



# The Quill

## THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

September 2014



### *Sabbath Time: Living in the Present*

Sabbath time is time in the present. To become conscious of the present moment, many people simply return to their breathing: paying attention to each breath; centering; coming to quiet.

Sabbath time is a joyous relief from stress. When you are enjoying sabbath time, you are not regretting something that has happened in the past, or anxious about what you need accomplish in the future. Sabbath time is time in the present. Breathing. Praying. Playing!

Sabbath time is time in the present with this consciousness: that all is gift! This day is gift. Indeed, each breath you are taking is a gift from God! And what do you do to play? Your ability to fix a bicycle, or to bring a garden to bloom, or to read – whatever your sabbath activities that bring you refreshment and rest – are gifts from God. During periods of sabbath time, you are conscious of that. Sabbath time is spent centered in God’s grace and love, recognizing the gifts from God that surround us! (Did you just hear that bird song?)

To use some words from Esther de Waal, sabbath time is an opportunity to settle down, to “recognize what is already there, already given, waiting to be seen, to be taken up, enjoyed....As I learn not to take for granted, to wonder anew, I find that a constant attitude of gratitude is life-giving.”

It was easy for me to rest in sabbath time during my recent sabbatical. It is hard to do now, back in the real world! But I do not grow in faith without engaging in

this practice of the faith. And so, as a disciple of the risen Christ, I return to the discipline day after day.

We gather together as a congregation to help each other practice this and all of our other counter-cultural responses to God’s grace and salvation. We gather to practice sabbath each Sunday morning –first thing, on the first day of a new week. We encourage each other to carve out moments for relaxing into sabbath time each day. Have you experienced how wonderful it feels, when we learn to resist our culture’s time sickness? How wonderful it feels to find ourselves becoming healthy through the practice of sabbath.

“As I learn not to take for granted, to wonder anew, I find that a constant attitude of gratitude is life-giving.”

Blessings to you on your journey of faith –

Pastor Andy Ballentine



### *Faith Formation for Adults this Fall*

**Do you know what’s in the Bible?** Is it a mystery to you? Have you read the Bible for years and years? Does it scare you away, because it seems so complicated?

**Pastors Ballentine and Griffin** are excited to lead conversation this fall in “How Lutherans Understand the Bible.”

- We will be meeting on **Monday evenings, 7:00 PM, beginning September 22** (in the Fellowship Hall) and on **Wednesday**

afternoons, 2:00 PM, beginning September 24 (at Panera Bread in Newtown). These gatherings will continue into November. How can we understand and interpret the Bible? What is in the Bible? How did the Bible come to be?

- For the first two Monday or Wednesday gatherings, we'll be using an essay in *Opening the Book of Faith*. If you would like us to order a copy for you (\$12.99) and/or if you would like a copy of the *Lutheran Study Bible* (\$20), please contact the church office (229-6688.)

### ***Another opportunity***

We have the opportunity to learn from Trinity Lutheran Seminary's Mark Allan Powell, one of the great Bible teachers of the church, along with other folks from the Virginia Synod.

On two Saturdays, **October 4 and November 8** at Grace Evangelical Lutheran in Waynesboro, Virginia, Dr. Powell will talk about "Biblical Authority in Matters of Faith and Conduct." Pastors Ballentine and Griffin will be going to these presentations, so let either pastor know if you'd like to join them. The registration deadline is September 15. Registration costs are \$87.50 if you have not participated in the Synod's "ACTS" program before, or \$175. We can offer scholarships from our Faith Formation budget; again, talk to either pastor if that would be helpful.



### ***Council News***

***Council did not meet in August – stay tuned for next month's news***



### ***Your Basic Keys to Better Health***

Your blood pressure is one of the best barometers of your overall health and one of the best predictors of your risk of illness. If left

untreated, high blood pressure can damage blood vessels and the organs they feed, including the heart, kidneys, eyes and brain.

If you've been diagnosed with hypertension, defined as blood pressure of 140/90 or higher, you have lots of company--more than 65 million adults in this country have the condition.

Age and family history can increase the risk of high blood pressure, but lifestyle is also a huge factor. My top 3 picks for managing hypertension are weight loss, exercise, and stress management, and any one complements the others.

**Weight Loss and Diet:** Did I hear a resounding sigh? And an easier said than done? Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general, men are at risk if their waist measurement is greater than 40 inches, and women are at risk if their waist measurement is greater than 35 inches. The health ministry office now has a scale.

