



# The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

November 2012



## *Loving Jesus*

When you love someone, how do you act?

Do you calculate? Do you proceed as if it's all about you? Do you worry about accountability, rules, "shoulds?"

Instead, don't you act in love? Isn't it all about the one you love? Don't you want to spend time with the person you love, because you miss your beloved when you're apart? Don't you want to give of yourself, your time and your possessions to your beloved, out of love?

Too often, people think of the church in terms of accountability, rules, "shoulds."

What if we thought about church in terms of love? Then it would be this: we are the church when we gather together because we love Jesus, and when we serve others because we love Jesus.

When Jesus was asked to summarize all of the holy law from God he spoke of love. "You shall love the Lord your God with all your heart and with all your soul and with all your mind. And: "You shall love your neighbor as yourself." (Matthew 22:37, 39)


Loving the Lord your God with all your heart and with all your soul and with all your mind means loving Jesus, because Jesus reveals God to us. Loving Jesus means that we worship, of course. "We love our bridegroom most purely and obviously when we worship him," said Mark Allan Powell. It includes study and conversation with others on the journey – because, when you love Jesus, you want to know all you can about him. It includes serving those in emotional or physical need because, when you care for another person, you are loving Jesus (and you want to care for the one you love). Loving Jesus means following Paul's guidance to "clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one

another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony...And be thankful." (Colossians 3:12f) Loving Jesus shows itself in generosity – giving away your time and your money – because you want to give good things to the one you love.

Do you notice that none of this has anything to do with calculations or accountability or rules or "shoulds?" It is simply the way we act because we love Jesus.

What a joyous way of being church!

Pastor Andy Ballentine



**Giving  
Thanks**

### *Thanksgiving Worship*

Thanksgiving Worship for members of St. Stephen and St. Martin Episcopal Church will happen in our worship space **Wednesday, November 21 at 7:30 PM.** Worshipers will have the opportunity to stand at their places and share thanksgivings and share the Lord's Supper.



## Sharing our Struggles

The last week (written in mid-October) has been one of many faiths for me. This last weekend, we went to a wedding that was presided over by a rabbi and a Catholic priest. While this sounds like the punch line to a bad joke, it was the wedding of a friend of Stacey's from college. The prior Wednesday we went to see the Dalai Lama speak to a crowd at William and Mary. Both were interesting in their own right, but the combination of the two events has had me thinking. Respecting other people, also known as loving our neighbor is something that we strive for, but it is something that I struggle to achieve in the day-to-day world in which we live.

One of the messages the Dalai Lama pushed hard during his talk was the connection between us that we all enjoy on the human level. He pointed out that we are all human, we are all conceived and born the same way, that we all pass away, and that this should be the basis of our relations, not the secondary differences with which we categorize ourselves. While not an original message, the point of it was driven home to me a few days later at the wedding we attended.

The couple had met while running a polling center during the November 2008 elections. He was the Republican representative, she was the Democrat representative. They spent a very long day running the polling center, and finished off the day with their first shared meal, a 10:00 PM trip to Chipotle for food before running a broken voting machine to the district counting center. They had a real dinner date the next week, and managed to have a loving and supportive relationship in spite of their differences. Their wedding, presided over by a rabbi and a priest, was lovely, and they had a great reception that night. Despite their religious and political differences, they managed to find the best in each other, and it was a very heartening story.

Laying aside our differences and loving our neighbors as ourselves is a thought that I struggle with all the time. This has come into sharp focus recently with the heated political atmosphere. Watching the recent debates, I get very upset by the false courtesies, the gross distortion of the facts, the way questions are not answered. I find it hard to "love my neighbor" but know that it is even more important when those things occur.

Trying to put the best light on what is said and giving the people involved the benefit of the doubt are very hard, counter-cultural things to do -- things that I struggle with. It takes stories of love, hard work, and words from people of all faiths to help me to remember that is why I enjoy being a part of this community of faith. This is a struggle that we share, and by sharing the load, it gets just a little bit easier to bear. Sharing our struggles, in whatever form, while also sharing the love that we have for each other is important. It is why we have a community of faith not simply a shared spirituality. Share your stories, see the connections between them, and we are a much stronger community for it.

