat Janot
	Marilyn Johnson	
18	Glenn Joppa	
20	Sarah Scheitrum	
22	Keara Mahony	
23	Nicholas Brisson	Angie Groom
25	Nancy Egloff	Max Hinders
26	Kate Sipes	
27	Chelsea Dunbar	
28	Michael Nester	



## Address Changes

### Julia Mahony

Keara, Kylen Saunders  
 104 Harpers Drive  
 Newport News VA 23601

### Rosa Parks

Colonial Manor  
 8679 Pocahontas Trail  
 Williamsburg VA 23185

### Dick Reeves

Apt. 234  
 6200 Patriots Colony Drive  
 Williamsburg, VA 23188-1463

### Ernie and Fran Schwab

[ernieschwab@gmail.com](mailto:ernieschwab@gmail.com)



### Jean Kuhn – Social Ministry

Dick Reeves	Oscar and Carol Godley
Harlan and Anne Schone	
Carlton and Sue Moorefield	Elise Emanuel
Arnie and Pat Janot	Susan Britcher
Jane deSolms	

### Honor of Linda Laity Hite

Jim and Sue Weilmuenster – Endowment Fund



## Prayers



**Join your prayers for healing** with God's desires for **Leonard Bosworth, Anita Dorsey, Dan Hanley, Bobbie Harms, Jack Harris, Janet Higgs, Chuck Hilbinger, Alan Hochstetler, Jim Ivey, Mary Jamerson, Denny Krieger, Jane Mazur, Ursula Recktenwald, Regina Root, Marian Thies, and Shana Wilkins.**

**God has blessed** Helen Lennox with 91 years of life. Her birthday was in January.

**Pray God's blessings upon** Pastor Joel Neubauer and the people of **St. Mark Lutheran Church in Yorktown**, as their new pastor was installed in January!

**Pray comfort and resurrection hope** for **Phyllis Spencer** and her family, mourning the death of her sister, and for **Howard Glenn**, mourning the death of his wife, Phyllis.

**Pray God's blessings upon** Chris and Kristin Stahl, Chad and Cathy Bingman, and all parents who are awaiting the births of their babies.

**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 those in our community who are homeless** and for who are serving them as the Community of Faith Mission.

**Pray for these loved ones of our congregation:** Rita Adams, Robert Anderson, Lois Bomba, Joyce Bosworth, Roy Bouharb, Grady Calhoun, Melinda Campbell, Lee Carlson, Nancy Carlson, Ayrton Climo, Tim Correll, Rosemarie Cristofolo, Sylvia Croushore, Betsy Cummings, Kathryn Dieter, Theresa Dodge, Frank Ehrhart, Donna Embleton, Nick Finley, Bruce and Kay Flatin, Natalie Fulton, Pamela Glasgow, Bill and Jack Gottschalk, Bob and Barb Graham, Geoff Grant, Hal Harter, Ron Hayes, Eileen Kitchik, Theda Laubach, Wendy Lee, Mildred Lindblad, Betty March, Joe McCool, Kristin McGraw, Dick McGrew, Julie Miller, Heidi Morris, Laura Mraz, the Nasra family, Roy Nester, Lavonne Prescott, Robert Pushaw, Emily Reubush, Lisa Rivolta, Linda Smalarz, Alexis Smith, Emily Smith, Nancy Spaniol, Evelyn Spear, Jean VanDuyse, Annette Vosteen, Dwayne Westermann, George Wilbar, Curtis Wilkins, and Snodie Wilson.

***Thank you Ben Henry  
for your beautiful  
candle stand***



### ***Thank You notes to our Congregation***

- From His Hands Executive Committee:  
Dear St. Stephen's Congregation,  
Thank you for your continued support for From His Hands. Working together, we have been able to make a difference in the lives of those in our community.  
Approximately 8084 meals were served to families in three motels and the Grove Outreach Neighborhood during 2014. Along with the

meals, over 6000 good items were distributed in the "leave behind" bags given to families living in the motels.

Peace and Blessings to you.

- Dear Friends of St. Stephen!

It is with joy and gratitude that I am able to write this note of thanks to all who kept me in their prayers, thoughts, sent cards of concern and motivation. I firmly believe that my journey through recovery was and continues to be quite a learning experience in body, but also in faith. Yes, faith in God, His being responsible for what the doctor's choices in my treatment would be, teaching me to be patient with myself and believing that in time all would be put into perspective and I would find my "new normal."

I do not remember a great deal of my recovery process, so to whoever brought me the prayer shawl, Thank you! I could not remember the Lord's Prayer, but when I covered myself with the shawl, I felt comforted, because all the prayers were there.

I would be remiss if I did not also thank my Thom who lovingly has made the journey with me every step of the way. Thank you God for my life partner!

Daily, I push myself to continue to improve physically and mentally to return as close to my former self as I can.

Thank you all for being there for Thom and me.

Ursula Recktenwald.

- The Root-Lewis Family thanked us for our kindness saying: "We are so grateful for your continued thoughts and prayers. Best wishes for a healthy and happy 2015."
- St. Olaf Catholic Church thanked us for the support to the Food Pantry Ministry by the Preschool for their holiday
- Avalon thanked us for our contribution of \$500 in December for their program plus an additional \$190 later in the month.

**Congregational Officers:**

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

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



**Church Staff:**

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

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

**Church Council:**

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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  
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 Williamsburg, VA 23185

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

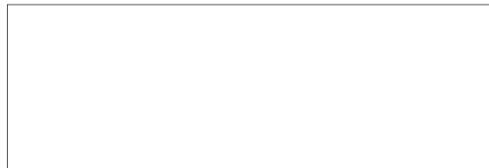
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*Pam Buckley*

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

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