



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

November 2016



Unsolicited Advice from a (Guest) Departing Pastor

Frank Honeycutt, one of my friends and colleagues (and a buddy on my bicycle camping trips), is retiring from parish ministry this month. I was impressed with the last newsletter column he wrote for the congregation he served, and I am sharing it here with you.

(You can tell, from his reference to the Tigers and Gamecocks, that he served a congregation in South Carolina!)

Blessings to you, as we continue our journey of faith as a congregation--

Pastor Andy Ballentine

Well, this is the final newsletter column of my pastoral career. It's been great to be among you, my fourth parish in 31 years. They've all been different, but also share common challenges as Christianity across the country has experienced great change over these three decades. Faithfulness does not have to be reinvented with each new generation. Here are a few common observations that I leave you [with] in the form of loving pastoral advice.

Continue to become proficient in your study and understanding of the Word of God. Lutherans may not agree with a fundamentalist slant on the Bible, but you have to hand it to them. They know how to get around in The Book. Martin Luther changed the world because he was in love with his Lord revealed in scripture. It's

been enlivening and exciting to be part of small study groups throughout these decades. It's also been disappointing to discover that some Lutherans cannot articulate the basic difference between Exodus and Acts. Spend time daily in the Word. Start new study groups. Ponder slowly a tough passage. One sign of a strong church is biblical fluency. We will do a lot of wheel-spinning without it. (see 2 Timothy 3:16-17)

Show up on Sundays for worship. We are given an amazing gift each week in the celebration of Holy Communion. Faithful discipleship cannot be sustained without this sacrament. Jesus assumed regular reception of the bread and wine as the early church was forming. As you might imagine, I've heard a multitude of excuses over the years for worship absence—wrong time, wrong style, too busy, you name it. In most cases, these excuses are rather flimsy compared to what's being missed. I've stopped trying to understand how Christians can spend an entire Saturday tailgating and watching the Tigers or Gamecocks, but cannot find a couple hours for church on Sundays. This is only a single (and handy) example of misplaced priorities. Holy Communion is absolutely central for the health of a disciple. Don't neglect this amazing gift. (see Luke 14:15-24)

Remember your Baptism. Most people keep a calendar. All of us know key dates. If you do not know the date of your baptism, I must caringly wonder why. In Maslow's old hierarchy of needs, *identity* is one of the keys to health and maturity. Baptism shapes our Christian identity. For a Christian, life begins and is viewed through this watery lens. You were ordained for ministry in baptism, a sacrament that exceeds (in biblical importance) any ordination of, say, a pastor. Your baptism date defines and shapes all other dates—birth, marriage, national holidays. If you don't know

your baptism date, do some research and discover it. Luther made the sign of the cross over his body at dawn and at bedtime in remembrance of his baptism. The cross is the shape of the baptismal life. The Christian life is the sacrificial life. (see Romans 6:3-11)

Give generously. I'll never forget a talk with my dad just before Cindy and I were married. He called me aside privately. I thought we'd gone over the sex talk already when I was in the 8th grade. But what he wanted to talk about was financial giving in church life. "Your mom and I," he said, "did not have a lot of money when we were first married. But we committed to giving generously early on. It wasn't easy; still difficult some months. But it's been a very important part of our marriage over these years—to give to others." If you do not give a set percentage of your income away to others—to the church, to local and global causes benefitting the poor and hungry—I invite you to start. There is joy in sacrificial giving. (see 2 Corinthians 9:6-8)

Disciples need disciplines in order for the Holy Spirit to transform us. These four disciplines have been practiced by Christians for twenty centuries. We are in a new era for the church in North America. Our best theological reflection will be prayerfully needed moving forward. Start (or continue) with these four habits.

God's peace to all of you!
Pastor Frank Honeycutt



November Baptismal Anniversaries

Those celebrating anniversaries of their new birth in Christ:

- 1 Barbara Morris
- 10 Josh Egloff, Carolyn McKenna
- 11 Henry Mallue, Hannah Wiers
- 13 Deloris Hanley, Alaina Jones, Alyssa Jones, Kaili Jones
- 15 Greta Scheitrum
- 16 Hunter Ogborn, Ilianna Ogborn
- 18 Bethany Brisson-Wilkins
- 30 Kevin Drake, Julian Jefferson

Also in November:
Stephanie Drake
Thomas Drake
Audrey Root



Come, Ye Thankful People!

