



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

July 2015



### Thoughts from our Parish Nurse

### Wednesday Word and Sacrament begins July 1!

**Genesis 2:2-3** "And on the seventh day God finished his work that he had done, and he rested..."

God found time to rest. Why can't we?

This worship service will happen in our worship space at **6:30 PM** each Wednesday through the summer (at least).

Rest is a necessity. It is a Biblical principle that all creatures must rest. Without proper rest the human body will break down. Being over worked is the main reason Americans say they skip vacation, choosing fatigue over leisure.

- Each evening, arriving worshipers will be invited to take leadership for various parts of the liturgy — reading a lesson, reading the Prayer of the Day, leading the Psalm, etc. — from where they are sitting.
- The liturgy will be spoken so it will be accessible for those with no liturgical background.
- The "sermon" time will be interactive with a few minutes of Bible study, followed by conversation, followed by time for worshipers to pray over what they have heard and thought. These prayers will be shared during the prayer time later in the service. (Some of the prayers will even be spoken out loud!)
- **Roberta and Dave Sulouff** will be the lead musicians, playing their guitars. **Pastor Ballentine or Pastor Griffin** will officiate at Holy Communion.

A recent *Time Magazine* article, "Who Killed Summer Vacation?" noted the quality of vacation time has eroded along with the quantity. Technology now perpetually tethers workers to the office. More than half of employees surveyed stated they planned to work during their time off. This work included emailing, accessing work documents, texting, calling and responding to requests to do work.

Why is it we are almost prideful on how much we work, how over-worked we are, and how we are too busy to take time to rest. Can you believe that 51% of U.S. employees who have paid time off use only half of it? In a recent survey 28% said they wanted to show their dedication. While that may be admirable, it's not benefiting them or their employer. Employees who use their vacation days ultimately get better performance



reviews. And 35% felt better about their jobs and were more productive at work after taking a vacation.

Give yourself permission to take time off and to enjoy well-earned vacations with your family and loved ones. Oh and why not consider a moratorium on all electronics for a portion of that vacation?

Happy Healthy employees make Happy Healthy Companies. What about Happy Healthy Families?

You will be happier in the long run if you look at the big picture when choosing between work and play.

**Marcie Clark, Parish Nurse**



## *June Council Minutes*

The Council met June 9, 2015.

- Council will present proposed Constitution and By-Laws changes to separate and clarify the Personnel and Staff Support committees at the June 28 Congregation meeting, so the changes can be voted on at the January meeting. A draft of the proposed changes to C13.03 and B5.01 will be distributed.
- Council voted to approve the updated Continuing Resolution CR 3.01. This will be used for this fall's staff evaluations and salary recommendations.
- Council voted to accept the Nominating Committee's slate of **Sherry Phipps, Russ White, Carol Wiers, George Vonderheide, and Dave Clark for Council, Sue Voigt for Trustee and Gerri Bass and Charlene Smith for the Endowment committee.**
- Nominations will also be accepted from the floor at the June 28 meeting.
- President York reported that the realtor has recommended we accept the offer received for the property at 608 Jamestown Rd. Council

voted to recommend to the Congregation that they accept the offer and vote, at the June 28 Congregation meeting, to sell the property.

- Outgoing Council members **Cathy Bingman, Bob Hanny, Pat Janot, and Rob Radke** were thanked for their service.
- **Pastor Ballentine** reported that he and seven youth are going to the Kairos event this year.
- **Pastor Griffin** noted the Women's Retreat will be held at Richmond Hill in April, 2016.
- Congregation members are urged to attend the Congregation Meeting **June 28, 2015** between services to vote on the above matters!

**David F. Clark**  
Secretary



## *My Journey With (and without) Stephen Ministry*

July 4 – Independence Day. We celebrate and honor those who fought to found our country. Like Memorial Day and Veteran's Day we remember those who have served throughout our history. My father enthralled me with stories about World War II. He had many pictures and books over which my brother and I pored. We saw the more gruesome sights of the civilian casualties after bombings, broken buildings, broken machines, broken bodies. It doesn't seem so real in black and white. Many years later I noticed that those books were gone. Dad did not wish to talk of the war. At Downey VA Hospital, where I interned as a music therapist in 1975, I saw the men (rarely women) who had not been able to make it in the world after WWII, and Korea. The men who suffered addiction issues after Viet Nam were bitter and angry. We had fewer care options in those days.