Here are some suggestions:

- **Keep a food diary.** Writing down what you eat can shed light on your eating habits. Monitor what you eat, how much, when and why. In addition to calorie counting, keep track of your proteins, fats, and carbohydrates. There are many web sites and books on nutrition that can help with calculations, and I am available to help.
- **Be a smart shopper.** Make a shopping list and avoid picking up junk food. Read food labels and stick to your healthy-eating plan when you're dining, either at home or in a restaurant.
- **Reduce salt in your diet.** Avoid high-salt and processed foods, including potato chips, frozen dinners, bacon, ham, and processed lunch meats, which are high in sodium. Did I mention to read food labels?
- **Avoid saturated fats,** trans fats and cholesterol in foods, which can cause your blood cholesterol to rise and contribute to high blood pressure.
- **Track your drinking patterns.** Along with your food diary, keep an alcohol diary. Suggested guidelines are one drink a day for women of all ages and men older than age 65, and two drinks

a day for men age 65 and younger. One drink equals 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof liquor.

### **Weight Loss and Exercise:**

**Move it!** The key to managing hypertension is to get your blood vessels working well and your blood flowing the way it should; what gets that blood flowing better than exercise?

You can lose weight by walking just 30 minutes a day, and all you have to do is skip one TV show! Walking is one of the best exercises for losing weight — it's relatively easy to do (and easy on the joints), it's free, and you have to do it every day, anyway! To start walking for fitness, try to begin with a 20-minute walk each day. If you need motivation, try using a pedometer, put on your workout clothes, or find a walking partner. Committing to exercising for just 10 minutes can motivate you to continue.

### **Stress and Exercise**

We don't all stress out about the same things, but we all stress out about some things, and, when we do, our blood pressure often suffers.

**Breathe!** When we feel stressed or angry, we tend to hold our breath, which increases carbon dioxide levels in the blood. Studies have found that the extra carbon dioxide is associated with a higher risk of sodium-sensitive hypertension. Slow, deep breathing has many positive biological effects; it seems to work like exercise for the heart.

**Turn to Mother Nature.** Something got your blood boiling? Take a walk in the park, or sit on your back porch and gaze at the grass, trees and sky. Feel better? Of course you do. It's called the biophilia hypothesis, and it proposes that, having evolved in nature, we humans are programmed to relax in soothing, savannah-like settings. Our sympathetic nervous system powers down, our parasympathetic nervous system powers up, our heart rate slows, our muscles relax, our blood vessels dilate, and our blood pressure falls.

**Aerobic exercise,** such as running, swimming, biking and even brisk walking, is a good way to manage stress.

Exercise also helps you sleep, one of the body's natural medicines for stress, and a gentle walk or a slow bike ride will take your focus off your problems, opening your mind to more creative problem-solving.

Your physician and health care provider are your partners in health maintenance, so seek their guidance. Keep your annual/or semiannual appointments for check-ups and follow their recommendations. You can make a positive impact on improving your health. Lifestyle changes can help you control and prevent high blood pressure and other health problems.

**Marcie Clark, Parish Nurse**



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

In the July 17 devotional in "My Daily Bread" the author recalled teasing from her daughter about recently purchased sunglasses. She had to admit to herself that she bought them because they looked good, not even checking to see if they would function as "real" sunglasses. She observed that most of us like to look good – to appear that we "have it all together," as my husband would say of his mother's "No problems here" attitude as the world crumbled around her.

One of the fears of people who are facing lives full of heartache, temptation, or grief, is that people will discover that they were not the strong, devoted spiritual person they show on the outside. They are afraid people will view them as "less Christian" if they knew the doubt and the lack of spiritual strength they felt even when they prayed their hardest—or the fact that they could not pray at all due to the emotions of the moment. I've been there. I had to learn to reach out. A reminder, too, that all things discussed with a Stephen Minister are strictly confidential.

I have tried to share my brokenness in this column to show that most of us struggle with life and its trials. I have hoped that others in similar situations might become open to a caring relationship with a Stephen Minister. Stephen Ministers are often called "wounded healers" as we have learned empathy from our own life situations. Of course, a Stephen Minister won't burden you with his or her issues, as they are there for you. However, the deepening spiritual awareness brought by

the bond between two people can sometimes help both care giver and care receiver grow in their relationship with God.

