



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

May 2015



Pastor's Page

What is your Care Group number? Who else is in your Care Group? Do you know what a St. Stephen Care Group is? The purpose of our groups is to provide care for one another in time of need. If someone is ill or temporarily incapacitated, the care group provides meals. Members of care groups have also been known to weed gardens, pick up prescriptions, and provide transportation.

There are many ways we can help each other. Prayer, phone calls to check on how someone is doing, visiting, and running an errand or two are only some of the things we can do for each other. The possible ways to help those who need it are endless.

Have you been the recipient of care? Have you provided care for someone? Given that we are human, we most likely have been or will be in both positions. Someone who has given help may end up needing help, and someone who has been helped will help others. Helping other is what Jesus tells us to do.

St. Stephen members are good at helping others, both within our walls and outside! Members knit and crochet shawls, all the while praying for the as yet unknown recipient. These prayer shawls are given to those who will be blessed by these prayers and warmed by the love that created them. Our Stephen Ministers are trained to walk with those who are struggling in any

way. They provide confidential and faithful relationship through difficult times. Sunday flowers are delivered to people on our prayer lists. We have people who share communion with our homebound members.

Much of our caring ministry is not programmed. We have members who pick up those who cannot drive so that they may attend worship, a book study, or other activity. People call others to check in. Cards of congratulations or of prayer are sent. These are all blessings to those who receive, and to those who give.

As caring as we are, some situations benefit from organized care. This ensures someone will not go without something that they need one night, and then be overwhelmed with food or offers for care another night. Our Care Groups are important!

To which Care Group do you belong? Our groups are organized according to geographic proximity. There are lists and a map in the hallway behind the worship space. Check it out! Get involved! We give thanks for **Karen Shoberg** and **Margaret Krull** who oversee the Care Groups. If you would like to be an active part of this ministry, please contact one of them, or me.

In God's amazing grace,
Pastor Griffin

Fun Facts About Evangelical Lutheran Worship (ELW)



Recently, I had the pleasure of attending a workshop pertaining to the ELW, the "new" hymnal – which -

really isn't so new anymore, since it was released in 2006. Many of you are familiar with some of the differences, but here are some facts that you might not be aware of...

- Remember the use of "A" and "C" in musical responses such as the Kyrie in the *Lutheran Book of Worship (LBW)*? They are no longer used in the ELW. The reason for omitting these was to allow more flexibility in worship leader roles. So, instead of the Assisting Minister always leading the Kyrie, there is now room for it to be done by someone else, such as a Pastor or choir member.
- The hymn numbers start at 151. What is the reason for this? The Psalms are the first 150 hymns of the hymnal! The LBW had ten Psalm tones available to choose from. The ELW contains sixteen.
- It is often remarked that "they changed all the words to the hymns!" More often than not, it was for the purposes of inclusive language. However, sometimes changes were made for other reasons. For example *All Creatures Worship God Most High* (originally *All Creatures of Our God and King*) is a closer translation to St. Francis of Assisi's text.

This is my third church in which I have used the ELW. Although no hymnal will be perfect, I feel it does an excellent job of respecting the "old standards" while allowing room for change.

In addition, thank you again to all the musicians who made our Easter services spectacular! It could not have been done without you all.

Marty Barstow, Music Director

Thoughts from Marcie Clark, our Parish Nurse



I came across the following article as I researched information for our program at St. Stephen. I think it is helpful for us at any age to ponder her suggestions. There are other useful

ideas on the web site, posted at the end of this article. As always, I am available to discuss your thoughts and concerns. Marcie Clark, Parish Nurse

What to Know About Caregiving By 50, 60, 70

Essential tips for taking care of loved ones as they age posted by Liza Kaufman Hogan, March 20, 2015

What to Know By:

If you are taking care of a loved one, you know that your challenges change as their health changes. You may also be anticipating your own needs for care as you grow older. Here are some tips to help you get prepared:

Age 50

You may already be involved in caregiving for a spouse or parent. We want to provide care out of love and loyalty, but practical matters arise quickly and come to the fore.