**Douglas Cummings, Ministry Associate**



By popular request, a picture of the bed that Doug talked about in last month's *Quill*!

## Pipe Peeps



What a joyous celebration planned for Reformation Sunday. I am so grateful to all who participate and offer their gifts to make our worship more meaningful. Having trumpet, clarinet, and bassoon offer their talents to the Lord was thrilling for me, and how blessed we are that **Dave, Amanda,** and **Linda** are St. Stephen family. Our combined choirs are a true gift, and I personally am uplifted by the eager response of all. It is as if we have a mini-Pentecost celebration, and we all are glowing in the Spirit. Thank you one and all.

The Church Year is coming to a close with the celebration of Christ the King, and then we begin anew with Advent. This year we will again be offering the celebration of the Holden Evening Prayer on Wednes-

day evenings during Advent, and we have had an excellent response in the last few years. It is a wonderful opportunity to come and have some spiritual respite from the busy time as we prepare for Christmas, and the music composed by Marty Haugen is Spirit filled. Come and raise your voice.

This November marks five years that I have served St. Stephen, and I extend my thanks for the opportunity to share my music with you. You must realize that I truly feel called by the Lord to serve here, and I honestly think I get more than I give. Even the simple task of leading a hymn on Sunday fills me with joy as this congregation is the BEST singing congregation I have ever served, and I have served a few. Sharing the centering time with my improvisations is deeply prayerful for me, and I look forward to my ministry eagerly. Our Pastor and Pastoral Team make my work a light burden as it is a great privilege to work with such committed ministers. I must say thank you for all the support I have been blessed with, and I hope to serve many more years.

Your Brother in Christ,

**Michael Monaco**

### *Health Ministry Movement as Spiritual Practice*



Following are excerpts from the Cleveland Clinic's article by Victoria Moran, "Movement as Spiritual Practice". She makes a case for stepping out of our 21<sup>st</sup> century couch potato lifestyle. Appreciating our body as it is this minute – and trusting its ability to gain fitness, grace and elegance at any age is the first step, she suggests.

#### **A Temple of the Spirit**

We know that, at any age, the body requires cardiovascular exercise (continuous movement, such as walking or running within your training heart rate range), resistance exercise (weight training) and stretching to maintain flexibility. Fitting these into your life can be a spiritual commitment as well as a healthy discipline when you add the following to your routine:

- **Look at regular exercise as a sacred trust.** The body is a gift to care for, and it was engineered to move. In his classic Invitation to a Great Experiment, author Thomas Powers tells readers to arise an hour earlier in the morning to be sure there's ample time for prayer, spiritual study and physical exercise.

- **Explore those types of exercise that have an inner component.** In addition to yoga, tai chi and sacred dance, innovative programs that invite students to go within and find the metaphysical underpinnings of physical activity are cropping up around the country. "The soul can only be present when body and spirit are one," says Gabrielle Roth, the author of Sweat Your Prayers: Movement as Spiritual Practice. Roth and her son, Jonathan Horan, founded New Vibration Wave, an exercise program in New York City where prayer and panting are part of the workout.

- **Include your spiritual self in the exercise you do already.** You can recite affirmations —"I'm healthy and strong" or "Thy will be done"—while you're on the treadmill; or you can walk or ride your bike outside with the commitment to see and appreciate the wonders of nature wherever you look.

Legendary choreographer Martha Graham stated that whether "we learn to dance by practicing dancing, or to live by practicing living...one becomes in some area an athlete of God.