This year, in lieu of St. Stephen having a Thanksgiving service, we will provide a home devotional that families may use. Since we will not have the chance to sing many of the great Thanksgiving hymns this year, I have chosen to give some biographical information about "Come, Ye Thankful People, Come," perhaps the most famous of all Thanksgiving hymns.

The text to "Come, Ye Thankful People, Come," is a harvest festival hymn written by Henry Alford, an Englishman who lived during the 19th century. The tune was written by George Elvey, also an Englishman. Elvey wrote the tune most commonly used with the text, "Crown Him with Many Crowns." The first time the hymn appeared in a hymnal was in 1844, originally with seven verses. A couple of decades later, it was trimmed down to four.

The first portion of the hymn invites Christians to come and give thanks for the harvest, as the title suggests. The fourth and last verse (below) contains both elements of the harvest and the second coming of Christ. In the recently published hymnal for the Presbyterian Church (USA), this hymn was placed in the Second Coming section.

- 4. Then, thou Church triumphant come,
Raise the song of harvest home!
All be safely gathered in,
Free from sorrow, free from sin,
There, forever purified,
In God's garner to abide;
Come, ten thousand angels, come,
Raise the glorious harvest home!

Marty Barstow, Music Director



These Shoes Were Made for Walking (Maybe)

In the September *Quill* we discussed the importance of taking care of your feet. Certainly, a good portion of that is to have the right shoes. One in six people have trouble with their feet due to improperly fitted shoes. So, let's talk about the best and worst of foot wear.

Flip Flops: They are the “go everywhere” choice for all age groups, men and women alike. They may be practical, low cost, and some can be very stylish. However, they're not especially foot-friendly, as none of them support your feet. Two common problems in frequent flip-flop wearers: stress fractures and plantar fasciitis which causes a sharp pain in the heel, especially when first getting out of bed in the morning. Both conditions can improve by switching to more stable and supportive shoes. For happier feet, choose sandals with cushioning for the bottom of the foot, adequate arch support and secure straps (so you don't have to curl your toes in order to keep your shoes on). A good supportive sandal is perfect for keeping your feet in good walking condition.

High Heels: Ladies, keep your feet on the ground. Heels higher than two inches should be worn only for short periods of time, if at all. High-heeled shoes cause excess pressure on the toes and double the pressure on the bottom of the foot; that can lead to ankle instability, weakness, and balance problems—all precursors to injury. From hammertoes to serious back woes, the list of potential injuries from chronic high-heel use is longer than a four-inch spike. If you're hooked on heels, try kicking the habit with the help of some supportive shoes that are comfortable and eye-catching. Save your heels for special occasions. Choose pumps with lower heels, avoid pointy toes in favor of a shoe with a wider toe box, and remove your shoes and stretch your legs whenever possible.

Athletic Shoes: If you can't remember the last time you bought new sneakers, that's a sure sign it's time to go shopping. Athletic shoes last for about three to six months or, in the case of walking and running shoes,

about 500 miles. If walking is your main fitness activity, choose shoes that have extra cushioning in the heels, support through the arch and a smooth tread. Born to run? Then consider these shoe types: cushioned (for runners with high arches), stability (for runners whose arches collapse) and motion control (for runners whose feet pronate or roll inward). And, don't forget to choose your tread carefully! Some shoes are made for hitting the road, while others provide extra traction for trail running. It's generally safe to walk in running shoes, but not vice versa. And if you play a sport like tennis, opt for court shoes that have smooth soles.

General Considerations: Look for the right materials. Synthetics tend not to breathe well, trapping heat and moisture. Natural materials like leather and cotton will keep your feet cooler and release moisture; athletic shoes with special materials or mesh work even better. At the same time, though, you can't really avoid foot sweat. However, you can try to alternate your shoes, so that the pair you wore yesterday has a chance to dry out completely before you wear them again. If walking causes sore legs or feet, you might try arch support inserts. They can keep your feet in the proper position to support your weight during walking.

Many stores have special measurement devices that will tell you which type of support is right for your foot. If you've been doing a lot of walking on pavement, your feet might not be up to the impact. Try walking on grass, dirt or a soft cinder track for added cushioning, but, before you take your shoes on the road:

- Try on shoes after a workout or at the end of the day when your feet are their largest.
- Try on shoes with socks that are similar to the ones you wear during exercise.
- Make sure there's about a half inch of space between the end of the shoe and your longest toe.
- Buy shoes that are comfortable from the start. You shouldn't have to “break in” athletic shoes (or any shoes for that matter)!
- Also, don't wear shoes so big that your feet slip in them.

