



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

July 2016



It's all too common. You've heard the same laments time and time again. You've heard this so often because it is true. Let me give you some examples. The other day I was stopped at a traffic light. When the light changed, the car in front of me did not move. It was a good while before the driver began to move. I decided to pass. As I went by, I glanced at the driver. Sure enough, she was on her cell phone.

This week, my long-time friend and I went to the beach. As I walked along, I spotted a couple sitting in their beach chairs and facing the ocean. Each of them was on looking down at their phones. My friend and I went to lunch. There in the restaurant was a family sitting around the table, not talking to each other, but all of them staring and swiping and tapping at their phones.

The risk of driving without looking at the road, a missed chance to gaze at the wonder of the waves, and a lost opportunity to connect with family rather than with an app are all evidence that we are distracted. It is not just cell phones that distract us. I admit to being consumed by thoughts of ministry while I am driving and being just as distracted as I would be looking at my iPhone. I've read whole pages of books with my eyes without ever connecting the words to my brain.

My brain has been unable to focus at times because I have been consumed with all that that is going on. We have a copy of Gerald May's writing put onto a table-top sign. It reads:

*Do one thing at a time,  
with complete, immediate mindfulness.  
Don't do it to get it done, so you can get on to  
the next thing.  
Do it for love.  
Do it fully, sensitively, openly.  
Do it now.  
Then do the next thing.*

It has occurred to me that all distractions are not bad. It depends upon what you are distracted from and what your distraction is. Imagine you are walking from a parking lot into a department store. You are focused on where you want to go inside the store so that you can make a purchase. Then you see someone who obviously has no permanent home. Consider a time when you have been in a whirlwind cleaning frenzy (that does happen to people other than me, right?) and your child tugs and tugs at your leg to get your attention so that he can show you the card he just made for you.

What distracts you? It just might be the Holy Spirit.

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



### *July Baptismal Anniversaries*

Thank you to all who are getting back to me with your dates of Baptism! It will be a good thing to encourage each other to celebrate our anniversaries of our new birth in Christ.

Here is the information that I have so far for July dates, to celebrate Baptismal anniversaries!

**-- Pastor Ballentine**

7/1	Rita Kristiansen	7/2	Nicholas Brisson
7/5	Maddie Collins	7/5	Noah Delehanty
7/16	Theo Bergh	7/24	Kylen Saunders



**Marty Barstow** attended the National Convention of the American Guild of Organists in Houston, Texas last month and he will certainly bring back many creative ideas to St. Stephen music upon his return.



## Summer Safety

**Heat:** Anyone can fall victim to dehydration, heat exhaustion or heat stroke.

**Dehydration:** You can live longer without food than you can without water.

- Every day we lose water through our breath, perspiration, and bodily functions. In the summer, the more you perspire, the more water and energy your body burns, and the more water you need.
- Hot humid weather can cause dehydration. Young children, older adults and people with chronic illnesses are most at risk. Dehydration occurs when you use or lose more fluid than you take in.
- Symptoms include: dry sticky mouth, sleepiness, tiredness, thirst, dry skin, headache, dizziness; or lightheadedness, decreased urine output, and dark yellow or amber color urine.
- Monitor and drink enough liquids to replace what you lose. The Institute of Medicine determined that on average men need roughly

about 13 cups of total beverages a day and women about 9 cups beverages daily.

- Avoid drinks that contain sugar, caffeine, or alcohol because they can cause further dehydration. When exercising, drink one cup of fluids every 15 minutes during physical activity.

**Heat Exhaustion:** Stay Cool.

- The sun is strongest between the hours of 10:00 AM and 2:00 PM. So limit the amount of time spent outside during these hours.
- Plan outside activities - choose to garden, mow the lawn and exercise at cooler times of the day.
- Air conditioning is the number one protective factor. If you do not have it at home, spend time in shopping malls, movie theaters, libraries, or public cooling centers.
- Cool baths or showers can also help lower body temperature.
- Wear light, loose-fitting clothing. Avoid dark colors, which absorb heat, and 100% cotton, which gets drenched with sweat, adds extra weight and can contribute to a rising body temperature. Fabrics that wick away moisture are best.

**Heat stroke:** Is a medical emergency.

- Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system.
- Symptoms include: throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot, muscle weakness or cramps, nausea and vomiting. Heat Stroke can result in seizures, or the person may faint or become unconscious.

