



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

*Gratitude.
Generosity. Joy!*



Ah, Halloween. The kickoff of “the Christmas season.” (You know what I mean: now we’ll be seeing the commercials and ads, the hundreds of thousands of marketing messages that will be in our faces during these next seven weeks to come: pushing us to believe that the reason for the season is to buy lots of stuff.)

There are many reasons why this is a terrible thing. Here’s just one to hold up for your consideration: the marketing messages will intensify with each week, and they will make it difficult to notice the holy day of Thanksgiving which will occur on the last Thursday of this month. (In fact, the day that is still technically known as Thanksgiving is actually becoming the day most intensely focused on shopping – with “door buster” sales beginning even in the middle of the night.)

Think of this: “the Christmas season” has little to do with celebrating the birth of the Christ child. Instead, it is all about cultivating wants. Many highly paid and highly skilled people will do their best to make you and me desire material things that we don’t have. How dreary it is when we fall for this! That is because we learn (remember, rather) for at least the one-thousandth time that money does not buy happiness. If we’re hoping to satisfy our desires, how sad it is when the novelty of a new thing wears off and the underlying hunger returns.

There is an alternative to this recurring dynamic, an escape from it. It is the *joy* that comes when we are thankful for what we have.

At one point, as the Call Committee was interviewing a pastoral candidate for our staff, the candidate said: “One of my spiritual practices is keeping a gratitude journal. Each day I write down three things I’m thankful for.” I love that idea! Isn’t it easy to forget the good

that we are permitted to do and to receive each day? When that happens, it’s nearly impossible to live in gratitude and to experience the joy that rises from gratitude.

The purpose of the holy day of Thanksgiving is to cultivate the spiritual practice of giving thanks – not only for the blessings of a single day, but for the blessings we’ve received over the past year. What joy there is in that! Indeed, I often think another practice flows from the joy of gratitude: it is the spiritual practice of generosity. Have you noticed that too? When you feel grateful, don’t you feel generous? And isn’t there great joy in that, too?

Blessings to you!
Pastor Andy Ballentine



Thanksgiving Worship

Gather to give thanks the evening before Thanksgiving, **Wednesday, November 27, 7:30 PM**. This informal worship service, with members of St. Martins Episcopal Church, will include Holy Communion and the sharing of thanksgivings.



It's Time to Celebrate with Godparents for Tanzania!

- ◆ On **Sunday, November 17**, we'll welcome **Pastor Dwayne Westermann** to St. Stephen – and celebrate the wonderful ministries of Godparents for Tanzania!
- ◆ We'll have a chance to hear about Pastor Westermann's recent visit to Tanzania, where he met with many of the college students who are supported with G4TZ scholarships. He also interviewed potential new students for the program, and took lots of wonderful photos of the younger students with their new solar lights!
- ◆ We'll celebrate our congregation's financial support for **Rogathe John "Roggy" Tippe**, who is studying for a Bachelor's degree in Wildlife Management, at Sokoine University in Tanzania! Pastor Westermann will preach at both services – and we can enjoy a visual presentation between services – don't miss it!

Diane Bean for Social Ministry



Pipe Peeps

Many thanks to all who contributed their time and talent to make our Reformation Sunday services so meaningful. I especially thank the choir for singing at both services, and **Dave and Amanda Dell** are a great blessing to our music ministry. It is especially rewarding for me to have so many come together as one, and share their faith through music. The glorious sound of voice, trumpet, and organ always inspires.

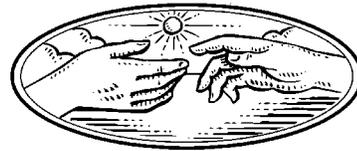
The end of another church year will soon be upon us with the Christ the King Sunday. The following Sunday we begin Advent. The rhythm of Liturgical celebration draws us in as new opportunities present themselves while we continue on our faith journey. We look forward to a few moments of respite with the Holden Evening Prayer which will be offered on Wednesdays in Advent.

I must say how pleased I am with all of the different

offerings of music we have experienced at our 8:30 AM service. What started as an experiment will now develop into a regular part of our worship experience, and I am hopeful that even more folks will step up and give their musical gifts to the Lord.