Remember that the purpose of shoes is to protect the feet and keep them comfortable. A good pair of shoes is worth it. Keep that in mind and your feet will thank you.

Marcie Clark, Parish Nurse



St. Stephen October Council Minutes

The Council met October 11, 2016.

The September Council minutes were approved.

Council decided that, if the Preschool is to continue, it must be described by "Option 1" in the Preschool Task Group's report. Council consensus is that this would only be possible if a member of St. Stephen is active in leadership of the school. Work will be done by the November Council meeting to discover if such a leader would be willing to serve.

President White noted Council member committee liaison assignments.

Committees need to turn in their 2017 budget requests ASAP, if they have not already done so.

The next St. Stephen **Annual Congregational Meeting** will be held **Sunday January 22, 2017**, after the second service. At that meeting we will elect voting delegates to the next Synod Assembly. (At that Synod Assembly, the new Bishop will be chosen.) If you are interested in serving as a delegate, please let us know.

Our 60th Anniversary planning is progressing nicely.

The upcoming Reformation 500th Anniversary events calendar is very exciting and will be announced before long.

David F. Clark, Secretary



Preschool News

October was a fun month! We had visits from the Williamsburg Fire Department and Smokey Bear (our own **Paul Reier!**). We had our annual Halloween Parade around the Church and down Jamestown Road. Our little friends delighted everyone with their costumes and Halloween songs!

This month we are focusing on giving thanks for all of God's gifts to us. We are sharing what we are thankful for. The children will also be creating Native American outfits, Pilgrim placemats and lots of fall art.

This month our classes of four- and five-year-olds will visit Jamestown Settlement, and our extended day classes will have a visit from Officer Holiday of the Williamsburg Police Department. She will teach the children about safety, and what the Police do to protect us. She collects new/gently used small stuffed animals to give to children in trauma. Please consider donating one! You can drop them off at the Preschool. Thank you in advance for this worthy cause for our area children in need.

If you would like to share a special talent or be a guest reader at the Preschool, please give Lauren McQuain a call. Volunteers are always welcome!

The Preschool will be closed from November 23-25 for Thanksgiving. We hope you all have a Happy Thanksgiving!

LaurenMcQuain, Preschool Director



FISH CLOSET DAYS

The FISH organization serves those in need in the Williamsburg area for emergency services of clothing, food and household items. There is no cost for these services, and everyone is a volunteer at FISH. All food and clothing is donated, as well as cash gifts.

Tuesdays in November are St. Stephen's days to help in the clothes closet, sorting and sizing. It is a sit-down task with a two-hour morning shift, 9:30-11:30 AM, and two-hour afternoon stint, from 1:00-3:00 PM. Those who decide to stay the entire day should bring a bag lunch to join in with the crew; coffee is served.

Any help for this important work is greatly appreciated. A sign-up sheet is in the Gathering Space; questions can be answered by **Dianne Harris, 757-229-7504.**



Catching Your Breath

I grew up in a small town in central Illinois among aunts, uncles, and LOTS of cousins. I was one of the youngest of the cousins, which included several pre-adolescent and adolescent boys. On Sundays after church, the entire family frequently gathered at grandma and grandpa’s for dinner. The rooms were small and the kids were often shooed outside after the meal. There was lots of space to explore and play. In the fall, the game of choice was “tag” football.

One Sunday, I begged my older cousins to let me join the fun. I promised I could keep up (not true) and that I knew the rules (also not true). I was ecstatic when they said I could play, even though I was the last one chosen for a team. We began playing, and I was running every which way trying to look like I knew what I was doing. Suddenly, I heard someone yell my name: “Jane, the ball is coming to you.” I only had time to turn my head before I was abruptly knocked to the ground. I lay there, stunned. I couldn’t breathe. I was gasping for air. I thought I was dying. No one stopped to ask if I were OK or help me up.

The next play was about to begin before someone finally noticed me still on the ground. “C’mon, Jane. You’re OK. You just had the wind knocked out of you.” I was eventually able to catch my breath and stand up. I ran crying back into the house. Needless to say, my cousins were never very keen about letting me play with them again. That was the first time I felt what it was like to lose my breath for a moment.

There were to be many more times in my life when I couldn’t breathe: pregnancy losses; being apart from my husband while he was away on various military assignments; 21 moves; a son’s deployment to Afghanistan (twice); the death of a parent; the premature birth of a granddaughter. These are just a few of the things that come immediately to mind.

