



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

March 2018



### Dying So We Can Live: The Lenten Journey

Have you ever had this experience: you buy a book and you begin to read it, but you stop part-way through because it just isn't keeping your attention? But I wonder if you have also had this experience: that you pull down that same book, perhaps years later, and it is the book you are *meant to be reading* at this moment!

That's happened to me in recent weeks, with a book by Cynthia Bourgeault featuring this intimidating title: *Centering Prayer and Inner Awakening*. The book includes a diagram titled "The False Self in Action." Bourgeault helps the reader identify how formative experiences in childhood or youth often encourage us to become trapped in a need for "security and survival," or a need for "power and control," or a need for "esteem and affection" from others. All of these are signs of our false selves in action. Our false selves are driven by our egos, so concerned with image and performance. Our false selves are teeming with compulsions which block us from letting go, from receiving grace from God, from perceiving what God is doing and creating.

We are into our Lenten journey to Good Friday and Easter. To use baptismal language (which is Lenten language): we are joined to Jesus' death and resurrection. It is only in dying that we can live. With God's help and empowerment, we need to die to our false selves so we can live as our true selves: the joyous people that God wants us to be.

The annual Lenten journey encourages us to practice disciplines that will enable this dying and living.

What does that look like for you, during this season of Lent? What is your attachment, or even your addiction to safety, and your aversion to risk, that your false self keeps telling you you must maintain? Or, what is your attachment to control, and your aversion letting go? Or, what is your addiction to worrying about what others think, and your aversion to being who you actually are, the person God has created you to be?

What is damaging your relationships with others, because you are acting out of your ego-driven false self? What are you projecting upon others, from your own hurts and compulsions and anxieties? What are your inaccurate assumptions and expectations and predispositions that prevent you from seeing and hearing what God is doing?

How do you need to die to yourself, so you can live before God in the joy God desires for us?

We have a month to go in this season of Lent. Use these weeks to lift up the compulsions of your false self in your prayer. Listen to practices that might engage in, to welcome grace and joy into your daily life.

This is a high level of spiritual practice! Would you like to talk with me about any of this, to bounce around ideas of what this might look like on your journey? I would be highly honored.

Blessings to you in your journey through Lent.

**Pastor Andy Ballentine**





In the early church, people were baptized on Easter. The period prior to that was a time of preparation for this. In our times, Lent is our time to reflect on those things which separate us from God (sin) and turn again to God (repent). Our theme for Lent is ***"Dying Fully, Living Well."*** In our baptisms, we are joined to Christ's death and resurrection. We are drowned in the waters of baptism and rise to new life with Christ.

### **Wednesdays in Lent – March 7, 14, 21**

**6:00 PM** – Soup and Bread supper in the Fellowship Hall (watch for the sign-up poster to bring food!)

**7:00 PM** – Holden Evening Prayer.

## **HOLY WEEK**



**Thursday, March 29, 7:00 PM** – Maundy Thursday worship **at St. Stephen** with the clergy from St. Martin's Episcopal Church presiding, using *Evangelical Lutheran Worship*.

**Friday, March 30, 7:00 PM** – Good Friday worship **at St. Martin's**, with St. Stephen clergy presiding, using the *Book of Common Worship*.

**Saturday, March 21, 8:00 PM** – The Easter Vigil **at St. Stephen**, followed by champagne, strawberries and chocolate!

**Easter Sunday, April 1** (No foolin'!)

**8:00 AM, 9:30 AM, 11:00 AM** – Festival Worship.



Join us for an Easter Breakfast in the Fellowship Hall from **8:30 AM until 11:00 AM**. Please bring breakfast foods to share.



## ***The Divine Dance* by Richard Rohr**

My next book study will be of *The Divine Dance: The Trinity and Your Transformation*.

I was thinking of using this book a year ago, leading up to Trinity Sunday, but we were into Luther's writings at the time. I nearly forgot about this book until my 89-year old mother said, this past Christmas, "That's the best book I've ever read on the Trinity!"

Richard Rohr is a Franciscan priest, considered a renegade by more orthodox Catholics, but a writer that I find to be deeply helpful. As traditional forms of the church decline, Fr. Rohr is envisioning what Christianity is becoming, how God is re-forming the faith and the church.