This November marks my sixth year of service here at St. Stephen, and I still count myself as blessed to share worship with you. I look forward to presenting another concert in early 2014, and I truly want you to know how much I appreciate the love and support I have found here. May we be blessed for many years to come!

Your Brother in Christ,
Michael Monaco



Grief Support Group Planned

Grief Support Group – Our Parish Nurse, **Marcie Clark**, will convene a Grief Support Group on **Tuesdays from 2:00-3:30 PM** beginning on **November 12** through the first of the year. For more information, contact Marcie at parish-nurse@saintstephenlutheran.net or 229-6688.



Preventing Falls

Each year, one in every three adults ages 65 or older falls, and two million are treated in emergency departments for fall-related injuries. The risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries can impact your health and independence. But falling isn't inevitable; there are actions you can take to reduce the risk.

To Reduce the Risk of falls

- Exercise regularly. Lack of exercise can lead to weak legs, and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.
- Be mindful of medications. Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.
- Have your eyes checked. Poor vision can make it harder to get around safely. Have your eyes

checked every year, and wear glasses or contact lenses with the right prescription strength to ensure you are seeing clearly.

- Eliminate hazards at home. About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.
- Work to fall-proof your home. Get rid of tripping hazards, add grab bars inside and outside the tub or shower and next to the toilet, add railings on both sides of stairways, and improve the lighting in your home.

Marcie Clark Parish Nurse

For more information: <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultf>



St. Stephen October Council Minutes

The Council met on October 8, 2013.

- ◆ President Egloff officially welcomed **Linda Laity Hite** as the new Council member to replace **Mary Williams** who resigned.
- ◆ Pastor reported on the work of the Call Committee. From the four candidates considered so far, the search has been narrowed to one at present, and that person will be interviewed on October 9. If the Committee recommends that candidate, the name will be submitted to Council for a second interview. After that, if there is consensus, then the candidate will meet with the congregation for its review and thoughts.
- ◆ Congregation member **George Vonderheide**, who is an architect, has graciously offered to oversee coordinating building maintenance projects. He has already begun addressing several items which the ad-hoc committee had previously noted needed attention.
- ◆ Council also discussed the possibility of having a Church Clean-Up Day.
- ◆ The Jamestown Road properties were again discussed.
- ◆ Council developed a list of potential names for inclusion on a Mission Possibilities Task Force. In addition to any mission use ideas developed, we will also have to consider if those uses are permitted by the City of Williamsburg, as well as the financial aspects involved.
- ◆ Reports were presented, and there was some discussion of budgets.
- ◆ LSA is off to a good start this year, with increased

numbers of participants.

- ◆ 18 congregation members participated in the CPR class arranged by the Parish Nurse.
- ◆ This winter our participation in staffing the homeless shelter will be expanded to two weeks.
- ◆ The “Songs For The Heart” music participation program is progressing well.

David F. Clark, Secretary



Endowment Fund Committee Flooded With Naming Ideas

Since last July, your Endowment Fund Committee has been writing to you about St. Stephen’s future and how you can help.

We have discussed regular giving versus deferred giving and operating budget versus long-term support. We have discussed the very generous level of support this congregation offers in so many ways versus an endowment that seems to go unrecognized.

And then we announced a contest -- an opportunity to name a new long-term commitment group made of individuals who have either given to the Endowment Fund or have included St. Stephen in their will. And today we are thrilled to announce we have received over 20 suggestions. Wow! This response is encouraging! Your committee will now review, discuss, research and select a winner that will be announced in the January Quill.

In the New Year, with this exciting launch, we will be reaching out and asking you to step forward and help secure St. Stephen’s future.

The Endowment Fund Committee thanks all of you for caring. We look forward to this new beginning.

