



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

March 2015



Season of Return and Servanthood

In the gospel story from Mark for the first Sunday in Lent, Jesus calls out: "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

The season of Lent is a season of return. That's what "repentance" means: to return. We are called to turn away from what makes for death, and to return to God.

Of course, this is a call of good news! We have been saved, through the death and resurrection of Jesus the Christ! We are baptized into that salvation!

Since we have been saved, we are freed! We are freed to be honest, to turn away from the false selves we spend so much energy constructing – the facades we put forward for others to see. Since we have been saved, we are freed to live in grace, to be who we are, our true selves in Christ. We are freed to respond to our salvation through the death and resurrection of Jesus the Christ, by serving the Christ in others who are suffering because of physical illness, spiritual emptiness or emotional distress.

A traditional faith practice during Lent is "to give something up." Practices of self-denial are intended to raise our consciousness that we are dependent upon God's grace for everything we need. That is, indeed, a way to practice repentance, return to God. However, I think it is more helpful to think of something to *add* during Lent. We return to God, re-center ourselves in our salvation – and we respond to that!

What is a way that you can respond by serving another person, or other people, who are suffering because of physical illness, spiritual emptiness or emotional distress? What can become your Lenten practice of return and servanthood? Could this new response to your salvation, become a practice of the faith that you will feel called to continue far into the future.

Blessings on your journey through this holy season of Lent.

Pastor Andy Ballentine



Soup Suppers and Holden Evening Prayer on the Wednesday evenings of Lent

On Wednesday evenings, February 25, March 4, 11, 18, and 25:

6:00 PM Soup and bread supper in the Fellowship Hall. (Food provided by those who sign up.)

7:00 PM the chanting, silence, prayer and teaching of Holden Evening Prayer.



Thoughts from the Parish Nurse...

Miserere (Psalm 51)

For those who attended worship on Ash Wednesday, Psalm 51 was a central part of the service. The service began with the psalm itself being read aloud, and two of the musical selections were based on Psalm 51. The 8:30 and 11:00 choirs of St. Stephen presented Carl Mueller's anthem setting *Create in Me a Clean Heart*, and the Offertory Hymn was a congregational setting of *Create in Me a Clean Heart*.

One setting of this text that has stood the test of time was written by Italian composer Gregorio Allegri sometime in the 1630s. It consists of a total of three groups: one full choir of five parts, a quartet of four parts, and unison male voices. The full choir begins the piece with the first portion, the quartet sings the next portion, and then the unison men sing the next portion. The piece continues this pattern until the end, when all groups sing the last portion together, in nine parts. In addition to being a high quality piece of music, the character of the piece accurately depicts the character of the psalm upon which it is based.

For almost 150 years after the piece was composed, the only time it was used was during Holy Week, and in addition to being used in the Sistine Chapel, only three other officials (an emperor, a king, and a friar) were permitted to own copies. Anyone who disobeyed was subject to excommunication. About 150 years later, when 14-year-old Wolfgang Amadeus Mozart was visiting Rome, he first heard the piece, and later wrote it down entirely from memory. With the help of a colleague from England, it was published one year later. When the pope became aware of this, Mozart was not excommunicated, but rather praised for his musical genius, and the ban on the publication of this piece was lifted.

As we continue our Lenten journey, let the text of this psalm, as well as others, such as Psalm 6 and Psalm 130, remind us of some of the key Lent themes: grace, penance, and sacrifice.

Marty Barstow – Music Director

"I the Lord your God, hold your right hand; it is I who say to you, "Do not fear, I will help you."

Isaiah 41:13

There are times when all of us are afraid. A life-threatening illness, pain, cancer, a darkness that permeates our being and awakens us at night with fear and anxiety. A common concern for many of us as we age is the untreatable, "unfixable," chronicity of diseases that have no cures. One of these is the loss of mental capacity and the onset of Alzheimer's.

A special thanks to **Nancy Rivolta** for the following article on understanding normal memory loss as we age, and information on the common symptoms of Alzheimer's:

Memory Loss or What?

Are you concerned about losing your glasses, forgetting names or wondering what you went to the refrigerator for? Do you find yourself wondering, "Is it Alzheimer's? (A.D.?" More than likely it isn't. It probably is just normal age-related memory impairment.