**Nelia Heidi for Health Ministry**



### *My Journey With (and without) Stephen Ministry*

I can't do everything myself. There -- I admitted it. With a demanding job one person short and Stephen Ministry duties, I got the annual letter from Social Services with one week to pull together current records for my Dad. And a letter telling me to register for Jury duty. A reenactment next week. Reformation Sunday. A mountain of unfiled paperwork. Collapsed in front of the TV in my overwhelmed state, a children's cartoon told us to trust in Jesus when we need help. I guess as a Stephen Minister I tell people how to live, but I can't follow my own advice. Prayer and meditation

(without TV) brought me clarity of thought. My wonderful husband, who got home at midnight, got up and did his morning chores and took me to church. Then another Stephen Leader accepted my request to teach. Finally a saint of a friend came over to help me get the paperwork together and copied for Social Services among other errands. All gave freely. This offer of help acted as a catalyst to tackle the work. My mind is at relative peace. The floor and counters are clean and the laundry is done and put away. Each gave that cup of water to me in my thirst. No deaths, illnesses, job loss or other calamities hit me—just everyday life. It is true about reaching out for help. You have to “let go and let God.”

Cindy Gibbs for Stephen Ministry

## ***2013 Women's Retreat Moves to Richmond!***



Women's Fellowship

Calling all women of St. Stephen to join for the annual Women's Retreat. This weekend will be full of fun, fellowship, and faith-nurturing. This year's retreat will be held in a new, more accessible location with new opportunities for activities. Join us for the full weekend **April 20-21, 2013** or just for the day on Saturday for \$20.

Our new retreat location is Richmond Hill, a spiritual retreat center in Richmond run by a non-denominational nonprofit group whose mission is to advance God's healing of Metropolitan Richmond. On its website, this location appears quiet and serene with improved access for us all to enjoy the experience. (<http://richmondhillva.org>) Carpooling will be available.

Last year's spiritual retreat leader, **Pastor Janell Nickols**, will be joining us again this year, and our focus will be on four leadership styles. Our service project this year will focus on Avalon, A Center for Women and Children in celebration of the 90<sup>th</sup> birthday of **Pastor Willetta Heising**, a founder of Avalon and member of St. Stephen. Donations are being accepted to honor of this phenomenal woman. More information on the project to assist Avalon will be forthcoming soon.

The small group breakout sessions on Saturday will provide the opportunity to try some previous favorites as well as to see and experience new activities. After

the formal conclusion of the retreat on Sunday, there will also be two opportunities to explore Richmond.

Registration information and forms have been emailed and mailed to all women of the church. Additional forms are available in the Gathering Space. Previous retreaters consider asking a St. Stephen woman who has not attended or whom you have not seen at a retreat in recent years to join us!

Please send the registration form and \$30 deposit to **Marian Thies** by **Friday, November 16, 2012**. We look forward to being together for another fun retreat!

**Stacey Cummings** for the Women's Retreat Committee

## ***Godparents for Tanzania Team (2012-2013)***



The generous donations from our June appeal for Godparents for Tanzania have made it possible for our donors to support a university student in Tanzania for one year of study! Because our donors graciously gave a wide variety of amounts, our friends at Godparents for Tanzania suggested that forming the St. Stephen “Godparents for Tanzania Team” would be a wonderful way to combine our donations – and also allow our donors to become acquainted with this student.

We're happy to announce that the “G4TZ Team” is supporting Rogathe John “Roggy” Tippe, who is 23 years old, and in his 2<sup>nd</sup> of 3 years of college – studying for a Bachelor of Science degree in Wildlife Management – at Sokoine University in Tanzania.

Roggy's home village is called Slahhamo, in the Karatu district, Arusha region of Tanzania. He lives with his parents, and his 2 younger sisters, Joyce and Lightness (who are in secondary school).

Roggy has been in the Godparents for Tanzania scholarship program for several years, and is expected to do very well as he studies for his degree. We have exchanged emails with Roggy – and expect that we'll have many more opportunities to communicate with him during this school year.



If you would like to join the "G4TZ Team," it's easy! Your gift (any amount) will help Roggy earn his university degree! (Make your check payable to 'St. Stephen Lutheran Church' and note G4TZ on the memo line.) Please speak to **Pastor Andy, Diane Bean, or Marilyn Johnson**, if you have any questions, or would like more information.