The author of the article "Lookin' Good" encourages us to allow God to strip away any presence and "let us consider how we may spur on one another toward love and good deeds." (Hebrews 10:24.) Her closing remark underlines the community we share: **"Believers stand strong when they don't stand alone."**

Cindy Gibbs for Stephen Ministry

### *The Church Mouse Hears*

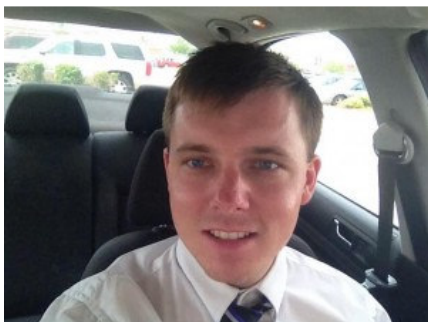


What a very colorful and heartfelt welcome took place when **Pastor Andy** came back to work Monday, August 11. As the sign on the door said, "Welcome home!"

Who knows where the finance and budget team with **George and Linda Vonderheide's** help found all this wonderful space for their needed work area? (Answer is at the end of the *Quill*.)



We surely enjoyed meeting our new choir director, **Marty Barstow** as he begins his years at St. Stephen.



## *Happy Birthdays in September*

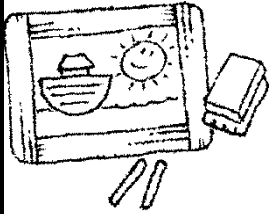
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|----|--------------------|-----------------|
| 1  | Arnie Janot        |                 |
| 2  | Brigitte Dietrich  | Anne Schone     |
| 3  | Zachary Meermans   |                 |
| 5  | Brian Berg         | Gordon Gabram   |
|    | P.J. McAteer       | Jim Ogborn      |
|    | Kyle Kuck          |                 |
| 6  | Stephanie Mounaud  | Jennifer Voigt  |
| 7  | Cricket Reubush    |                 |
| 8  | Joe Beene          |                 |
| 9  | Ailene Bartlett    |                 |
| 10 | David Allen        |                 |
| 11 | Ed Brown           |                 |
| 13 | Kendall Delehanty  | Nancy Scanlan   |
| 14 | Jonathan Hallman   | Jimmy Ogborn    |
| 16 | Billie Jo Purse    | Fran Schwab     |
|    | Brian VanRosendale | Stan York       |
| 17 | Ernie Schwab       | Mallory Spencer |
|    | Logan Timberg      |                 |
| 18 | Holly Walker       |                 |
| 19 | Michael Ogaard     | Daniel Owens    |
|    | Ladonna Wiederholt |                 |
| 20 | Charlene Smith     | Rushton White   |
| 21 | Madelyn Williams   |                 |
| 22 | Alyssa Martin      | Joe Philipoom   |
| 23 | Katie Harms        |                 |
| 24 | Molly Sandling     | Phyllis Spencer |
| 25 | Lauren Buschek     |                 |
| 26 | Sandy Croushore    | Megan Gulden    |
|    | Bob Harman         |                 |
| 28 | Dan Stimson        | Mia Timberg     |
|    | Hannah Wiers       | Allyssa Martin  |
| 29 | Stephanie Drake    | Thomas Drake    |
| 30 | Mark Hinders       |                 |

Is your name missing? Is your date wrong? Please let us know immediately!  
Rev. August 25, 2014



**Roggy Tippe will be visiting from Tanzania** for two weeks, **beginning September 8!** Our gifts, through Godparents for Tanzania, have made it possible for him to complete university with a degree in Wildlife Management, a highly sought-after skill in the Tanzanian economy. We want Roggy to know what it's

like to live in Williamsburg! Who wants to spend a day or part of a day) showing him "your world?" Sign on the green sheet! Pastor Ballentine will be in touch.



## September 2014 Preschool News

Welcome to returning students and our new Preschool students! Our summer camp in June was a huge success, as the children participated in Art Week, Space Week, Farm Week and Movin' and Groovin' Week.

School started with Orientation days on Thursday, August 28 and Friday August 29. The first day of school was September 2.

This year, the children will be exploring colors, shapes, and all the fall brings to us. We are making beautiful art work for the Occasion of the Arts the first weekend in October. Please come see the children's artwork on display!