Gary Krull
Jan MacQueston, Chair
Ingrid Brown Recording Secretary
Lou Rossiter, Financial Secretary
Gerri Bass



Community of Faith Mission

St. Stephen will partner with our neighbors at the United Methodist Church, sharing staffing and expenses for two weeks (November 17-24 and January 12-19). The Community of Faith Mission provides overnight shelter, dinner, lunch and breakfast during cold months (November through March) to homeless individuals and families in greater Williamsburg. This is an interfaith mission, comprised of 20 churches and our synagogue. We need your help! If you are able to

- help with check-in services 5:30 PM-9:00 PM
- help serve *dinner* 5:30 PM-9:00 PM
- *staff an overnight shift* 8:45 PM-1:45 AM or 1:45 AM-9:00 AM
- *serve breakfast and help with cleanup* from 5:30 AM-9:00 AM
- *help with checkout and cleanup* from 5:30 AM-9:00 AM
- *donate food and supplies* (see sheet in gathering area)
- *donate funds for food and additional supplies.*

Please pray for those in need, and for those providing assistance. To give your time for one or more of the above tasks contact **Jo Hanny (229-5080 or rbrt.hann@gmail.com)**.

The following items are needed for our mission:

- ◇ 7 lbs. of regular coffee (automatic drip)
- ◇ 10 lbs. of decaf coffee (automatic drip)
- ◇ 50 one-gallon size zip-lock bags with slide closing
- ◇ 200 individual sugar packets
- ◇ 200 individual creamer packets
- ◇ instant lemon iced tea mix
- ◇ 200 brown paper lunch bags
- ◇ Capri-Sun drinks (box of 10)
- ◇ White sport socks (men's and women's)
- ◇ Underwear – all sizes (men's and women's)

We can also use a few games, playing cards, coloring books, crayons and some magazines, i.e., *National Geographic, Reader's Digest, Oprah, People, Time*, etc.

Please put articles in the Community of Faith Mission box in the Gathering Space.



Flute Frenzy Concert

MUSIC Flute Frenzy's Fantasia Choir for college students and adults will present a concert of flute choir music (piccolo, C, alto and bass flutes) at **3:00 PM on Sunday, November 3 in our worship space**. The program will have an "Americana" theme, focusing on music from some of the many cultures which have built America, from Klezmer to Quaker, Joplin to Foster. In thanks for the hospitality of St. Stephen for their rehearsals, any offerings will support St. Stephen's weeks of serving the homeless in our community through the Community of Faith Mission.

FISH, INC.  *FISH in November*

November is St. Stephen's Month at FISH, the ecumenical food and clothing closet serving the poor in our community. Our ministry on the Tuesdays in November is sorting and sizing donated clothing items. Can you help for a morning (9:30 AM-noon) or for an afternoon (1:00-3:00 PM) on a Tuesday? Please sign up on the schedule posted in the display area of the Gathering Space. If you have questions, please call **Dianne Harris (229-7504)**.



My Journey With (and without) Stephen Ministry

Many of our messages to the congregation are about asking for help when you need it. Stephen Ministry is a mutual, consensual agreement for a confidential caring relationship. But still we find it hard to ask for help. I have written about my learning to ask for help when I am overworked (usually with Pastor's prodding). But even though I have allowed myself help, I was still "in control".

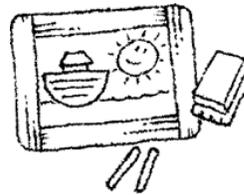
It was a lovely Saturday morning when Bill and I took a ride up to Ashland, a last outing until our motorcycle trip and long awaited vacation to the Blue Ridge Parkway the following week. One mistake later I was laying on the ground with my ankle pinned under the Harley. Long story and another spill and I was in a cast with a broken ankle. God had done it again—here I was humbled, dependent on others, out of *control*.

I called my neighbors to get me at Urgent Care, and accepted their help of getting my car home, carrying me in the house, getting me food and medicine. The people of the church helped, loaning me a wheelchair, bringing me food, taking me to appointments, church and yes, a two hour wait at the bank. My co-workers pitched in to get me to work. I saw it was difficult for them due to the heavy chair and sometimes the drain on their time. I became reluctant to ask my friends and neighbors for help. I was embarrassed. Being dependent on others to handle transportation and other personal care was depressing. But what about those who will not get out of that wheelchair?

Those who no longer can care for themselves (thinking of my mother). I would get well, I could bathe in a sink and dress myself and go to work. I felt there were others who needed help more than me. And I remembered a comment from someone who felt she needed Stephen Ministry—but felt there were others who needed help more than her. So I leaned back on God, trusted and asked for help when I needed it. Usually.