**What to do:** Call 911.

- Take the person out of the heat and place cool cloths or ice bags on the back of the neck, under the arms and on the groin and call paramedics.

**Watch for more summer safety tips in the Sunday Bulletins**

**Marcie Clark, Parish Nurse**



## Why contribute to the Building Fund?

There are three good reasons. The Building Fund helps to pay our monthly mortgage payments. Up until last year, before refinancing after the sale of the 608 Jamestown Road property, it supported 50% of our mortgage payments. This year the Building Fund is paying for 20% of our mortgage payments. It will be used to pay off principal on our \$642,000 mortgage. If we consistently contribute to the Building Fund, we may avoid the need for a Capital Campaign to lower our debt. The Building Fund also serves as a reserve for large, unforeseen, unbudgeted expenses such as a new heater, new roof, etc. As our building ages, often major repairs are required.



## Change of Address

**Mrs. Robert P. Murden**  
Apt.D-303  
3800 Treyburn  
Williamsburg, VA 23185

**John and Nancy Scanlan**  
5907 S. Mills Manor Court  
Fredericksburg VA 22407

## The Church Mouse Hears . . .



- How special it was to see **Roger and Kathy Miller** sitting in the church just like the “old days.” We still miss you.
- Avid bicyclist, **Nancy Carter**, was the chair of May’s “Pedal the Parkway” event and spoke highly of the Virginia Capital Trail from Jamestown to Richmond. All this was part of an article in the *Williamsburg Magazine* for June. Biking is surely popular at St. Stephen.

- The gathering of love at Guisepppe’s thinking of **Willetta, Ken** and the **Heising family** was special. She was truly a “remarkable woman.”
- **Dave and Jane Wills’ son, Ryan, is a minor league umpire** who will be working a number of games in Richmond this summer! We’re gathering groups from St. Stephen to enjoy another one of those games together. We’ll head up there on **Friday, August 19** (7:05 game start). If you’d like to join in the ride sharing, indicate that on the green sheet!
- Congratulations to **Reed Nester** who is retiring after 30 years of service as the planning Director for the City of Williamsburg! The changes that have happened are amazing and Reed’s hard work and insight have assured that they are good changes. Thank you and happy retirement to both **Reed and Karen Nester**.



## July Birthdays

1	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	
19	Cooper Bailey	
20	Nancy Childress	
21	Linda Baumgarten	Pat Chapman
	Brad Rinehimer	Jean Shivel
23	Edward Delehanty	Dick Reeves

- |    |                |                  |
|----|----------------|------------------|
|    | Karen Schlicht | Joanne Shue      |
| 24 | Doc Anderson   | Caroline McKenna |
| 25 | Katy Gohsman   |                  |
| 27 | Carl Stauffer  |                  |



## *A Trip to "Lutherland!"*

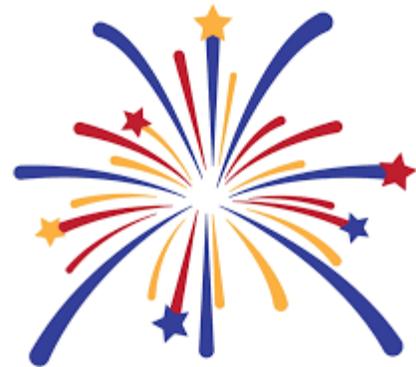
Would you like to consider a trip to Germany as part of the 500<sup>th</sup> anniversary of the Protestant Reformation? St. Stephen's commemoration committee is wondering how many may be interested in such a trip. We're only at the beginning stages of organization and will continue planning, if interest is shown. Please mark on the green sheet if you would consider a trip (about 10 days) to Germany, either in fall 2017, or spring 2018.



## *Can You Help?*

Would you serve as a leader and/or on the planning committee for the annual day of service throughout our Evangelical Lutheran Church in America: **"God's Work. Our Hands." Sunday?** This year the date is **September 11.**

In 2014 we had a Ministry Fair; in 2015 we completed 151 school kits for Lutheran World Relief. How can we celebrate this year? If you can help, please mark the green sheet!