**Diane Bean**

### ***A letter from Roggy***

**Subject: Hi mama Diane**

**Dear mama**

**I hope you are fine and doing okay with your daily activities. I am very fine and doing well with my studies here at Sokoine University in Morogoro Tanzania. I hope this is not the first time i am sending you an email, but today i have attach to this email a Letter to Saint Stephan Lutheran Church. Please may you read or give it to them. I hope you were with baba Westermann some few days ago at your church. He told me that, i will be communicating with the church members through you, Thank you very much for that mama and may God bless you**

**Pass my regards to your family and all the church members.**

**Yours Roggy.**

Hi St. Stephan Lutheran Church Members

I greet you in the name of our Lord Jesus Christ, It's my hope that this email will find you all fine. I hope and pray that with the grace of God you are all safe and continuing very well with your daily life. I am very thankful to God that am very fine. My name is Rogathe John Tippe (Roggy, is my nickname as is mostly used by baba Dwayne) from Karatu Tanzania . I am 23 years old and am studying a bachelors degree in wild-life management at Sokoine University here in Tanzania . I live in Slahhamo village in Karatu district which is located in Arusha region in Tanzania. I live with my parents and my two young sisters Joyce and Lightness who are still in secondary school.

Dear Church, Baba Dwayne Westermann told me that you are my sponsors for my studies at Sokoine University for my bachelors. I just want to thank you so very

much for the support you are providing to me because without it I cannot go to school, with your support I can now see a great future ahead of me because after I graduate, I will become a Conservationist here in my country (Tanzania). So thank you very much for this support and May God bless you.

I am taking bachelors of Science in Wildlife Management as I have mentioned before, and am now at the college after a two months holiday and we have already started our first semester of the second year. I am enjoying my studies because I love Conservation and I love wildlife and its variety of species. The support you are providing to me will help me become one of the wildlife conservationist in Tanzania, So Thanks very much once again and May God bless you all.

I hope we will be in touch through emails which I will be sending them to Mama Diane Bean.

Greetings to your families and all your beloved ones.

Yours

Rogathe John Tippe (Roggy).



### ***Back to the Future***

As the St. Stephen Lutheran Church Endowment Fund Committee (EFC) continues their planning efforts, we wanted to remind you again to consider St. Stephen in your estate planning. One of the ways you can do this is through a bequest. What is a bequest?

**A bequest is a gift of cash, securities, real estate or property of any description that may be bequeathed to St. Stephen Lutheran Church by a clause in the donor's will or by a codicil added to the will. The donor using this method retains full control and use of the property during her/his lifetime and may alter or revoke the bequest at any time.**

At the time of the donor's death, the bequest qualifies as a charitable deduction for estate tax purposes. The bequest does not, however, provide the donor with any tax advantage during her/his lifetime.

If you need assistance in finding basic answers to your estate planning questions, you may contact any member of the Endowment Fund Committee or Ward Bourn, a former committee member. Lastly, your financial advisor is the best source when making estate plans.

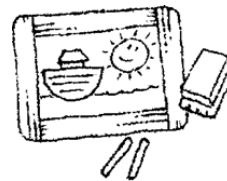
Your EFC Committee: **Jan MacQueston**, chair; **Ingrid Brown**, recording secretary; **Lou Rossiter**, financial secretary; **Gerri Bass** and **Gary Krull**.



*Join us for a meal out!*

### ***Sharing a meal with friends***

Please join us and other St. Stephen members for lunch at 12:30 PM on November 17 at the Center Street Grill, 5101 Center Street in New Town. Parking is behind the building and walkthroughs to Center Street will lead you to the restaurant. We hope that you'll be there for fellowship and good food! If you have any questions, please call **Bob and Jane Mazur** (757-645-4886.)



### ***November Preschool News***

Picture Day occurs on November 1 and 2. These events are fun since the students are dressed in their best for the occasion and look very spiffy!

The PreK and four-year-old programs will visit Jamestown Settlement on Friday, November 9.

Later in the month, the Heritage Humane Society will visit our Extended Day Students and bring along a number of "furry friends" to charm and teach the children.

As we move further into the month, our classrooms become a "feast" for the eyes. The room are filled with many turkeys, Pilgrims, colored leaves and Indians, emphasizing Thanksgiving; helping the children to give thanks to God, our families and friends and those in need during the Thanksgiving season. Come visit our classrooms and enjoy!