If you are concerned you should speak to your doctor. Listed below are the 10 warning signs that the Alzheimer's Association feels everyone should know:

- Memory loss more than just forgetting things like telephone numbers and proper names.
- Difficulty performing familiar tasks such as preparing your favorite recipe or using a household appliance.
- Problems with language such as forgetting simple words or difficulty understanding normal speech.
- Disorientation to time and place such as getting lost on your own street.
- Poor or decreased judgment such as wearing two sweaters when the temperature is over ninety degrees.
- Changes in mood or behavior such as having rapid mood swings.

- Personality changes such as becoming extremely suspicious.
- Loss of initiative such as sleeping more than usual, not wanting to socialize or take part in regular activities.

Nancy Rivolta, BSN

Note: Look for Nancy's April *Quill* message: "Enhance the Performance of your Brain," and her **March 22 program (held between services) on the same subject.** For more information or just want to talk contact **Marcie Clark, Parish Nurse**

Resources: Alzheimer's Association www.alz.org 1-800-272-3900



February Council Minutes

The Council met on February 10, 2015.

A motion was passed to establish the "**Jean Kuhn Memorial Social Ministry Fund.**"

- Spending from this fund will be for social ministry projects decided on by the Social Ministry committee. The first project will be for Grove.
- This fund is separate from the Pastors' Discretionary Fund.

Stephanie Leek's dedicated work as past Chair of the Preschool committee, and in supporting the Preschool and its students was recognized.

- A new Preschool committee is now in place.
- A motion to approve the 2015-16 Preschool budget passed.

The contract for a new HVAC/chiller contractor has been signed.

A note from **Marty Barstow, Music Director**, was received thanking the Congregation for its generosity and support.

David F. Clark, Secretary



Come enjoy a recital by Marty Barstow

When: March 24th, 8:00 PM

Where: Bruton Parish Episcopal Church

This recital will include a wide variety of pieces highlighting the periods of Lent, Palm Sunday, The Three Days, and Easter Sunday.



Coffee Cart Update

The products on the "coffee cart" in the gathering space support the partnership of Lutheran World Relief and Equal Exchange Fairly Traded program. Equal Exchange deals directly with small farmers around the globe. **This is a support activity for our church and is not intended to be a moneymaker for us.** The coffee served on Sunday mornings in the gathering space is also provided by this activity.

Although the savvy shopper can find better prices for similar products at various retail stores, our prices are competitive and the end result is much more heart-warming.

In our coffee line, we have both **ground** coffee and also **whole bean** selections. And we have regular and decaf in both varieties. We try to have a "regular" coffee as

well as a “flavored” variety; however, you can see that as the options grow it also gets more complicated. We have a new product, the “single serve” cups that go with a Keurig coffee maker, so you “Keurig” people give it a try. If you have a special request, just see us, or leave a note in the moneybox and we will try to order it.

We also have three types of chocolate candy bars, a selection of teas and also hot chocolate mix.

Denny & Diana Krieger

757-565-1826

dhkrieger@aol.com



Health Ministry in the Community

The Community Café in Williamsburg

The Community Café WMBG has been in existence since September. The purpose of the Café is to provide information to the Williamsburg Community about the changes that occur as part of the normal aging process and to share information about local resources, events, or activities that benefit the retirement community of Williamsburg. The Café is held at St. Martin’s Episcopal Church and is co-planned and supported by participants from many area places of worship, including St. Stephen, as well as community agencies. All persons age 60+ and/or their caregivers are invited to attend.

The next meeting will be on Thursday, **March 5, from 1:00-3:00, in Miles Hall at St. Martin’s at 1333 Jamestown Road.** The program will feature “**Safe and Restful Sleep**” featuring Dr. Thomas Bond, a retired sleep expert, who was instrumental in starting the Williamsburg Sleep Clinics. The format of the café usually includes a short speaker presentation, open-mike question and answer period, snacks, light entertainment or games, followed by door prizes; with NO pressure to buy or sign away anything! Who could resist? Mark your calendar for the **April 9 program.** For more information contact **Jo Hanny** or **Marcie Clark**



Join us for a meal out!