## *Happy Fourth of July!*



**Join your prayers for healing** with God's desires for **John Allen, Ward Bourn, Nancy Canny, Klara Cave, Thord Einarsen, Fred Haecker, John Harms, Rick Meyer, Regina Root, and Jerry Trone.**

**God has given Arthur Hanson** 94 years of life!

**In sure and certain hope** of the resurrection to eternal life through our Lord, Jesus Christ, pray God's blessings on **Rita Dunbar** and her family as they mourn the death of her mother, Ritalee Adams

**Pray God's blessings** on **Becca Groman** and **Charlie Griffin** who were married before our altar by Pastor Griffin.

**Pray for these who are unable to get to worship:** **Bob and Angie Groom, Elsie Hall, Mary Jamerson, Helen Lenox, Bob Mazur, "Pete" Peterson, Betty Rickerson, John Rivolta, Jo Schumacher, and Jean Shivel.**

**Pray for these loved ones of our congregation:** Nathalee Accomando, Robert Anderson, Aziz, Norma Blaase, Tom and Bea Black, the Blume family, Lois Bomba, Peggy Brice, Allan Bullman, Grady Calhoun, Ayrton Climo, Cornelia, Rosemarie Cristofolo, Allen Crowder, Sylvia Croushore, Ashley Davidson, Kathryn Dieter, Patricia Dunahoo, Craig Eitreim, Kathy Faykes, Inge Felbier, Martha Fenn, Harold Fenstermaker, Bill

Gottschalk, Carol Haecker, Kim Hanlon, Anthony Hargrave, Ron Hayes, Dorothy Hartline, Burkhard Heerde, Bill Henderson, Alan Hochstetler, Bernie Horowitz, Lynn Isenburg, Fran Kibler, Art Kirk, Dean Kreitzer, Mildred Lindblad, Robert Linsley, Lois Jo, Jack McGee, Kristin McGraw, Norma Mills, Vickie Morie, Heidi Morris, the Nasra family, Mary Newberg, Mike Overdorf, Inge Petersen, Peggy Pilout, Sam Powell, Robert Pushaw, Becky Ralston, Pat Ramering, Paul Ratzow, Betty Roth, Paul Rueckwald, Richard Seaver, Evelyn Séranne, Georg Siegert, Barbara Slifer, Paul Smalarz, Joyce Byerly Smith, Nancy Spaniol, Evelyn Spear, Josh Strimple, Ester Sutin, Elaine Turner, Annette Vosteen, Sue Weilmuenster, and Anna Zabdyr.



**Willetta Heising -**

Bill and Jane Holcombe – Endowment  
Henry and Marilyn Mallue – Endowment  
Ellen Barlow - Endowment

**Kathy Peterson**

Art Dorsey – Building Fund

**Ritalee Adams**

Jay and Rita Dunbar  
Patricia Hornung

- Accenture Team

Linda Dunbar  
Susan Lynn Lazzaro  
Chrissy Ross  
Diane Wagner  
Kathy Lindberg  
Patty Callaghan  
Donna Lazzaro  
William Griffith  
Donald Griffith  
John Griffith  
Jean Griffith

Joe, Hollye, Taylor, Lauren and Suzanne Morgan  
Chubb Personal Risk Services

- Gary Flora
- Misty King
- Ann Bailey
- Mukund Singh
- Prasanna Trivedi

***A good opportunity to serve!***

The Harbor is a relatively new day center serving people with no permanent home in our Williamsburg area. It is a program of the Greater Williamsburg Outreach Mission (GWOM), a coalition of 22 faith groups that work with multiple local public and private social agencies committed to the critical needs of those experiencing or those at risk of becoming homeless. The Harbor is currently operational Monday through Thursday from 10:00 AM to 2:00 PM; those without a permanent home are welcomed into a supportive and comfortable environment where breakfast and lunch are served and personal hygiene needs are met. The Harbor also works with people to enable them to obtain permanent housing.

**Request for help:** The Harbor is in need of additional volunteers for several roles: kitchen meal preparation, guest check-in, and shower coordination. If you would be interested in assisting at the Harbor, you can contact **John Moravetz (564-9526)** to find out more and/or for an application.



## ***St. Stephen Congregational Meeting, June 26, 2016***

The meeting was called to order at 10:05 AM by President **Stan York** who then led us in prayer.

The minutes of the February 7, 2016, Congregational Annual Meeting were approved, with the correction of the word "used" to "uses" of the Building Fund in the 2016 Budget section.