We received a very generous grant from the Williamsburg Junior Women's Club. The monies were used to enhance our dramatic play area with new puppets and dress up clothes! A big "thank you" to the Juniors!

Thank you to all who participated in the Martin's A+ School Rewards Program! With your help we earned \$275 for our enrichment programs! Please check your account to verify that St. Stephen is your school assignment. The program begins September 1, 2014, for the upcoming school year.

Our Reading Room was painted this summer, too. It looks great! Thanks to **George Vonderheide** for getting a super painting team together!

## Dining With Friends

Join a group of St. Stephen friends for lunch **on Saturday, September 13 at 1:00 PM at Victoria's – 5269 John Tyler Highway – at the Crossing.**



*Join us for a meal out!*

**Karen and Thord Einarsen** are the hosts. Please sign up on the green sheet or call them at **(757) 564-8262**.

## Changes in Addresses



**Al and Diane Bean**  
4242 Heron Pointe Court  
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## Prayers



**Join your prayers for healing** with God's desires for **Kristin Bass, Bill Gibbs, Dan Hanley, Bobbie Harms, Gretchen Osborn, Emma Philipoom, Ursula Recktenwald, Regina Root, and Shana Wilkins.** *Pray for those giving care to these loved ones.*

**Pray for these who are physically unable to get to worship:** **Dick Batman, Art and Anita Dorsey, Bob and Angie Groom, Elsie Hall, Willetta Heising, Mary Jamerson, Jean Kuhn, Helen Lenox, "Pete" and Kathy Peterson, Jo Schumacher, Jean Shivel, Dot Wright and Lois Wysong.**

**God has blessed Sonja Landvogt** with 92 years of life this past month! We welcome **Sara Kathryn Martin who was baptized August 17.**

As **Sandy Peterkin** mourns the death of her mother, Dorothy Roger, pray for Sandy and her family for the sure and certain hope of the resurrection to eternal life through Jesus Christ.

**Pray for these loved ones of our congregation:** Nadine Adams, Rita Adams, Lorraine Barnes, the Baerman family, Bea Black, Lois Bomba, Carol Boyer, Joanne Carlson, Nancy Carlson, Liliana Carmargo, Rachel Clark, Ayrton Climo, Michael Compton, family of Michael Crescetello, Rosemarie Cristofolo, Sylvia Croushore, Judy Culler, Walter Degree, Mary Dickens, Kathryn Dieter, Dianne Drury, Debbie Effemey, Mary Egger, Maxine Eittreim, Betty Jo Elliott, Nick Finley, Natalie Fulton, Lori Galloway, Marilyn Gehr, the Girardi family, Bill Gottschalk, Eleanor Harms, Gail Hart, Terry Holland, Joan Holt, Carol Horton, Richard Johnson, Fran Kibler,

Sue Langston, Alice Laub, George Lair, Mildred Lindblad, Joe McCool, Brittney McQuage, Dianna Miller, Stanley Miller, Heidi Morris, Laura Mraz, Fred Muller, Barbara Mullins, the Nasra family, Mike Newberg, Mike Overdorf, Pollard Family, Emily Reubush, Connie Reifsnnyder, Lisa Rivolta, Edie Roberts, Jean Scherer, Bill Schilling, Elaine Schlicht, Wayne Shaw, Linda Smalarz, Emily Smith, Kevin Smith, Nancy Spaniol, Evelyn Spear, Deana Spencer, Roger Spencer, James Storm, Susan Stumpf, Lana Taylor, William Thies, Jr., Jean VanDuyse, Annette Vosteen, Denise West, Dwayne Westermann, Lee Westermann, Holly Wyatt, Kim Whittaker, and Gloria Williams.



### ***Thank you letters from the Congregation***

I am so grateful and thank you so much for your kind wishes, cards and prayers. They were a great comfort to me with my mother **Ruth Ennis'** passing. We are most happy to part of such a wonderful caring church family!

Sincerely,  
**Martha Ennis Reier**

#### ***Words from Sandy Peterkin***

So many cards - amazingly, no two alike!  
Words of comfort; words of love.  
Acts of kindness; acts of generosity.

Thank you so much for the love, kindness, generosity and comfort extended to me and my family after my mom's death.

I am so grateful to have been with mom in the last days of her life, as well as grieve with my sisters and tend to the necessary details after death. The women who supported me through the ministry of office work are amazing!

