



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

May 2018



Returning to the Rhythm

Christ is risen! Christ is risen indeed, alleluia!

Jesus the Christ has defeated death! During the season of Easter we celebrate resurrection life! In fact, the reason we gather every Sunday, and for every funeral or memorial service, is to celebrate resurrection.

How are you doing on your journey? Are you doing the work God has given you to do, full of Easter life? Or do you allow daily life to deaden you?

To remain rooted in Easter life, we must return to the rhythm of healthy daily life. God has built this rhythm into creation – so we will be healthy spiritually, emotionally, and physically.

When we are healthy or unhealthy in any of these three spheres, that impacts our health or ill-health in the others. (You've experienced this! If you're feeling a bit depressed you know how much better you feel when you get outside in the sunshine for a walk or a run or a bike ride. Exercising your body improves your emotional health.)

We are at our healthiest spiritually, emotionally and physically when we are in the rhythm that God has created for us – spending time each day in prayer, exercising, in relationship with people who are healthy, eating foods and drinking beverages that are good for our bodies, getting good sleep.

What about when you are out of rhythm?

I've been thinking about one verse that we read, from Luke's gospel, on the Third Sunday of Easter, our commission as followers of the risen Christ: "that

repentance and forgiveness of sins is to be proclaimed in his name to all nations." Let's unpack two of those words.

"Repentance" means to return to the God who created us. (Luther teaches us to practice this return daily, in his teaching on baptism – drowning the old person in us so the new person that God is creating can arise.)

Sin is our disconnection from God. "Sins" (plural) refers to actions that come out of that separation. They manifest themselves most frequently when we are out of the rhythm God has created for us. We sin against our bodies, and our physical health suffers. We become impatient and angry and self-centered, and sin against other people. We forget the daily practices that remind us to be grateful for God's blessings that come to us anew each day. We come to think it is all up to us, and our spiritual and emotional health suffers from the effects of this sinfulness, this disconnect from God.

Daily life can easily become deadening. It is easy to be disconnected from God gives life – the God who is the source of all blessings, all compassion and love, all forgiveness! Our need for repentance – for return – presents itself each day and, each time we return to the rhythm of health, Easter joy rejuvenates us!

What is your daily rhythm of health? What nourishes you spiritually and emotionally and physically? Is that rhythm that God has created integrated into your life on this day? If you're disconnected, what would it look like to return to the rhythm tomorrow?

Easter blessings to you!

Pastor Andy Ballentine



What are you doing this June?

Some of our congregation are traveling to Germany to follow in Luther's footsteps. Although we may not be able to go on this trip, we can "walk along" with them. We are planning a "Walk Through Germany" which will coincide with the trip being taken by our fellow congregants. Thus, we can share in their experiences, and learn about the places they visit.

We will start our walk on June 1 and end on June 24. Similar to our previous walks (Bethlehem and Jerusalem) we will walk as a community. We will tally our collective miles each week, keeping track of them on our map of Germany.

Everyone can benefit from some exercise and fellowship with those who will be traveling.

We will have a small celebration on Sunday, June 24 between services to share experiences and hear about the trip from our world travelers.

Please think about taking part. We will get more information together and have it in the bulletins in May. Stay tuned.

Diana Tiller-Dichtel & Marcie Clark
Health Ministry



MEN'S & WOMEN'S BREAKFASTS

- **May 1** – Women are invited to join together for breakfast the first **Tuesday** of this month.
- **May 3** – Men are invited to join together for breakfast the first **Thursday** 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.

Revised Worship Schedule for May 12 and 13

On this weekend, the College of William & Mary holds its graduation ceremonies. Parking across Jamestown Road from our building will not be available on Sunday morning. We will not worship in the morning on Sunday, May 13. We will worship at

7:00 PM on Saturday, May 12, and 5:00 PM on Sunday, May 13.

Thank You



Thank you for your gift to Avalon of \$700 on 3/23/2018.

Avalon works to end domestic and sexual violence through education, prevention, shelter and support services. Each year, with your help, we assist more than 1,200 of our community members find safety, heal, and learn life skills for healthy relationships.

Again, we thank you for your support. Together we can break the cycle of abuse and build a better future for our community.

Teresa Christin, CFRE, Executive Director

I was thrilled to walk into the office at LFSVA in Newport News and see the cuddly teddy bears the congregation shared with us. It was especially meaningful to have "worshipped" with those bears in past weeks. They will bring comfort to children of all ages whose lives have been turned upside down.

Ellen Bushman, Vice President of Development



MAY 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!