Here's an idea of how Fr. Rohr enlivens our imaginations about the mystery of God as Trinity:

"Remember, mystery isn't something that you *cannot* understand – it is something that you can *endlessly understand*! There is no point at which can say, 'I've got it.' Always and forever, mystery gets you! ...

"Whatever is going on in God is a *flow*, a *radical relatedness*, a *perfect communion* between Three – a circle dance of love. And God is not just a dancer; God is the dance itself. ...

"At the heart of Christian revelation, God is not seen as a distant, static monarch but – as we will explore together – a *divine circle dance*, as the early Fathers of the church dared to call it (in Greek *perichoresis*, the origin of our word *choreography*). God is the Holy One 'presenced' in the dynamic and loving action of Three."

The five-session study begins **Monday, April 23**. (If there are enough who sign up, Thursday afternoons will be offered as well, beginning April 26.)

Want to join this adventurous exploration into who God is? Let me know! Each copy of the book will cost \$13.50. The deadline for ordering is April 1, Easter Sunday.

**Pastor Andy Ballentine**



## MARCH BAPTISMAL ANNIVERSARIES

The significance of baptism, Luther teaches in the *Small Catechism*, is “that the old creature in us with all sins and evil desires is to be drowned and die through daily contrition and repentance, and on the other hand that daily a new person is to come forth and rise up to live before God in righteousness and purity forever.”

Your baptismal anniversary is an opportunity to light a baptismal candle and to give some prayer time to reflecting on your experiences during the past year on your journey in faith!

### Pastor Andy Ballentine

|          |  |
|----------|--|
| March 3  | Marj Gottschalk-Trone  |
| March 4  | Thord Einarsen   |
| March 6  | Larry Shoberg  |
| March 9  | Greta Zimbauer   |
| March 11 | Anders Timberg   |
| March 18 | Janice Mayfield  |
| March 20 | Gretchen Williams  |
| March 21 | Alex Stauffer, Mitchell Stauffer, Peter Stauffer, Zhou Hui Stauffer, Abby Cummings |
| March 22 | Joyce Behlendorf   |
| March 30 | Logan Timberg, Danielle Walker   |

Were you baptized in March, but your name isn't on the list above? Let us know!

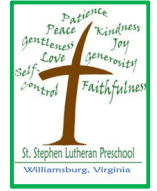


## MEN'S & WOMEN'S BREAKFASTS

- **March 1** – Men are invited to join together for breakfast the first **Thursday** of this month.
- **March 6** – Women are invited to join together for breakfast the first **Tuesday** of this month.

Both gatherings take place at **8:00 AM** at the Colonial Pancake House, at the corner of Page Street and Penniman Road, Williamsburg, VA. The get-togethers promote conversation and friendship in a casual setting..

## ST. STEPHEN LUTHERAN PRESCHOOL



Did everyone get enough pancakes?!? Our Shrove Tuesday/Pancakes & PJs pancake supper was a wonderful success. What fun to see the children of the Preschool in their jammies, along with Pastor Ballentine, Pastor Griffin, and Organist Karen Ives! It was great to see Church and Preschool families talking and building community – the Fellowship Hall was alive with activity! One mother asked if we could have a pancake supper every month!

We had a visit from the tooth fairy and enjoyed a STEM (Science-Technology-Engineering-Math) Father's night! The children and their fathers worked their way through various science stations!

We will hold our annual **Books & Breakfast** event with our parents on **Thursday, March 1** and **Friday, March 2**. Children are encouraged to bring in a book that they are willing to donate and pick up a “new” book for them to take home. Parents read to their children and enjoy a breakfast treat. We will begin registration for our month-long June Summer Camp on those days, too.

**Paula Agor** will be bringing some of her bees to our Preschool to teach the children about her work with them as they produce honey. They will all be certain to be in attendance that day!

On **Thursday, March 8** our Preschool will hold its next **Spirit Day** at Moe's Southwest Grill in the Windsor Meade Marketplace Shopping Center on Monticello Avenue. Moe's will contribute 20% of your bill **ALL DAY (11:00 AM through 9:00 PM)** to our Preschool! It's time for some Mexican food!