Note: The Preschool will be closed from **Wednesday November 22 through Friday November 24** for the Thanksgiving holiday.

And finally, a request from the Preschool Staff: They are amazed how all of the crafty things made in the school to help children learn about the seasons, the

**IN THE COMMUNITY**

### ***Senior Advocate Meetings***

The Senior Advocate Network Group (SANG) is meeting this fall on the second Wednesday of each month at 8:30 to present meetings on senior issues. On **Wednesday November 14**, Dr. John Crowder, a pharmacist will discuss "Understanding Medicare Part D" at Sentara in Williamsburg. On **Wednesday, December 12**, Blair Nelsen, President Nelsen Funeral Home, will speak at Windsor Meade on "Death and Dying: How to Cope Personally and Professionally." For more information go to [www.SeniorAdvocateOnline.com](http://www.SeniorAdvocateOnline.com) or call (757) 645-6364 by the Friday before the meeting. The \$10.00 fee includes breakfast.

holidays, and expressing themselves. They "gobble" up craft supplies. Yarn, pieces of left-over cloth, felt, ribbons and border materials, are very welcome. We have lots of little hands that would love to do something creative with them. Just bring them to the school, or if you have a question about specific needs, call the Preschool or the church office.

Thank you.

**For the Preschool, Rudy Stegmann**



### ***A letter from a preschool parent***

Hi Lauren,

I hope you're well and that Preschool is off to a great start this year!

All is well on this end, and Matthew is truly enjoying Kindergarten at Matoaka. We had Back to School night this week and Matthew's teacher made it a point to let me know that Matthew is doing great and that he is "very prepared" for Kindergarten. I thought of you and the entire St Stephen's team, and I just wanted to send a quick note to say thank you for all that you did for Matthew and all of the work that you continue to do. We miss St Stephens and think of you often, and we are looking forward to Luke joining next year!

Have a great weekend,  
Ashley

Ashley

P.S. Attached is a photo from graduation that I meant to send a while back. Super cute!

## ***The Church Mouse Hears . . . .***



The mouse is excited seeing how many St. Stephen members enjoy an early Saturday trip for wonderful healthy veggies at the Farmer's Market . . . Walsingham Academy and Middleburg Bank will spend this year trying to convince students to skip the candy and toy aisles and put their allowance in savings. The private school and bank have joined forces to introduce the school's new Middle School Economic Education course, taught by **Sandy Croushore**. Sixth and seventh-graders signed up to take the class which will allow them to get a taste of working in the finance industry when they open a school bank this fall . . . The mouse wagers that **Sonja Landvogt** never aspired to be a "cover girl" but she is on the cover of *Optimum Life*, the Brookdale senior living publication in a story about her "wish of a lifetime". . . . Great news for our recycling effort! - Please continue recycling your #1s and #2s with the bottle-shaped necks acceptable to city/county recycling with your curbside program (Examples acceptable to curbside: milk jugs, water and soda bottles, household cleaner bottles, shampoo bottles). We can now take plastics #1s and #2s (without necks) through #7 to recycle locally AND they don't have to be sorted! Bring those to St. Stephen and our team will see they get to the right place.



### ***Our Meditation Garden is Dedicated!***



## November Birthdays

4	Art Dorsey Soni York	Erika Geier
7	Joe Buschek	
8	Paul Black	
10	Helen Allen	Martin Bleck
11	Steven Harms	
14	Elsie Hall	
15	Alaina Jones Karen VanRosendale	Kaili Jones
16	Carol Wiers	
17	Debi Austin Nancy Rivolta	Stacey Cummings
19	Julie Pierce	
21	Jo Schumacher	
23	Marcie Clark Lois Roberts	Travis Meermans Lucas York
24	Ruth Ennis Karen Nester	Stephanie Leek
25	Benjamin Berry Sara Moretz	Gerry Conradi Susan Voigt
27	Don Nelson	
29	Ursula Recktenwald	
30	Bob Hanny	Matthew Sandridge
	Christine White	

Is your name missing? Is your date wrong? Please let us know immediately!  
Rev. October 22, 2012

## Prayers



**Give thanks to God** for the birth of **Alyssa Elaine**, born to **Rachel** and **Andrew Martin**!

**Pray God's blessings** on the ordained ministry of **Brett Wilson Davis**. Brett, a former president of our Lutheran Student Association and graduate of the Lutheran Theological Seminary at Philadelphia, was or-

dained this past Friday night! She is serving at Muhlenburg Lutheran Church, Harrisonburg, VA.