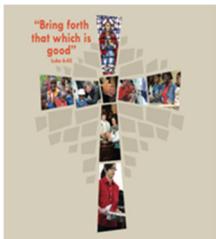
Today, we have many men and women who have experienced wartime trauma, from Korea and Vietnam to the Gulf War, Iraq, and Afghanistan. That trauma

may not surface for years. Additionally there are the children, the spouses, the parents and grandparents who must live not knowing what that next phone call will hold. They deal with death, injury, PTSD and working their way through a difficult benefit system. Stephen Ministries has partnered with H.E.R.O.S. Care, which trains Stephen Ministers and others trained as caregivers in the specialized needs of military members and their families. It is a local support system for the military and their families independent of government sponsored programs. While there is not a formal assignment of care givers yet from the "outposts," several of our Stephen Ministers have taken the additional training and can offer the unique support that may be needed. If you or someone you know may benefit from this program or those trained in it, please contact **Pastor Ballentine or Pastor Griffin** or a Stephen Leader. *"Surely the arm of the Lord is not too short to save, nor his ear to dull to hear."* Psalm 72:12

**Cindy Gibbs for Stephen Ministry**



The Virginia Synod Assembly elected **Pastor Griffin** to a three-year term on the Synod Council!



## ***Celebrated the Living***

The second annual dinner of The 1956 Society members was held on April 16, 2015 at the Ford's Colony Country Club. The Society includes 30 members (4 are deceased) which have either given or pledged to give St. Stephen's Endowment fund. Several guests were also in attendance who had an interest in learning more about the Society. The goal is to reach \$1.2 million by the end of 2016. At the dinner it was announced that the giving or estimated giving had reached \$802,700. This dinner was a wonderful way to thank those of us who have given or plan to give while we are still living.

Our guest speaker was **Ellen Bushman**, the Vice President of Development, for Lutheran Family Services. She is also active at the Virginia Synod serving as a member of the Lutheran Partners in Mission advisory board and as a lay member of the Virginia Synod Mission Strategy Team. The Mission of Lutheran Family Services of Virginia expresses God's love by providing services and assistance to empower communities, families and individuals in their journey to well-being.

Ellen praised St. Stephen for our dedication to building and growing, the endowment fund and gave us many examples of success stories celebrated by Lutheran Family Services. According to our Bylaws, all endowment funds must be used for the outreach of our church rather than to the operations. Lutheran Family Services has many outreach opportunities for our consideration in the future: Adoption and Foster care, Community based Services, Developmental Services, Disaster Response and Preparedness, Educational Services/Minnick Schools, and Older Adult and Grief Services.

**Ingrid Brown, SSLC Endowment Fund Committee**



**Women! Save the date!** Our next Women's Retreat will be **Saturday-Sunday, April 23-24, 2016**. Our spiritual leader will be Kristin Berkey-Abbott (Ina and Tom Berkey's daughter, and a published poet and author). Our theme will be **Living Parables**. Watch for more information as the time gets closer!



## ***Community of Faith Mission (COFM)***

COFM is seeking a part-time Shelter Manager. We at St. Stephen help to staff the COFM winter emergency shelter program for the homeless, providing food and shelter for 18 weeks during the coldest months of the

year in Williamsburg. If you'd like to know more about this, talk to **Jo Hanny** or **Sandy Peterkin**.

**Pastor Judy Cobb**, a new member of St. Stephen, recently joined the food for the homeless group. Recently, as she was checking out of the grocery store, the cashier noticed the various items bought in bulk and said, "big party?" "No, our church prepares meals for a couple of the motels where some guests need food." "Which church?" she asked. "St. Stephen Lutheran and other churches too." The cashier hesitated then said, "I'm one of those who have received the meals and it really means a lot. I lost my job, got this one and hope to pick up another part time so I can move into my own place. Please thank the church for me. It is such a help." Making a difference is what this ministry is about and if you can help please contact **Michael Javier (757 812-8385)** or **Randy Punchard (757 870-8410)** Thanks to all the wonderful helpers who assist this special ministry!



### *Sneaker Smiles*

It is once again time to put smiles on the faces of the students in Grove as we provide sneakers for them as they start their new school year. This is our 10th year of doing this!

Please take a child's name from the bulletin board in the Gathering Space, and an **Individual Instruction sheet**. Please follow the instructions and return the shoes to the Gathering Space on or before August 16! Kmart, Payless and Walmart are good stores for purchasing shoes.

If you would like to contribute money instead, please put cash or a check made out to **Marilyn Johnson** in an envelope and give it to her or put it in the Social Ministry box outside of the church office. She will purchase the shoes for you. If you would like a store receipt for tax purposes, please put that info on the outside of the envelope along with your name and address.

If you have any questions, please contact **Marilyn Johnson** at **345-0806** or email **majohnson9@cox.net**. Thanks in advance for your support!!