**Easter Egg Hunts** will be **Wednesday and Thursday, March 28 and 29**. Our school is off for Good Friday and the following week (**April 2-6**) is our Easter break.

Thank you for supporting our Preschool! Together, we are making such a difference in our children's lives!

**Sandy Peterkin, Administrator**



## Providing Space in St. Stephen's Building for Recovery and Support Groups

One aspect of our congregation's long legacy of outreach to the community is providing space in our building for recovery and support groups. Currently, we provide space for:

- Three Alcoholics Anonymous groups where individuals support each other in resisting and recovering from addiction to alcohol.
- Two Al Anon groups, in which family members of addicts guide each other in keeping their loved ones on the path of recovery.
- The Williamsburg gathering of the National Alliance for Mental Illness, in which individuals who suffer from mental illness and their family members give support each other as they navigate day-to-day life.

In all of these groups, most of those who gather are members of the community. However, in all of these groups, members of our congregation are participating or have participated.

The reason why we provide space to such groups, simply put, is because Jesus would want us to. The Spirit calls us together as a congregation so that we can be Jesus for those in need. We are obeying what God commands when we provide hospitality to those who are in need. There are hundreds of passages in both the Old and New Testaments, as well as the words and actions of Jesus that call us to take the risk to open ourselves to those in need – teaching us that, if we do not show such love to others, we do not love God. Our purpose in our community is to provide love and hospitality

From time to time we revisit the balance of providing hospitality while at the same time maintaining a reasonable degree of questions of safety and security in our building. For instance, a couple of months ago, our defibrillator went missing! (Fortunately, the groups that meet in our building contributed just over \$2,000 in offerings during their meetings in 2017, more than enough to cover the cost of this loss.) Over the years, our relationship with the recovery and support groups has been very good. The groups' members are so

thankful for the space that is available here at St. Stephen, and offer assistance if we need it. For instance, the most recent time the Fellowship Hall walls were painted, it was done by several members of one of the groups. Other group members have purchased plastic "feet" to replace those that were broken on our folding chairs. Last month, two members of the mental illness support group even gave St. Stephen \$5,000 towards our ministries with the homeless! Often mental illness is involved when a person is homeless.

Of course, we don't offer space in our building hoping for a payback! Instead, it is because God gives us this opportunity for the ministry of hospitality. We can be thankful that we have the privilege of providing rooms for these recovery and support groups to meet, so that God can save lives in our building, every night of the week.

**Pastor Cheryl Griffin**  
**Pastor Andy Ballentine**

**PLEASE NOTE THE NEW LOCATION!!!!**



**Are you 60 or better?**  
**Stay informed and active!**

The Faith Community and Peninsula Agency on Aging are sponsoring an afternoon out. Bring your Williamsburg friends or come make new ones. Join us for a short presentation, snacks, and prizes.

**WHEN:**

March 1st  
April 5th  
May 3th  
1:00 - 3:00 pm

**WHERE:**

**St. Bede**  
**Catholic Church**  
3686 Ironbound Rd  
Williamsburg, VA 23188

**COST:**

**FREE!**

**March 1st: Virginia's Crooked Road - Get Your Travelling Shoes!**

⇒ **Barry Trott takes us on a "trip" to enjoy the rich history and tapestry of musical sounds along Virginia's Crooked Road.**

**April 5th: Sleep and Stress**

⇒ **Dr. Dubnik will describe how sleep changes as you age and ways to get a better nights sleep.**

**May 3th: Location, Location, Location**

⇒ **A Guide to Finding the Perfect Housing Fit as we Age.**  
⇒ **Coach J returns to lead us through a short fitness session.**

Open to Williamsburg community residents 60 or better. Caregivers are welcome.

*Join us for this fun event!*

Questions? Call:  
(757) 229-1111 ext.115





## Health Ministry

### Health Ministry and the Parish Nurse/ Faith Community Nurse Program

#### A Brief History

Rev. Dr. Granger E. Westberg, a Lutheran minister, founded the Parish Nurse program 34 years ago in 1984. Today, Parish Nursing is called by the more inclusive name – Faith Community Nursing – and is a world-wide inter-denominational program.