**Join your prayers for healing** with God's desires for **Gerri Bass, Ray Crocker, Art Dorsey, Arnie Janot, Ralph Johnson, Paul Kristiansen, Rick Meyer, Paul Reier, Sam Trapani, Jerry Trone, and Linda Vonderheide**. We pray God's blessings on **Stacey** and **Doug Cummings**, as they await the birth of their baby.

**Pray the comfort and joy of Easter** for **Daniel Walker** and his family on the death of his mother; and on the family and friends of **Jean Kircheis**.

**Pray for hope and comfort** to **Carla Javier** and her family on the death of her mother and to **Randy Punchard** and his family on the death of his father.

**Pray for these who are physically unable to get to worship:** **Bill Dickerson, Elsa Englert, Ruth Ennis, Bernice Fahncke, Elsie Hall, Willetta Heising, Anna Lou Hobday, Helen Lenox, Jo Schumacher, John Warner, Barbara Weekes, Dot Wright, Lois Wysong**

**Pray for these loved ones of our congregation:** Donna Alt, Millie Andrews-Young, Frank Battle, Jesse Beasley, Michael Beer, Cathy Bierd, the Boger family, Lois Bomba, Linda Bonfiglio, Mary Breeden, Gilbert Burton, Bob Canny, Joanne Carlson, Bob Casey, Donna Cherel, Rosemarie Cristofolo, Betsy Cummings, Jeris DeKievit, Ron Dunn, Manoel Falcoa, Inge Feilbier, Nick and Ann Finley, Doug Fisher, Mary Funkhouser, Lori Galloway, Nancy Gottschalk, Ingrid Gavrilovic, Mary Hallman, Eleanor Harms, Gail Henson, Janis Hepburn, Sharon Hicks, Carol Horton, Elizabeth Israel, Viola Ivey, Ruth Jordan, JR ("Griff") Griffin, Theodore Harms, Gaston Lambert, Katherine Layton, John Lester, Sheena McCabe, Laura McDonald, Margie McLenagan, Judy and Kevin Moore, Roxanne Morris, Nasra family, Jim Nickols, Mary Noyes, Arthur Pate, Rosanna Paxson, Sarah Pettifer, the family of Mary Pushaw, Linda Quinto, Ann Rathkamp, Lisa Rivolta, Don Romig, Roland Scheiding, Bernadine Schlicht, Brant Smith, Ron Smith, Helen Soultoukis, Nancy Spaniol, Tim Stone, Connie Testerman, Jeffrey Walter Shafer, Sam Wee, the Krentz-Wee family, Edwin White, Shirley White, William White, Bitsy Whitten, and Betty Williams.



## *New Addresses*

### **Otis and Nancy Childress**

3201 Pristine View  
Williamsburg, VA 23188  
From Care Group 6 to Care Group 8

### **Sandy Croushore**

302 Queens Crescent  
Williamsburg, VA 23185-3398  
(formerly in CG 2)

### **Katherine Hyland**

4175 Winthrop Circle  
Williamsburg, VA 23188  
757-345-5694

### **Doug Moore**

the\_dugger@yahoo.com



## **A word of Thanks**



### *Thank you letters to the Congregation*

The ELCA Endowment Fund Pooled Trust thanked us for our gift of \$1000 supporting the Special Needs Retirement Endowment Fund for retired pastors in need. The Williamsburg Volunteer Fire Department thanked us for our contribution of \$100. Olde Towne Medical Center thanked us for our donation of \$1,500 for their important program. Grove Christian Outreach Center thanked us for the shoes for 159 children.

## *Memorials*



### **Jean Kircheis**

Gordon and Carol Gabram (Organ Fund)

### **Chuck Schumacher**

Keith and Nancy Egloff