We all need help, emotional and physical. Why do we turn away when we need help the most? So it is up to us as caring followers of Jesus to recognize that need, to offer help, to recommend help that might be needed by another or available to them. Remember that Stephen Ministers are there to help others get through the emotional challenges, even those arising from physical limitations (temporary or otherwise). *"Encourage one another and build each other up, just as in fact you are doing."* 1 Thessalonians 5:11

Cindy Gibbs



Preschool News

November starts off with a field trip to Jamestown for the 4 and 5 year olds on **November 1**. They will tour the Indian village, go aboard the ships and visit the Fort.

On **November 4 and 5**, Lifetouch comes to take their pictures.

The Extended Day program will be visited by the Heritage Humane Society on **November 13**. We are collecting donations for the animals; the Humane Society says they are in need of canned and dried dog and cat food, dog treats, cat toys, clay cat litter, bleach and Dawn liquid soap. Any donations can be left at the Preschool. Thank you for your help!

The Preschoolers are busy preparing their Native American vests, headbands, necklaces and drums! They are also making Pilgrim Placemats for their Thanksgiving feast!

We give thanks for all our friends and family here at St. Stephen Lutheran Church and Preschool. The Preschool will be closed **Wednesday November 27 – Friday November 29** for the Thanksgiving Holiday. Happy Thanksgiving!

Lauren McQuain – Preschool Director

Address Changes

Nancy Canny - dncnnanc@cox.net



Ursula Murden

4509 Broadmeade Court
Williamsburg, VA 23185-2801



November Birthdays

- | | | |
|----|------------------|--------------|
| 4 | Art Dorsey | Erika Geier |
| | Soni York | |
| 7 | Joe Buschek | |
| 8 | Paul Black | |
| 10 | Helen Allen | Martin Bleck |
| | Bradley Cummings | |
| 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
Lucas York | Travis Meermans |
| 24 | Ruth Ennis
Karen Nester | Stephanie Leek |
| 25 | Benjamin Berry
Susan Voigt | Sara Moretz |
| 26 | Diana Krieger | |
| 27 | Don Nelson | |
| 29 | Ursula Recktenwald | |
| 30 | Bob Hanny | Matthew Sandridge |

Is your name missing? Is your date wrong? Please let us know immediately!

RevOctober 23, 2013



Dorothy Reeves

Martin and Margaret Bleck
Susan Britcher – Endowment Fund
Jack and Joyce Behlendorf
Joann Christiansen
Jane deSolms
Art and Anita Dorsey
Peter and Erika Geier
Jack and Dianne Harris
Arnie and Pat Janot
Paul and Rita Kristiansen
Heather Macdonald
Donna Panaro
Robert Pushaw, Jr.
Harlan and Anne Schone
Ernie and Fran Schwab – Theologian in Residence Fund
John and Bobbie Streeter



Prayers

Join your prayers for healing with God's desires for **Stacey Cummings, Cindy Gibbs, Gloria Happel, Glenn Joppa, Lana Olson and Dan Stimson. Pray for those who are caring for these loved ones.**

Pray for these who are physically unable to get to worship: Dick Batman, Elsa Englert, Ruth Ennis, Bernice Fahncke, Bob and Angie Groom, Elsie Hall, Willetta Heising, Jean Kuhn, Helen Lenox, Jo Schumacher, Jean Shivel, Rudy Stegmann, Barbara Weekes, Dot Wright and Lois Wysong

Pray God's peace and comfort to **Dick and Diane Reeves** and their family on the death of **Dorothy**; to **Pam Groman** and her family on the death of her father; and to **Harlan Schone** and his family on the death of his sister-in-law and to **Lester Weeks** and family on the death of **Barbara**.

Pray God's blessings upon **Christine and Jon Hallman, Rachel and Andrew Martin** and all parents who are awaiting the births of their babies.