Sometimes when we lose our breath, it feels like we’ll never breathe again. Sometimes, we wonder if we even

want to try. The pain is so great, and we feel so alone. Life has a way of getting our attention through both joy and sorrow. The joyful times are easier to navigate, but those low times are when we can feel abandoned by our friends, family, and even God. Just knowing someone cares can make it possible to breathe again.

If you are going through a difficult time in your life and are finding it hard to “breathe,” trained Stephen Ministers are available to share your burden. A Stephen Minister can offer one-on-one, CONFIDENTIAL, Christ-centered care to people who are hurting.

For more information, contact Pastor Griffin or me, Stephen Leader Jane Wills. By the way, I grew up to be an avid football fan and even impressed my sons with my ability to throw a fairly decent spiral!

Jane Wills, Stephen Leader

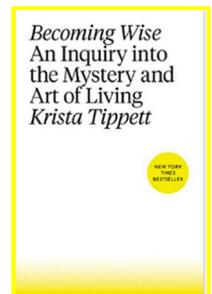


WOMEN’S RETREAT: SAVE THE DATE!

The women’s retreat will be in St. Stephen’s fellowship hall on Saturday, March 25, from 9:00 AM to 3:30 PM. As part of our year commemoration of the 500th anniversary of the Reformation, our theme is women of the Reformation, and our presenter is Ellen Hinlicky of the Virginia Synod. More information will become available as we approach the event. Please contact Pastor Griffin with any questions.

Becoming Wise

Becoming Wise: An Inquiry into the Mystery and Art of Living by Krista Tippett breaks open conversation about the meaning and purpose of our living today. Pastor Griffin will lead the discussions.



A group will meet at 7:00 PM on Mondays, November 7, 14, 21, 28; December 5 and 12. Another group will meet at 3:00 PM on Thursdays, November 3, 10, 17; and December 1 and 8. You can switch between Mondays and Thursdays, as the same chapters will be covered in both groups.



DINING WITH FRIENDS

All are invited to join members and friends of St. Stephen for a Sunday meal following worship services on November 6 at La Tolteca Mexican Restaurant, 3048

Richmond Road. You will have a choice of ordering from the menu or enjoying their lunch buffet, including vegetarian options, salad bar and dessert.

A private room is reserved from 12:30 PM until all have had their fill of good food and good times we always have when "Friends" get together. If you have attended a "Dining With Friends" monthly affair before, you know what we are talking about. If you have missed this great fellowship opportunity, come and find out.

Please make a reservation either on the "liturgically correct" attendance sheet in the bulletin or by contacting **Karen Shoberg** at 757-565-1264 or shobergs@cox.net.



"REFORMATION 500"



The "Reformation 500" Committee at St. Stephen is hard at work, planning the commemoration of the 500th anniversary of the Reformation in 2017. Soon you will see the exciting list of activities we have planned!

The January event is particularly exciting: A hymn festival celebrating the Week of Christian Unity and commemorating the 500th anniversary of the Reformation at Saint Bede Roman Catholic Church; the location itself is significant. World-class Lutheran organist and Lutheran hymn writer David Cherwien and Susan Palo Cherwien will be here--check out *Evangelical Lutheran Worship* Hymns #261, 306, 374, 447, 548, 648, 672, 699.



LADIES WHO BREAKFAST

There is a new location for the monthly Women's Breakfast! At 8:00 AM on the first Tuesday of each month, please join the ladies who breakfast at the Colonial Pancake House, 301 Page Street (corner of Page and Penniman Road). It is the same restaurant in which the men have their breakfast. The next one is scheduled for November 8. Please contact Pastor Griffin with any questions.



November Birthdays

4	Annie Collins	Art Dorsey
	Erika Geier	Soni York
8	Paul Black	Sammi Crittenden
9	Joyce Beene	
10	Helen Allen	Martin Bleck
	Bradley Cummings	
11	Steven Harms	
14	Elsie Hall	
15	Alaina Jones	Kaili Jones
	Karen VanRosendale	
16	Linda Reuben	Carol Wiers
17	Debi Austin	Stacey Cummings
19	Julie Pierce	
21	Jo Schumacher	
23	Marcie Clark	Travis Meermans
	Lucas York	
24	Stephanie Leek	Karen Nester
25	Marilyn Asprey	Benjamin Berry
	Sara Moretz	Sue Voigt
26	Diana Krieger	
27	Don Nelson	
29	Ursula Recktenwald	
30	Bob Hanny	Matthew Sandridge



Prayers

Join your prayers for healing with God's desires for **Joe Beene, Ellen Bushman, Klara Cave, Sally Crocker, Elise Emanuel, Gary Krull, Carole Meyer, Rick Meyer, Barbara Morris, Ned Neidlinger, Linda Reuben, Regina Root, Dan Stimson, George Vonderheide, and Sam Wasaff.**

Pray God's blessings of patience and hope on **Dave and Roberta Sulouff** as they await the birth of their baby.