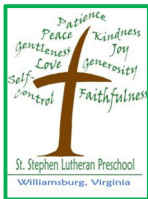
Pastor Andy Ballentine

- 1 Benjamin Berry, Jeffery Berry
- 2 Anne Schone
- 5 Annie Collins
- 8 Jean Gulesian
- 10 Charlotte Stahl
- 12 Marilyn Mallue, Sue Voigt
- 14 Jan MacQueston, Chris Punchard
- 18 Julie Berry
- 19 Helen Nelsen, Sarah Scheitrum
- 22 Julie Philipoom
- 25 Mathias Hallman
- 27 Jack Behlendorf, Hadley Ellis
- 29 Ellen LaPlace
- 30 Elizabeth Bosworth, Landry Bosworth, Matthew Bosworth

Others with May baptismal anniversaries:

- David Gamble
- Patricia Gamble
- Mary Swanson

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



ST. STEPHEN LUTHERAN PRESCHOOL

April was a short month with the Easter break starting it off, but it was filled with fun and activities.

Ranger Brad, from York River State Park, came to our Extended Day program and taught the children about birds in our area. Check out our Facebook page and see the wonderful pictures of our children enjoying his presentation.

Our last Spirit Event for this school year was *our Little Picasso's Art Show & Auction* on April 22. The generosity of our parents and members of St. Stephen enabled 14 baskets or gift certificates to be auctioned off in support of our school. It was a wonderful event, showcasing the creativity and direction provided by our Art Teacher, Kelly Kirkpatrick.

In May we will see our butterflies develop and we will release them on the forecourt. The children (and the teachers) love to see the beautiful butterflies, which we have nurtured from the pupa stage, gain their freedom and fly away.

Mother's Day comes a little early for our four- and five-year-olds at St. Stephen. We will be hosting a brunch for Moms on Friday, May 11. We will engage our Moms in a few fun activities and then proceed to a brunch in the Fellowship Hall, decorated by our children.

Our three-year-olds will celebrate their Grandparents on May 9 and 10 at our annual Grandparent's Tea. Thank you to so many who volunteered to be surrogate grandparents for the day!

We are off on Memorial Day and it will be Water Play Days on **Tuesday, May 29** and **Wednesday, May 30**. Our school year ends with picnics at Chickahominy Riverfront Park on **Thursday, May 31** and **Friday, June 1**.

Then – Summer Camp starts! We are offering four weeks of Camp with different themes each week. These weeks are less structured, but are still valuable educational opportunities.

Thank you for your generous and continued support throughout this year. It has been wonderful seeing our Preschool Parents and St. Stephen Members get to know each other during the many Spirit Events. It has been personally rewarding to see the two parts of this important ministry working together to bring God's word and love to our children.

Sandy Peterkin, Administrator

God's blessings to those who are in the midst of educational transitions!



We celebrate with our graduates in higher education, including members of St. Stephen and members of our Lutheran Student Association at the College of William and Mary.

Brittany Acors is graduating from the College with a Biology and Religious Studies double major. Her honors thesis is titled, "Children of the Bible: American Protestantism, 'A Formula of Agreement,' and the Twentieth-Century Ecumenical Movement." In the fall she will begin a PhD program in Religious Studies at the University of Virginia, with a focus on American Religious History.

Nancy Carter will be receiving a PhD in Computer Science from the College of William and Mary. Her dissertation is titled, "Usability, Efficiency, and Security of Personal Computing Technologies."

Marit Haugen is graduating from the College with a Psychology and Government double major. She is planning attend law school.

Abigail Kane will graduate this month from the School of Education at the College with a Masters of Education in Secondary Social Studies. She is pursuing a teaching position in a Middle School or a High School.

Ariana Kuhnsman is graduating from the College with a Biology major. She plans to attend medical school in the fall.

Meghan Osborn is graduating from Thomas Nelson Community College with her Associates Degree in Social Science. She will continue in the fall at Old Dominion University, pursuing a Psychology major.

Gracia Luoma-Overstreet will graduate from the College with a major in Neuroscience and a minor in Biochemistry. She will spend the next year as one of the Evangelical Lutheran Church in America's Young Adults in Global Mission, serving in Argentina/Uruguay.

Dave Sulouff will graduate this month from Old Dominion University with a bachelor's degree in Mechanical Engineering.

Hannah Wiers is graduating with honors from the University of Mary Washington with a major in Political Science. She would like to work in advocacy work in reproductive health care and sexual assault prevention.

We also celebrate our high school graduates:

Gwen Agor is graduating from Walsingham Academy and will enter the University of Maine's Honor College.

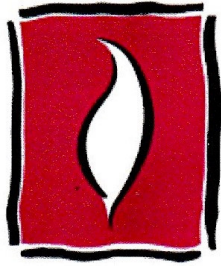
Sarah Toler graduates from Jamestown High School. She will begin her Baking and Pastries Associate's Degree followed by a degree in Food Service Management. Sarah has also been selected for Johnson and Wales' women's soccer team!