Come dine with St. Stephen friends

Share a Sunday meal with other St. Stephen folks following worship on **March 22 at Second Street Bistro**, 140 Second Street. Reservations have been made for **12:30 PM.** Menu items include seafood, chicken and steak entrees, handmade burgers, unique Italian dishes, overstuffed sandwiches, fresh soups and salads. Please mark the purple sheet in the bulletin or contact **George or Linda Vonderheide (645-4059 or gandl525@cox.net).**

Grove Christian Outreach Center

We celebrate with Grove Christian Outreach Center their 15 years of service to the residents of Grove! Did you know that, in 2014, 487 families were served with 415,000 pounds of food? 568 different families were served through all of their outreach programs.

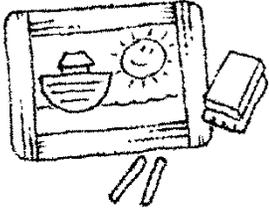
Grove children received backpacks filled with school supplies, uniforms, and our church provided the new sneakers. 165 children received more than \$15,000 in financial assistance through Grove Christian Outreach Center. The center employs only two paid staff members. Everyone else is a volunteer!

Grove Sunday will be on April 26 this year, but donations may be brought to church anytime in April. We will be collecting peanut butter and jelly this year for them—no glass jars please!

Two new financial programs for Grove are also available for your contributions. FAP (Financial Assistance Program) serves the Grove Community by providing monetary help with evictions, cut-off notices, prescription medications, gas vouchers and bus tickets. These are ongoing needs in the Grove community. WWJD (What would Jesus do) will help to meet other monetary needs such as small home repairs, emergency needs for heating and cooling, medical needs, and other needs that arise because we know Jesus would do it.

Please make your check out to St. Stephen Lutheran Church with either Grove FAP or Grove WWJD on the

memo line. All donations to these funds will go directly to help Grove families in need.



Preschool News

March starts out with one of our favorite programs -- **Father's Night!** Our 4-and 5-year-old students will bring their fathers to school on **Monday evening, March 2.** The children and their dads will participate in "**Wacky Wednesday**" activities, make an art project, and end with a pizza party! Fun will be had by all!

Another annual favorite is our **Grandparent's Tea** will be held on two days this year. The first tea will be on Friday, March 27 for our 3 year-old Bunnies class, and the second tea will be on Thursday, April 2 for our Cubs and Raccoons. We may need a few "surrogate Grandparents," and would welcome any volunteers! Please contact **Sandy Peterkin** or **Lauren McQuain** if you are interested. Thank you!!

March will bring "signs of spring" to our Preschool artists! They will be making birds, kites, flowers and rainbows to welcome the season!

Summer camp will be in June! If you have a 3 to 5 year-old who might be interested, please contact Lauren. We have a great program this year.

York River State Park representatives will visit our Extended Day program on **March 11**; they will be teaching us about the birds in our area.

Easter break will be from **April 3 (Good Friday) through Monday, April 13.**

Lauren McQuain – Preschool Director



New Addresses

Doc Anderson
dranderson7@cox.net

Cell Phone: 540-220-6020



March Birthdays

1	Thomas Radke	Travis Spencer
2	Rebecca Timberg	John Scanlan
3	Sarah Harms	Janice Mayfield
4	Shelley Delehanty	Christine White
5	Dave Gamble	Reed Nester
7	Gary Chenault	
8	Janet Higgs	
9	John McCurry	Spencer Sipes
10	Marilyn Mallue	
11	James Wiers	
12	Stan Hobday	Alexander Stauffer
	Rachael Wiers	
13	Preston Burton	
14	Daniel Walker	
16	Pam Buckley	Jeanne Garrison
17	Karen Einarsen	Pat Gamble
18	Hans Tiefel	
19	Ina Berkey	Erika Rinehimer
20	Carol Gabram	
21	Jane deSolms	
22	Liana Alpino	Matthias Hallman
24	Julian Jefferson	
26	Stew Fretz	
27	Arthur Gibbs	
28	Joyce Behlendorf	JR Griffin
	Erik McKenna	John Watson
30	Bob Newman	
31	Margaret Krull	

The Church Mouse Hears .