Pray for these who are unable to get to worship: **Gene and Martha Clements, Bob and Angie Groom, Elsie Hall, Mary Jamerson, Helen Lenox, Bob Mazur, "Pete" Peterson, Betty Rickerson, Dick Reeves, John Rivolta, Jo Schumacher, Jean Shivel, Joanne Shue and Jerry Trone.**

Pray for these loved ones of our congregation: **Joyce, Peggy, Nathalee Accomando, Brian Anchondo, Robert Anderson, Tom and Bea Black, Blume family, Grady Calhoun, Melinda Campbell, Jeff Carino, Mike and Katie (Punchard) Czajkowski (awaiting the birth of their baby), Rosemarie Cristofolo, Kathryn Dieter, Patricia Dunahoo, Craig Eitrem, Inge Felbier, Mertie Funkhouser, Laurel Goodell, Bill Gottschalk, Frank Greenday, Carol Haecker, Abigail and Madeline Hanlon, Kim Hanlon, Anthony Hargrave, Sara Jane Harlan, Christopher and Connie Harris, Ken Hartline, Evan Hertzler, Alan Hochstetler, Marian Hunt, Phil Johnson, Fran Kibler, Art Kirk, John Klein, Jane Kristiansen, Mary Beth Lafave, David Lee, Mildred Lindblad, Frances Link, Simon Mayfield, Mike and Brendan McGinty, McGraw family, Heidi Morris, Nasra family, Bill Nabors, Linda Orsini, Andrea Peralta, Inge Petersen, Mary Peterson, Robert Pushaw, Pat Ramering, Paul Ratzow, Natalie Rimmer, Betty Roth, Paul Rueckwald, Georg Siegert, Barbara Slifer, Paul Smalarz, Joyce Byerly Smith, Nancy Spaniol, Evelyn Spear, Kathy Straigert, Esther Sutin, Charley Underdahl, and Sue Weilmuenster.**



Advent Workshop

Who would like to help Pastor Ballentine with an Advent workshop? Those of all ages will be welcome to gather at 4:00 PM on Sunday, November 27, to create Advent wreaths and other crafts in preparation for the coming of Christmas.



The Church Mouse Hears . . .

Our Director of Music, **Marty Barstow**, was recently installed as a board member of the American Guild of Organists, Tidewater Chapter . . . The St. Stephen cookbook, *All Are Welcome—60 Years of Faith and Fellowship*, is at the printer and will be available in time for Christmas gifts! Proceeds go to the Endowment Fund.

Change of Address



- **New email address for Ed Brown:**
e.l.brown@cox.net
- **Chaplain & Mrs. Gordon Gabram**
Miller's Grant #247
9050 Fathers Legacy
Ellicott City, MD 21042



To the Congregation

- ELCA gratefully acknowledged St. Stephen's \$1000 contribution given to help those impacted by the recent Gulf Coast flooding; they also sent a heartfelt thank-you for the congregation's \$1000 donation to the endowment fund.
- Williamsburg Volunteer Fire and Rescue Squad thanked the congregation for its recent contribution.
- Olde Towne Medical and Dental thanked St. Stephen for a \$1500 donation that helped provide necessary dental care for those who are uninsured or underinsured in the Williamsburg, James City County and York County areas.

Congregational Officers:

President	Russ White	220-1023
Vice President	John McCurry	606-389-1082
Secretary	Dave Clark	603-6346
Treasurer	Paul Kristiansen	220-2709
Financial Secretary	Linda Vonderheide	645-4059

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Parish Administrator	Sandy Peterkin	office@
Dir. Music/Organist	Martin Barstow	MusicDir@
Parish Nurse	Marcie Clark	ParishNurse@
Dir. Of Preschool	Lauren McQuain	258-3759
	email	preschool@

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



Church Council:

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Jeanne Garrison	229-0978
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