Sara Osborne will be attending Thomas Nelson Community College in the fall.



MAY BIRTHDAYS

| | | |
|----|-----------------------|-----------------|
| 1 | Elizabeth Bosworth | Landry Bosworth |
| | Jessica Harms | |
| 4 | Dorothy Hinders | |
| 6 | Karen West | |
| 9 | Jessie Schmitthenner | |
| 10 | Chris Black | |
| 11 | Jon Lund | |
| 13 | Brian Agor | |
| 14 | Donna May Hochstetler | Alex Ogborn |
| 15 | Laura Bergh | Jane Holcombe |
| 17 | Ward Bourn | |
| 20 | John Olson | Kylen Saunders |
| 22 | Theo Bergh | Henry Lawson |
| | Julie Philipoom | |
| 24 | Nate Collins | Regina Root |
| 28 | Cheryl Ann Griffin | |
| 30 | Tim Crittenden | |
| 31 | Sonja Cave | |



Healthy relationships: The Rest of the Story

In last April's Quill we identified qualities that foster a healthy relationships. These included; mutual respect, support, good communication, trust, honesty, and others. Those of us of a certain age may remember Paul Harvey, so as he said, here's "Page two, the rest of the story."

To sustain healthy relationships requires time, commitment, and on occasion the ability to compromise. Patience is necessary to foster the relationship. You can't just turn up the heat and rush or force the process. Also, don't walk away and leave the project unattended on autopilot and expect good results. Getting frustrated or mad does not help. If you sense things are really not working out, perhaps you can just start over or ask for help.

However, sometimes relationships, whether between friends, spouses, siblings, family members, partners, etc., can cause discomfort and even physical or emotional harm. If a relationship becomes abusive, take action. Seek help or advice as soon as you can.

A local source for help with relationships, no matter what age, lifestyle or circumstances, is Avalon at www.avaloncenter.org and their 24-hour helpline 757-258-5051. Avalon now serves youth and men, in addition to women and children. They offer shelter, outreach counseling for those not needing shelter, and preventative programs for youth in the community.

Here is a link to a good article on domestic violence and resources taken from the Mayo Clinic newsletter. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/domestic-violence/art-20048397>

Marcie Clark, Parish Nurse



PRAYERS

We give thanks to God for **Bonnie Raquet's** stewardship of her gifts. She is now serving as Chair of the Board of Directors for Thrivent Financial. She is the first woman to serve in that role.

Join your prayers for healing with God's desires for **Julia Francis, Bobbie Harms, Linda Laity Hite, Linda Vonderheide, and David Wills.**

Pray God's blessing of Easter hope for the family and friends of **Betty Rickerson**, as they mourn her death; for **Edith Haecker** and her family mourning the death of Fred; **Donna May Hochstetler** and her family mourning the death of Alan, and for **Karen and Chris Einarsen** and family, mourning the death of **Thord.**

Give thanks to God for the birth of Haddie Rose McCann, granddaughter of **Pastor Cheryl Ann Griffin.**

Pray God's blessings on **Roberta and Dave Sulouff** as they wait for the birth of their baby.

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

Pray for these loved ones of our congregation: **Mary Ann, Mitchell, Alex, Jim, Sharon, Belinda Adams, Philip Andrew, Ellen Benton, Tom and Bea Black, the Blume family, Eliza Bicknell, Kallie Burgess, Kim Calhoun, Marla Canny, Elaine Cari, Peter Cline, Shirley Cocke, Rosemarie Cristofolo, William Davis, Kathryn Dieter, Bubba Drury, Holly Edwards, Christine Le Eck, Inge Felbier, Mary Fitzgerald, Sonya Frantz, Mertie Funkhouser, David Gade, Bill Gottschalk, Jeff Hammock, Sam and Ronny Hayes, Marian Hunt, Anne Johns, Ben and Amy Johnson, Fran Kibler, Art Kirk, Dean Kreitzer, Terry Krull, Jean Lasche, Annie Layendecker, Mildred Lindblad, Charlotte Litterer, Bruce Milne, Heidi Morris, Joshua Mullen, Joan Nares, Mary Newberg, Carmella Oliver, Inge Petersen, Dick Phillips, Dino Polizois, Shann Rufer, Gwynn Sawyer, Bruce Semanchik, James Smith, Evelyn Spear, Dave Splittorff, Pierrette Tipton, Betty Tulloh, B.J. Vann, Tait Walker, Pat Ward, Debbie and Sam Weems, Sue Weilmuenster, Adam Zabell.**

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 Church in America**
 God's work. Our hands.



The Quill www.saintstephenlutheran.net **May 2018**

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

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| <i>Director of Music</i> | Karen Ives | MusicDir@ |
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| | Diana Tiller-Dichtel | ParishNurse@ |
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