You've probably heard about what caregiving costs and pondered whether you will need to or be able to help your parents financially. Here are a few more things you may want to know about caregiving by the time you are 50.

1. **Have the difficult conversations.** How do your parents want to live as they become more frail, and what plan do they have to make that happen? Finding out is key to your ability to help them.
2. **Get involved.** Advocate for your parents and work for changes you want to see. For instance, would a change in social policy allow for a better nursing home experience for your mom or dad? Should workplaces better support caregivers?
3. **Provide support.** Know how much care costs, and also consider other kinds of support. Think about housing, emotional support and companionship.

Age 60

1. **Consider new ways of living.** Knowing what your parents went through can provide motivation for planning ahead for how you want to live, whether that's aging in place or finding like-minded people with whom to form a community.
2. **Care for yourself.** Caregivers need support, too. It's critical to find ways to take breaks and rejuvenate, especially in situations where you've been a caregiver for a long period of time.
3. **Be protective.** Elder fraud and abuse is on the rise. Educate yourself about what could happen and keep a watchful eye out for problems.

Age 70

1. **Have another conversation.** This time, with your own children or those who will provide care for you in your older years. Think of the relief you felt when your parents expressed their wishes. Give that gift to your children.
2. **Learn from elders.** The number of centenarians is growing, and if your parents are among them, take lessons from the longest-lived among us.
3. **Use your resources.** Find support to ensure your parents have dignity and independence. Use what you've learned from caring for them as you make choices about your own situation in the coming decades.

Liza Kaufman Hogan is a Next Avenue senior editor. She is a founding writer and former senior producer for CNN.com and a former lecturer at Northwestern's Medill School of Journalism.

<http://www.nextavenue.org/blog/what-know-about-caregiving-50-60-70>



Choir News

On Sunday, May 31, the 8:30 and 11:00 choirs will present an evening service in honor of Holy Trinity Sunday. All are welcome!



April Council Minutes

- The Council met on April 14, 2015. Council discussed updating the Constitution regarding the Personnel Committee, and clarifying the description and duties of it and also the current Staff Support Committee.
- Council voted to approve **Jim and Judy Cobb** to be our voting members, along with **Randy Punched**, at the Virginia Synod Assembly.
- An e-mail went out to the Congregation April 14 regarding sale of the house at 608 Jamestown Rd.

David F. Clark, Secretary



The Church Mouse Hears

The mouse overheard singing in the Preschool during snack time – the children broke out in song, singing “Praise Him! Praise Him! Praise Him in the morning, praise Him in the noontime! Praise Him! Praise Him! Praise Him when the sun goes down!”

Katie Harms is shown after her graduate school harp recital at the University of Colorado Boulder. Some of us remember her talented playing a million years ago as a very little girl! How music has changed her life!



There are very few prayer shawls left upstairs! We've had quite a run of folks needing both them and our prayers. The shawls are out and about in our community and the wider world bringing comfort to those who need to be comforted. Thanks be to God!

If you would like to dust off your knitting or crocheting skills, we have lovely soft and comforting yarn to make

up in easy patterns. Talk to **Carol Wiers** or **Sandy Peterkin** and they will get you started.

Speaking of prayer shawls, we welcomed former member, **Brad Bishop**, who is in America in transition from his post in Turkey to a new assignment in Estonia. The rest of the family remains in Turkey awaiting their move. He drove all the way from Washington to come to church at St. Stephen one Sunday this month. In conversation, he mentioned that his wife Sara, who is in a long-distance seminary program wraps herself in her St. Stephen prayer shawl as she studies. There are many stories about care-givers and care-receivers and prayer shawls! It is special to share them.



The first Tuesday of each month is a popular time for the St. Stephen women to gather with **Pastor Cheryl** at IHOP and first Thursday of each month when the men gather at the Colonial

Pancake House to talk with **Pastor Andy**.