Pray for these loved ones of our congregation: Nathalee Accomando, Rita Adams, Millie Andrews-Young, Juliann Balistreri, Lois Bomba, Mildred Bottoms, Bob Canny, Joanne Carlson, Michael Compton, Benjamin Collins, Rodger Coulter, Jeris DeKievit, Mary Dickens, Maxine Eittreim, Mary Egger, Nick Finley, Natalie Fulton, Mary Funkhouser, Lenora Godette, Bill and Nancy Gottschalk, Cheryl Griffin, Bernice Hammel, Eleanor Harms, Mary Clara Haury, Janis Hepburn, Carol Horton, Carl Kountze, Jr., Brittany Liberta, Mildred Lindblad, Susan Lyles, Bertha and Sheena McCabe, Allison McCool, Pat McCool, Laura McDonald, Helen Minnick, Laura Mraz, Mariah Murden, the Nasra family, Ryleigh Pate, Donald Peters, the Quintana family, George Rauchfuss, Lisa Rivolta, the Robinsky family, Betty and Bill Roth, Joyce Rumpf, Bryan Sanderson, Roland and Cheryl Scheiding, Bernadine Schlicht, Linda Smalarz, Nancy Spaniol, Evelyn Spear, Garrett Sullivan, Claudia Tucker, Bob VanRosendale, Annette Vosteen, Louise Walker, Wanda Watkins, Audrey Kay Watson, and Garrett Wood.

And prayers for the homeless:

For those sleeping under bridges, on park benches, in doorways or bus stations.

For those who can only find shelter for the night but must wander in the daytime.

For families broken because they could not afford to pay the rent.

For those who have no relatives or friends who can

take them in.

For those who have no place to keep possessions that remind them who they are.

For those who are afraid and hopeless...

For all these people, we pray that you will provide shelter, security and hope.

We pray for those of us with warm houses and comfortable beds

that we not be lulled into complacency and forgetfulness.

Jesus, help us to see your face in the eyes of every homeless person we meet

so that we may be empowered through word and deed,...

to bring justice and peace to those who are homeless. Amen.

Adapted from Pr. Joanna Stallings prayer for Daily Bread, Luther Memorial, Blacksburg – printed in The Virginia Lutheran.



Thrivent Plans Workshop on Social Security

- ◆ When – Sunday, November 10 from 2:00 to 4:00 PM
- ◆ Where – Our Saviours Lutheran Church
- ◆ What -- Understand ways to optimize benefits of social security and ways to achieve retirement goals.

A word of Thanks



Letters to our Members

FISH thanked us for our recent contribution. They were the receivers of our 25th Anniversary offerings.



Letters from our members

From Dick Reeves

Diane and I want to express our gratitude to the St. Stephen community of faith and support following Dorothy's sudden death and the grief that engulfed us. It was on a Monday evening when, in answer to our call, Pastor Ballentine rushed to be with us, to be sad with us, to gather us in prayer, in the hospital room where the silence was very loud and our hearts very broken.

On the days that followed as our family gathered, Andy helped us through decisions necessary in dealing with death and the creation of Saturday's memorial service.

Saturday was a blessing, a reverent intersection of celebration of life and pain of loss; family and church members, friends, colleagues, neighbors, sharing worship, sharing hope; music and word, bread and wine; later, in the reception line, telling of their own experiences and honoring Dorothy with their memories.

Dick Reeves

Congregational Officers:

<i>President</i>	Keith Egloff	229-7859
<i>Vice President</i>	Emily Rossiter	345-6206
<i>Secretary</i>	Dave Clark	603-6346
<i>Treasurer</i>	Paul Kristiansen	220-2709
<i>Financial Secretary</i>	Samantha Shearer	258-1337

Church Council:

Cathy Bingman	(515) 971-6915
Dave Clark	603-6346
Keith Egloff	229-7859
Bob Hanny	229-5080
Terry Hinders	221-0904
Linda Laity Hite	220-2776
Pat Janot	221-0289
Brad Leek	250-3473
Bob Radke	565-7993
Emily Rossiter	345-6206
Anders Timberg	741-2395
Stan York	345-0073

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<i>Dir. Music/Organist</i>	Michael Monaco	MusicDir@
<i>Parish Nurse</i>	Marcie Clark	ParishNurse@
<i>Dir. Of Preschool</i>	Lauren McQuain	258-3759

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



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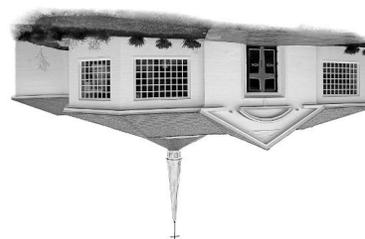
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Pam Buckley



God's work. Our hands.
Church in America
Evangelical Lutheran



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