Westberg held a joint appointment in medicine and theology at the University of Chicago. He was a pioneer in exploring and encouraging the interrelationship of religion and medicine, and in fostering holistic health care. He recognized the church's role in promoting health, and that it is the only human institution in our society that interacts with individuals from birth through death.

He launched the Program so that *nurses and others in congregations working together* could use their talents to promote health, prevent illness, and care for those in need. His book "Good Grief" is well known.

#### Faith Community Nursing (Parish Nursing)

Faith Community Nursing (FCN) is rooted in a faith community and extends God's healing and compassion to those in need. It is recognized as a specialty practice by the American Nurses Association (ANA) and functions under the guidelines of the *Scope and Standard of Faith Community Nursing Practice (2016)*.

An FCN seeks to foster physical, emotional, spiritual, and social harmony leading to healthy and healing relationships with God, family, and faith communities. The FCN supports the healing mission of the church, and works to promote an understanding of the relationship between lifestyle, faith and wellbeing.

#### Faith Community Nurse

The Faith Community Nurse (Parish Nurse) is a registered nurse (R.N.) who has successfully completed the 40 hour FCN course. Faith Community Nurses perform different services, based on the congregation's

needs. These services may include any or all of the following:

- Educator: Providing health information in articles, and church bulletins, providing educational programs or classes (CPR, etc), assessing the educational needs of the congregation.
- Liaison to the Community, providing resources and referrals.
- Health Advocate: Visiting with congregation members in their home, hospital or health care and extended care facilities; accompanying members to physical appointments or when investigating long term care.
- Health Counselor: Meeting 1:1 to discuss health issues, concerns, and address emotional, and spiritual needs. Providing blood pressure screening and health information educational materials.

#### St. Stephen's Health Ministry Mission Statement (2011)

*"The Health Ministry of St. Stephen Lutheran Church serves to advocate for the physical, emotional and spiritual health among members of our congregation. The ministry seeks to follow the example of Jesus Christ as he ministered to the sick and suffering."* Health ministry is an approach to wholeness and health that builds on strengths of the congregation & community. It stresses wellness, health promotion, and disease prevention, by including congregational support & community resources.

#### Would you like to join our Health Ministry?

**You don't have to be a nurse**, and there are many ways you can help. Perhaps suggesting topics of interest, helping arrange speakers or programs, setting up displays, or writing something for the bulletin or the Quill? We need and welcome your thoughts, suggestions, and participation.

**Marcie Clark, Parish Nurse**

### **SUNDAY DINING OUT**



Join friends for lunch at Sal's Ristorante Italiano, 835 Capitol Landing Rd on **Sunday , March 18 at 12:30 PM**. Please mark the attendance sheet or RSVP to Dianne Harris at (757) 229-7504 if you will be attending.

# HAPPY BIRTHDAY

## MARCH BIRTHDAYS

|    |                   |                      |
|----|-------------------|----------------------|
| 2  | Paul Lawson       | Rebecca Timberg      |
| 3  | Sarah Harms       | Janice Mayfield      |
| 4  | Shelley Delehanty | Christine White      |
| 5  | Dave Gamble       | Reed Nester          |
| 7  | Gary Chenault     | Sam Melvey           |
| 8  | Janet Higgs       | Adam Wolff           |
| 9  | John McCurry      | Spencer Sipes        |
| 10 | Marilyn Mallue    | Rachel Vanlandingham |
| 11 | James Wiers       |                      |
| 12 | Stan Hobday       | Alexander Stauffer   |
|    | Rachael Wiers     |                      |
| 13 | Preston Burton    |                      |
| 14 | Susan Kauffman    | Daniel Walker        |
| 16 | Pam Buckley       | Jeanne Garrison      |
| 17 | Karen Einarsen    | Pat Gamble           |
| 18 | Hans Tiefel       |                      |
| 19 | Ina Berkey        | Erika Rinehimer      |
| 21 | Jane deSolms      |                      |
| 22 | Matthias Hallman  |                      |
| 24 | Julian Jefferson  |                      |
| 26 | Stew Fretz        |                      |
| 27 | Bill Arnold       |                      |
| 28 | Joyce Behlendorf  | JR Griffin           |
|    | Erik McKenna      | Truett Melvey        |
|    | John Watson       |                      |
| 31 | Margaret Krull    |                      |