Williamsburg citizens are going to get a healthy lift with funding for about 50 bike racks throughout the town coming from a \$5,000 donation from City Planning Manager, **Reed Nester**, along with a matching \$5,000 appropriation from the EDA [Williamsburg Economic Development Authority.] The \$5,000 donated by Mr. Nester was the award he received at the Williamsburg Health Foundation's Annual Awards event held last October.

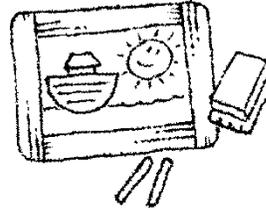


Join us for a meal out!

May Dining Out

Mark your calendar! The dining out group will meet at Sal's by Victor (1242 Richmond Road) at 1:00PM on Sunday, May 31. Make your reservation no later than **Sunday, May 24** by signing up on the liturgically correct colored sheet in your Sunday bulletin or calling **Stew and Pat**

Fretz at (757) 603-6830. We would love to see you there.



Preschool News

Wow, it is hard to believe the school year is almost over! We have been blessed with wonderful students and a great staff.

Our Extended Day program was visited by York River State Park staff and Jake, the parrot. Jake is owned and trained by local resident, Judy Brown. He is always a class favorite!

The Preschool students in the Pre-K and M/W/F program will honor their mothers with our annual Mother's Day Brunch at Rocco's Smoke House on Friday May 8. The children have made beautiful table decorations and gifts for their Mothers.

Dates to know:

- We will be closed for Memorial Day on **Monday, May 25**.
- We will have Water Play days on **May 26 and May 27**.
- Our end of the year picnic for the 3-year-old programs will be on **Thursday, May 28** at Chickahominy Water Front Park.
- Our Graduation Ceremony and picnic for the 4 and 5 year old programs will be on **Friday, May 29** at Chickahominy Water Front Park.

We are currently full for the next school year, with waiting lists on all classes!

Thank you for your continued support of our Preschool. We are continuing to build our scholarship fund; any donations are greatly appreciated. Have a safe and happy summer

Lauren McQuain, Preschool Director



Addresses

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May Birthdays



1	Elizabeth Bosworth	Landry Bosworth
	Jessica Harms	Jane Mazur
4	Dorothy Hinders	
6	Karen West	
8	Kristina Finch	
9	Jessie Schmitthenner	
10	Chris Black	
11	Jon Lund	
13	Brian Agor	Joshua Cosby
14	Donna May Hochstetler	Alex Ogborn
15	Laura Bergh	Jane Holcombe
17	Ward Bourn	
20	John Olson	Kylen Saunders
21	Heather Alpino	
22	Theo Bergh	Julie Philipoom
24	Regina Root	
28	Cheryl Ann Griffin	
31	Jackie Locke	



Letters to our Congregation

- Kristin Westerman, Director of Godparents for Tanzania, thanked us for the \$2,500 gift. It is being used to help four students to

attend Lutheran secondary schools. (Note the pictures and further information on page 6 in the *Quill*.)

- Jeff Black of Angels of Mercy Medical Clinic thanked us for our 2014 donation of \$1,500 for their program.
- Community of Faith Mission (COFM) thanked us for being a Shelter Partner. This is the program for the homeless that we pair with the Methodist Church.
- Avalon thanked us for our gift of \$700 in April and for our contribution of household items in March.
- Janet Reid of Hospice House thanked us for our support and gift of \$600 and invited us to visit the house.