### The Social Ministry Committee



### *July Birthdays*

- |    |                    |                  |
|----|--------------------|------------------|
| 1  | Willetta Heising   | Paul Melvey      |
| 5  | Austin Pierce      |                  |
| 6  | Kathie Eichfeld    |                  |
| 8  | Edith Haecker      | Bill Holcombe    |
| 9  | Bill Gibbs         |                  |
| 11 | George Vonderheide |                  |
| 13 | Margaret Bleck     |                  |
|    | Rosemary Stimson   |                  |
| 14 | Janice Svendsen    |                  |
| 16 | Emma Timberg       |                  |
| 17 | Anita Dorsey       |                  |
| 19 | Cooper Bailey      |                  |
| 20 | Nancy Childress    |                  |
| 21 | Linda Baumgarten   | Pat Chapman      |
|    | Brad Rinehimer     | Jean Shivel      |
| 23 | Edward Delehanty   | Dick Reeves      |
|    | Karen Schlicht     |                  |
| 24 | Doc Anderson       | Caroline McKenna |
| 25 | Katy Gohsman       |                  |
| 27 | Carl Stauffer      |                  |



### *Address Changes*

#### **Cliff & June Henderson**

11861 Aberdeen Landing Lane  
 Midlothian, VA, 23113  
 (Landline) is 804-272-0638.  
 Cell phones and e-mail have not changed



## *Prayers*

**Join your prayers for healing** with God's desires for John Allen, Joyce Behlendorf, Nancy Childress, Gene Clements, Anita Dorsey, Elise Emanuel, Dan Hanley, Dianne Harris, Jack Harris, Donna May Hochstetler, Jim Ivey, Michelle Ivey, Ralph Johnson, Ann McAteer, Ursula Recktenwald, Regina Root, Jessie Schmitthenner, Marian Thies, Jerry Trone, and Linda Vonderheide.

**Pray for these who are physically unable to get to worship:** Dick Batman, Birdie Burton, Bob and Angie Groom, Elsie Hall, Gloria Happel, Willetta Heising, Mary Jamerson, 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, Pam Anderson, Robert Anderson, Joyce Blish, the Blume family, David and Lois Bomba, Sarah Bottiglieri, Kallie Burgess, Grady Calhoun, Melinda Campbell, Ayrton Climo, Michael Compton, Zach Converse, Rosemarie Cristofolo, Sylvia Croushore, Betsy Cummings, Debbie Effemey, Marga Fischer, Bruce and Kay Flatin, Lenora Godette, Bill and Jack Gottschalk, Anabelle Green, Ron Hayes, Alan Hochstetler, Marie Holland, Hank Hollar, Lynn Isenburg, Yvonne Jack, Fran Kibler, Eileen Kitchik, Jane Kristiansen, Vivian Lantis, Alice Laub, Theda Laubach, Wendy Lee, Mildred Lindblad, Dick McGrew, Rick Meyer, Julie Miller, Heidi Morris, the Nasra family, Sharon Nickerson, Mary Noyes, Sharon O'Dell, Jeanette and Rodger Osborn, Lavonne Prescott, Robert Pushaw, Vivian Reaver, Connie Reifsnnyder, Lisa Rivolta, Richard Seaver, Jackie Seipp, Linda Smalarz, Emily Smith, Nancy Spaniol, Evelyn Spear, Nelson Steele, Clarence Tolliver, Jean VanDuyse, Annette Vosteen, Allison Wetzal, Curtis Wilkins, Margaret Wieser, and Snodie Wilson.



## *Letters to our Congregation*

June 8, 2015

Dear Pastors and Friends of St. Stephen,

I wanted to thank all of you that came to visit me and all the prayers, phone calls and cards. Also for the beautiful prayer shawl that gave me such comfort.

It was so meaningful to have Communion brought to me and have someone to pray with me. Thank you.

I have never had such a warm caring church family before and it's a wonderful experience. May God be with each of you.

Blessings,  
**Janet Higgs**

Dear Knitters,

I deeply appreciate each thought and prayer that went into knitting my shawl. It has kept me warm, both physically and spiritually, with your prayers over these past months.

Thank you so much for your comfort and knowledge that the good Lord is watching over me.

**Jane Mazur**

Housing Partnerships thanked the congregation for its donation of \$1000 to help their program with elderly, disabled, and low-income families.

**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:**

Pastor	<b>Andy Ballentine</b>	229-6742
	email	pastorab@
Pastor	<b>Cheryl Ann Griffin</b>	898-1323
	email	pastorc@
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:**

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

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*Pam Buckley*

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