Elections for Church Council, Trustee, and Endowment Committee were held. All candidates were elected by acclamation.

New Council members are: **Jeanne Garrison, John McCurry, George Vonderheide** for a full term, and **David Wills**.

Trustee: **Jack Harris**

Endowment Committee: **Gary Krull**

A resolution from Council to separate and clarify Personnel and Staff Support Committees was presented and discussed. The proposed wording change in our Constitution will clarify the roles of these committees. Individual church staff can have their Staff Support Committee to assist them and resolve problems.

The ELCA model constitution speaks of a Mutual Ministry committee which largely does what our Staff Support Committee(s) does/do.

The resolution was approved, with the addition of the following wording change: "Additionally, Staff Support Committee(s), as requested, shall be appointed jointly by the president, the pastor(s), and the staff member to sustain our staff in their ministry."

This resolution and possible change to our Constitution will be voted on again at the January, 2017 Annual Meeting.

The Finance Committee report, through May 31, 2016, was present by **Jane deSolms**.

- Income was \$235,433 and expenses were \$243,630.
- Building Fund balance is \$51,912.
- The Preschool ran a deficit of \$6,560 this past school year.

**Bob Harman** submitted an update report from the Preschool Task Group.

The Group will soon distribute a survey to the congregation requesting their thoughts regarding the Preschool and whether and how it fits into the mission of St. Stephen.

Everyone is encouraged to respond with your thoughts.

**Sandy Croushore** and **David Allen** reported on the recent Virginia Synod Assembly.

The Assembly, which can be viewed on You-Tube, passed resolutions expressing gratitude for military personnel, veterans, and their families; making a commitment to diversity; and asking for prayers and guidance during the process of selecting our next Synod Bishop.

**Pastor Griffin** thanked **Terry Hinders, Brad Leek,** and **Emily Rossiter** for their service on Council, and also **Stan York** for his service of two terms as Council President.

Financial Secretary **Linda Vonderheide** and Treasurer **Paul Kristiansen** were also thanked for their work.

The meeting adjourned at 10:55 AM, and then we closed with a prayer.

**David F. Clark**, Secretary



- ❖ The women will meet at **8:00 AM on Tuesday, July 5** at the Old Mill 2005 Richmond Road, across the street from Hampton Inn and Suites.
- ❖ The men will meet on **Thursday, July 7 at 8:00 AM** at The Colonial Pancake House at the Corner of Penniman Road and Page Street.



### ***Letters of thanks to the Congregation***

- ELCA World Hunger recently wrote thanking us for our gift of \$2,260 bookmarked for World Hunger.
- "From His Hands" thanked us for our continued support saying that through our time and donations, we are making a difference in the lives of the people we serve.
- Housing Partnerships thanked us for our donation of \$1,000.
- FISH thanked us again for our support.



### ***To the St. Stephen Family***

This is probably my last issue as editor of the *Quill*. I have very much enjoyed working for you for these past fifteen years, need to take a break, but expect to be continuing in some capacity in the future. My team of readers and the team of producers for mailing have been wonderful, especially the support from **Thord Einarsen, Sandy Peterkin, Rosalie Frey, Pam Buckley** and **Diane McCurry** and I hope all will continue to serve. I have appreciated your support and input; hope we will continue to hear from you, and will update you on continuing plans as they unfold.

Enjoy the peace and joy of a relaxing summer and may you and your families be refreshed and energized during this special time of year.

**Anne Schone and the *Quill* staff**

**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>	876-6371
	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:**

Amy Bergh	566-4557
Dave Clark	603-6346
Keith Egloff	229-7859
Terry Hinders	221-0904
Linda Laity Hite	220-2776
Brad Leek	250-3473
Sherry Phipps	810-4658
Emily Rossiter	345-6206
George Vonderheide	645-4059
Russ White	220-1023
Carol Wiers	564-0164
Stan York	345-0073

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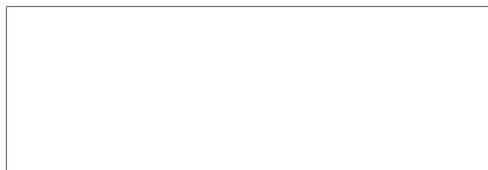
Pam Buckley

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

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