Prayers



Join your prayers for healing with God's desires for **Marilyn Asprey, Joyce Behlendorf, Anita Dorsey, Kathie Eichfeld, Dan Hanley, Bobbie Harms, Jack Harris, Janet Higgs, Jim Ivey, Hank Mallue, Jane Mazur, Ann McAteer, Carole Meyer, Ursula Recktenwald, Linda Reuben, Cricket Reubush, Regina Root, Linda Sidebottom, Marian Thies, Jerry Trone, Shana Wilkins, and Soni York.**

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 the sure and certain hope of the resurrection to eternal life through Jesus Christ for **Doug Cummings** and family, mourning the death of his grandfather; for **Karen Nester** and family, mourning the death of her sister's husband; and for **Bishop Jim Mauney** and his family, mourning the death of his father.

We give thanks to God for giving **Bob Groom** 91 years of life! His birthday was in April!

Pray for these loved ones of our congregation: Rita Adams, Mary Aikers, Robert Anderson, A.L. Bailey, Jean Ballentine, Walter Barter, the Blume family, David and Lois Bomba, Sarah Bottiglieri, Roy Bouharb, Martha Brikell, Grady Calhoun, Dee Cantrell, Cinzie Cervato, Ayrtton Climo, Michael Compton, Rosemarie Cristofolo, Sylvia Croushore, Betsy Cummings, Tommy Dawson, Theresa Dodge, Debbie Effemey, Donna Embleton, Bruce and Kay Flatin, Natalie Fulton, Terri Gallagher, Pamela Glasgow, Bill and Jack Gottschalk, Evan Hertzler, Norris Hauser, Ron Hayes, Alan Hochstetler, Hank Hollar, Lynn Isenburg, Paul Kelly, Fran Kibler, Eileen Kitchik, Vivian Lantis, Theda Laubach, Mildred Lindblad, Fran and Jack Link, Sheena McCabe, Brittany McQuage, Emerson Medonia, Kristin McGraw, Dick McGrew, Rick Meyer, Julie Miller, Heidi Morris, Laura Mraz, the Nasra family, Mary Noyes, Rod Pelps, Lavonne Prescott, Robert Pushaw, Vivian Reaver, Charlie Red, Lisa Rivolta, Edie Roberts, Linda Smalarz, Emily Smith, Nancy Spaniol, Evelyn Spear, Laurie Trimble, Jean VanDuyse, Annette Vosteen, Curtis Wilkins, and Snodie Wilson.

Housing Partnerships News



The St. Stephen Housing Partnerships team is completing yet one more wheelchair ramp allowing people with mobility needs to remain in their homes. This house is located on Carver Place off Route 17 a few blocks from St. Mark Lutheran Church. Shown are **John McCurry** and **Glenn Joppa**. **John Moravetz**, **Bob Harman**, and **Harlan Schone** also worked on the project. More to come, hopefully being closer to Williamsburg!

Godparents for Tanzania



Elisante Petro Fissoo comes from the village of Getamok, near the larger town of Karatu in northern Tanzania. ('Elisante' is Swahili for 'thanks be to God.'). He has a twin brother and seven other siblings; in fact, there are THREE sets of twins in his family! His parents are very poor and cannot afford to educate any of their children beyond primary school. Elisante is 19 years old and a Form 3 student (roughly equivalent to tenth grade) at Msufini Secondary School, a Lutheran boarding school near Moshi. He likes everything about his school—the teachers, the food, and living in the dormitory. He especially enjoys playing volleyball and soccer with his classmates in the afternoons after class. Elisante's favorite subject is biology. He hopes to go to university and become a secondary school science teacher.

Ruth Rafaeli Tsirimi comes from Bashay Village, near Karatu. She is 16 years old and a Form 3 student at Vunjo Secondary School, a Lutheran boarding school near Moshi. She is the oldest of three children. Her parents are subsistence farmers who earn very little money and have no way to pay secondary school fees for their children. Ruth really missed her family when she first went away to school, but she has grown to love Vunjo and is doing well academically. Her favorite subjects are chemistry, biology, and geography. She also likes playing netball (a girls' sport which is a combination of basketball and ultimate frisbee) with her classmates. Ruth plans to go to medical school and become a doctor.