## PRAYERS



Join your prayers for healing with God's desires for **Judy Althans, Doris Bass, Ed Brown, Martha Clements, Thord Einarsen, Fred Haecker, Bobbie Harms, Gary Krull, Susan Neidlinger, Randy Punchard, and Dick Reeves.**

Pray for these who are unable to get to worship: **Philip Arnold, Martha and Gene Clements, Sally Crocker, Bob and Angie Groom, Elsie Hall, Stan Hobday, Donna May Hochstetler, Mary Jamerson, Sonja Landvogt, Helen Lenox, Betty Rickerson, Jo Schumacher, Jean Shivel, Joanne Shue, Rudy Stegmann, and Jerry Trone.**

Pray God's blessings of Easter hope for **David Wills** and his family upon the death of his father, Clyde Wills; and for **Kathy Skube** and **David Davies** and family on the death of husband and step-father **Richard Seaver.**

Give thanks to God for the birth of **Andrew Francis Stahl** on January 30! We celebrate with his parents, **Kristin** and **Chris**! Give thanks to God for the birth of **Wesley Harrison Vanlandingham** on February 2! We celebrate with his parents, **Rachel** and **Matt**!

Give thanks to God for **Angie Groom's** 90 years of life on, February 23!

Pray God's blessings on those in our community who have no permanent home. Pray strength for the members of Williamsburg Churches who are providing shelter and food as part of the Community of Faith Mission in Williamsburg, and for those who are serving through PORT in Newport News.

Pray for these loved ones of our congregation: BJ and Bonnie, Roman, Philip Andrew, Ellen Benton, Tom and Bea Black, the Blume family, Eliza Bicknell, Ed Borillo, Kallie Burgess, Kim Calhoun, Marla Canny, Elaine Cari, Peter Cline, Shirley Cocke, Rosemarie Cristofolo, Kathryn Dieter, Inge Felbier, Mary Fitzgerald, Mertie Funkhouser, Bill Gottschalk, Jeff Hammock, Sara Jane Harlan, Joe Hause, Sam and Ronny Hayes, Alan Hochstetler, Marian Hunt, Anne Johns, Ben and Amy Johnson, Fran Kibler, Art Kirk, Terry Krull, Jean Lasche, Frances Link, Mildred Lindblad, Hannah Mac, Peter and Kelly McCann (awaiting the birth of their baby), Bruce Milne, Heidi Morris, Joshua Mullen, Joan Nares, Mary Newberg, Inge Petersen, Dick Phillips, Dino Polizois, Shann Rufer, Bruce Semanchik, James Smith, Evelyn Spear, Dave Splittorff, Pierrette Tipton, Betty Tulloh, BJ Vann, Tait Walker, Debbie and Sam Weems, Sue Weilmuenster, Janea Whitacre.



Kenneth R. Spencer  
163 Merrimac Crossing Apt. 6  
Williamsburg, VA 23185

Sonja M. Landvugt

- **Residential Address:** 3800 Treyburn Drive, Apt. D-209, Williamsburg, VA 23185-6418.
- **Mailing (Business) Address:** 205 Weston Court, Williamsburg, VA 23185-3388.

## Thank You



The Board and Staff of the Peninsula Pastoral Counseling Center gratefully acknowledges your contribution of \$1,500 to our Ministry of Pastoral Counseling. We

appreciate the support it represents.

Rebecca E. Glass, Executive Director



Thank you for your recent donation of \$591.00 to support our Thrivent Builds Home! Your generosity enables Habitat for Humanity Peninsula and Greater Williamsburg to build strength, stability and self-reliance through affordable housing for low-income families. We have served over 165 families through our first-time homebuyer program since 1985.

With your help, Habitat for Humanity Peninsula and Greater Williamsburg will continue to build and renovate affordable homes for hardworking, low-income families right here in the local community!