- Congratulations to **Tara Grove** for achieving tenure at the William and Mary law school!
- **Cooper Baily** is the best free throw shooter in Williamsburg for his age group! He will next compete for the State Championship in Richmond!
- We rejoice with **Pastor Griffin's** one-year anniversary with St. Stephen Lutheran Church!



Prayers

We give thanks to God for blessing **Kristen** and **Chris Stahl** with their new baby girl, **Charlotte Jean**, born February 19!

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

Pray God's blessings upon **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 those who are serving them through the Community of Faith Mission, in Williamsburg; PORT, in Newport News, and HELP, in Hampton.

Pray for these loved ones of our congregation: Rita Adams, Robert Anderson, Robin Armstrong, A.L. Bailey, the Bloom family, David Bomba, Lois Bomba, Grady Calhoun, Dee Cantrell, Cathy Carr, Ayrton Climo, Rosemarie Cristofolo, Sylvia Croushore, Betsy Cummings, Bill Daenz, Theresa Dodge, Marian Douglars, Frank Ehrhart, Donna Embleton, Mary Fitzgerald, Bruce and Kay Flatin, Natalie Fulton, Terri Gallagher, Pamela Glasgow, Bill and Jack Gottschalk, Bob and Barb Graham, Geoff Grant, Hal Harter, Charles Hee, Isaac Herb, Alan Hochstetler, Fran Kibler, Eileen Kitchik, Vivian Lantis, Theda Laubach, Kate and Ed LeBlanc, Wendy Lee, Mildred Lindblad, Betty March, Joe and Pat McCool, Allison McCool, Kristin McGraw, Dick McGrew, Julie Miller, Heidi Morris, Laura Mraz, Barbara Mullins, the Nasra family, Lavonne Prescott, Robert Pushaw, Lisa Rivolta, Don Schone, Christopher Shearer, Linda Smalarz, Emily Smith, Nancy Spaniol, Evelyn Spear, Jean VanDuyse, Annette Vosteen, Dwayne Westermann, Curtis Wilkins, Snodie Wilson, and Sandi Wright.

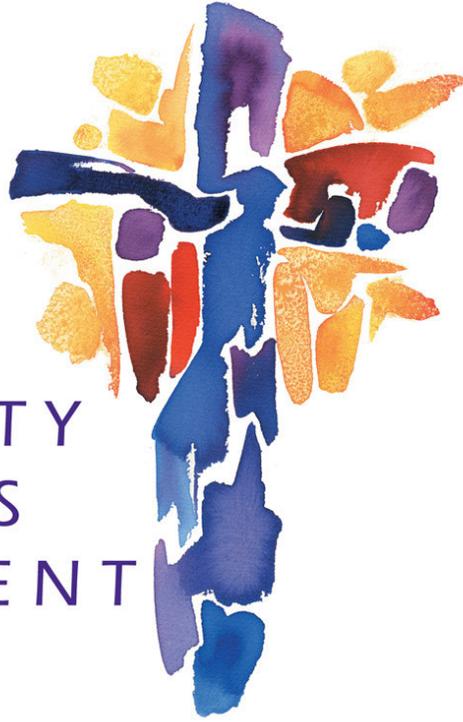


Notes to the Congregation

The FISH Board of Directors thanked us for our continued support of FISH programs.

The Peninsula Pastoral Counseling Center thanked us for both the 2014 Pastors Fund gift of \$990 and for the Client Assistance gift of \$510. They also told us of the gift of the office condominium in Williamsburg which allows us to provide counseling to Williamsburg and James City County residents.

THE
FORTY
DAYS
of LENT



RETURN
to the
LORD
YOUR
GOD

Congregational Officers:

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

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 _____@saintstephenlutheran.net



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<i>Dir. Music/Organist</i>	Martin Barstow	MusicDir@
<i>Parish Nurse</i>	Marcie Clark	ParishNurse@
<i>Dir. Of Preschool</i>	Lauren McQuain	258-3759
	email	preschool@

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

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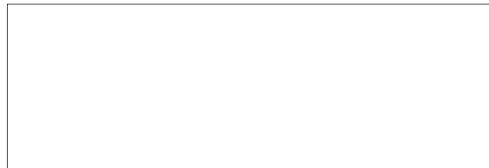
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