Tumaini Richard Fissoo is 19 years old and a Form 4 student (roughly equivalent to eleventh grade) at Msufini Secondary School. ('Tumaini' is the Swahili word for 'hope.'). He comes from the village of Qurus near Karatu. His father died when he was young, and his mother is quite poor and cannot afford to send him or his sisters to secondary school. Tumaini likes science subjects and math, and he is also very serious about playing soccer! Tumaini would like to go to university to study economics and accounting so that he can work in a bank.

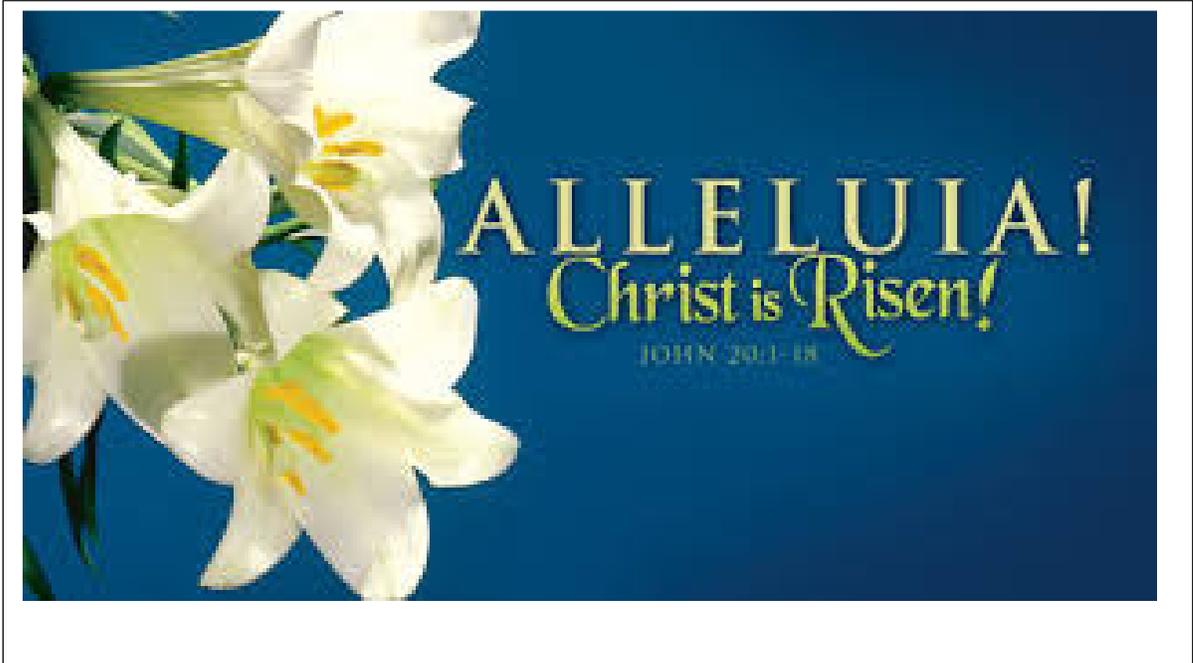
Rehema Richard Fissoo is Tumaini's younger sister. ('Rehema' is the Swahili word for 'mercy.'). She is 17 years old and a Form 3 student at Vunjo Secondary School. Rehema really enjoys studying physics, chemistry, and biology; she hopes to go to university and become a secondary school science teacher. She loves school and ranks near the top of her class. She is also competitive in sports and particularly likes playing netball because she is very tall and can score easily over her shorter classmates.



GODPARENTS for TANZANIA

Hope through education.

PO Box 20221 Roanoke, VA 24018
www.godparents4tz.org



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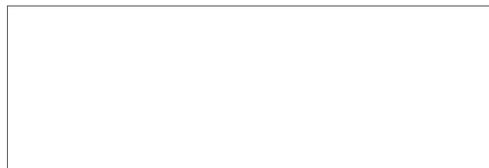
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