In addition to the Thrivent Build House, we recently broke ground on four new homes on Howard Drive in Williamsburg, and are currently constructing six homes near Government/Penniman Drive also in Williamsburg!

Thanks to the support we receive from our generous donors, we have changed the lives and futures of countless families.

Janet V. Green, CEO

## WOMEN'S RETREAT

I love to tell the story...  
But, what story is there to tell?



Explore the connection between your own personal story and God's story. Things that happen in daily life are really part of our faith story. Come and see! Come and hear!

- **Where:** St. Stephen Lutheran Church
- **When:** Saturday, **March 10** from **9:00 AM to 3:30 PM**, with an optional "after-party" until **4:00 PM**.
- **Presenter:** *Pastor Judy Cobb*
- **Cost:** \$35

Babysitting is provided! Just let **Pastor Griffin** know ahead of time!

Registration forms, if you have not received one, are available in the Gathering Space.

## THANK YOU FOR SUPPORTING FORWARDING FAITH!

Our Congregation Council set a goal of \$50,000 for our participation in Forwarding Faith, the Synod's endowment to support Synodical faith formation programs for youth and adults. This was based on a suggested formula to calculate the goal, based on worship attendance, with three levels of challenge. Council chose the highest level of challenge. And you have far exceeded even that goal! You have given nearly \$60,000 in pledges and gifts to go towards the Forwarding Faith endowment totaling \$2.4 million at this writing!

**Pastor Andy Ballentine**



## ARE YOU INTERESTED IN KNOWING MORE ABOUT ST. STEPHEN?

Our Inquirer's Class will introduce you to others who are curious about our church, our ministries, Lutheran theology and more! Join **Pastor Griffin** for two classes at **10:00 AM**, one on **Sunday, March 11** and the other on **Sunday, March 18**. We meet downstairs in our College Room. For those interested in joining our congregation, we will be receiving new members at our **Easter Vigil** on **Saturday evening, March 31**.

St. Stephen Lutheran Church  
612 Jamestown Road  
Williamsburg, VA 23185  
[www.saintstephenlutheran.net](http://www.saintstephenlutheran.net)



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***Congregational Officers:***

|                                 |                          |              |
|---------------------------------|--------------------------|--------------|
| <i>President</i>                | <b>Russ White</b>        | 220-1023     |
| <i>Vice President</i>           | <b>John McCurry</b>      | 606-389-1082 |
| <i>Treasurer</i>                | <b>Paul Kristiansen</b>  | 220-2709     |
| <i>Financial Secretary</i>      | <b>Linda Vonderheide</b> | 645-4059     |
| <i>Congregational Secretary</i> | <b>Carol Wiers</b>       | 564-0164     |

***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> | 876-6371  |
|               | email                     | pastorc@  |

***Parish and Preschool***

|                               |                       |              |
|-------------------------------|-----------------------|--------------|
| <i>Administrator</i>          | <b>Sandy Peterkin</b> | office@      |
| <i>Director of Music</i>      | <b>Karen Ives</b>     | MusicDir@    |
| <i>Parish Nurse</i>           | <b>Marcie Clark</b>   | ParishNurse@ |
| <i>Preschool Lead Teacher</i> | <b>Susan Ruane</b>    | Preschool@   |

***Church Council:***

|                    |              |
|--------------------|--------------|
| David Allen        | 645-8220     |
| Alan Balma         | 206-1430     |
| Amy Bergh          | 566-4557     |
| Dave Gamble        | 564-7030     |
| Jeanne Garrison    | 229-0978     |
| Corey Knestricks   | 367-9904     |
| John McCurry       | 606-389-1082 |
| Sherry Phipps      | 810-4658     |
| George Vonderheide | 645-4059     |
| Russ White         | 220-1023     |
| Carol Wiers        | 564-0164     |
| David Wills        | 378-2715     |

*The Quill* is published monthly by  
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612 Jamestown Road  
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***Editor:***

Reed Nester  
reednester@gmail.com

***Mailing:***

Pam Buckley

***Article deadline: Fifteenth of the previous month.***<sub>8</sub>