*The Spirit intercedes for us with sighs too deep for words (Romans 8:26b).* This was part of one of the readings the Sunday before I went to Buffalo. This passage kept repeating itself in my mind. It brought such comfort. I have seen the Spirit with me throughout the past month.

I accidently left a flower I had plucked from our arrangement at the graveside in Buffalo. When I returned to work – there was a beautiful arrangement awaiting me, containing similar flowers.

I smiled with each card we received – mom collected cancelled stamps (for Lutheran missions). How she would have enjoyed the stamps on the cards sent to comfort me.

But the Spirit's work with my mom was shared with me in her last days. Mom marked many passages in her Bible over the years -- passages that God used to speak to her as she read scripture. It was a joy and a blessing to pick up her Bible to read to her, because wherever I opened it, I could read words of comfort, hope and peace that mom herself had marked – and they were there for me, too. What a gift! I plan to make sure to have a pen or pencil handy during my daily reading of the Bible. I will make sure to mark the words through which I sense God is speaking to me. It will be wonderful to reflect upon as I re-read scripture and I know it will be a comfort to my children.

Once again – thank you for your kindness, comfort and love.

#### **Sandra Roger Peterkin and Family**



### ***"God's Work. Our Hands."***

We at St. Stephen use our hands to do God's work every day! On **September 7, between the services** we will celebrate the work we do to serve others in the community with a ministry fair and a breakfast.

- Those involved in these various ministries will be available to give you ideas of how to become involved in "God's Work. Our Hands" and to hear your ideas!
- Breakfast will be provided – examples of the breakfast food that we serve at the Community of Faith Mission. Wear your yellow t-shirts! Questions? Contact **Ina Berkey** (603-6643), **Linda Laity Hite** (220-2776 or tech71@cox.net), or **Sandy Peterkin** (229-6688)



**Jim "Doc" Anderson, Sr. and Pam**  
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*Welcome to our  
New Members!*



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**Joe and Joyce Beene**  
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[beene37@cox.net](mailto:beene37@cox.net)  
757 345-2424



**Rosa Parks**  
102 Bermuda Circle  
Williamsburg VA 23188



(Answer to the Mouse's question on page 4 – Treasurer **Paul Kristiansen** shown working in the conference room with our wonderful new work space [old closet] in the background)

**Congregational Officers:**

|                     |                          |          |
|---------------------|--------------------------|----------|
| President           | <b>Stan York</b>         | 345-0073 |
| Vice President      | <b>Emily Rossiter</b>    | 345-6206 |
| Secretary           | <b>Dave Clark</b>        | 603-6346 |
| Treasurer           | <b>Paul Kristiansen</b>  | 220-2709 |
| Financial Secretary | <b>Linda Vonderheide</b> | 645-4059 |

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 email: All email addresses are: \_\_\_\_\_@saintstephenlutheran.net



**Church Council:**

|                  |                |
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| 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       |
| Rob Radke        | 565-7993       |
| Emily Rossiter   | 345-6206       |
| Stan York        | 345-0073       |

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|                      |                            |              |
|----------------------|----------------------------|--------------|
| Pastor               | <b>Andy Ballentine</b>     | 229-6742     |
|                      | email                      | pastorab@    |
| Pastor               | <b>Cheryl Ann Griffin</b>  | 898-1323     |
|                      | email                      | pastorcg@    |
| Parish Administrator | <b>Sandy Peterkin</b>      | office@      |
| Dir. Music/Organist  | <b>Ina Berkey</b> (acting) | MusicDir@    |
| Parish Nurse         | <b>Marcie Clark</b>        | ParishNurse@ |
| Dir. Of Preschool    | <b>Lauren McQuain</b>      | 258-3759     |
|                      | email                      | preschool@   |

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

The Quill is published monthly by  
 St. Stephen Lutheran Church  
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 Williamsburg, VA 23185

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**Article deadline: Fifteenth of the month previous**

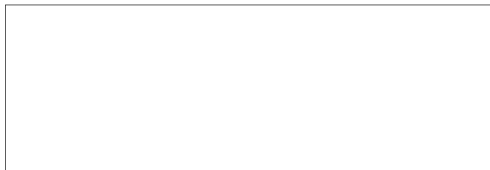
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*Pam Buckley*

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 God's work. Our hands.