



# The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

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Williamsburg, Virginia

September 2013

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## *A Community of Discernment*

Late on the afternoon of August 14, the Rev. Elizabeth Eaton was elected Presiding Bishop of the Evangelical Lutheran Church in America. It was an historic vote, obviously, because Bishop Eaton is the first woman elected to this office. It was a shocking outcome, because the current Presiding Bishop, Mark Hanson, was open for re-election.

The voting took place over two days during the ELCA Churchwide Assembly. (Voting members had been sent by all of the ELCA's 60 Synods.) The voting extended over five ballots. In the process of electing a Presiding Bishop or a Synod Bishop, the first ballot is the nominating ballot. Any ordained ELCA pastor is eligible to be named by voters. Those many names comprised the second ballot. Bishop Hanson was by far the largest vote-getter, and many names with one or few votes were deleted. But, on the third ballot, several others began garnering support, reducing Bishop Hanson's early vote total. It became riveting to watch. The final result was entirely unexpected – even to Bishop Eaton herself, who has been serving as Bishop of the ELCA's Northwest Ohio Synod.

I was watching the streaming video over the Internet and, at the same time, "talking" with other colleagues far and wide on a Facebook chat. What a lot there was to process! The Voting Members obviously felt it was time to change the leadership. But Bishop Hanson has served faithfully and well during two six-year terms over the past 12 tumultuous years. He is deeply loved. At the end of the process, there was great ex-

citement over the possibilities God has in mind with Bishop Eaton, and there was great pain in watching Bishop Hanson's face. After the election, Bishop Eaton came forward to offer a statement. It was full of grace and humility. Then Bishop Hanson was called to the podium.

His grace could only be called divinely-inspired. He was more articulate on the spur of the moment than I am when I've had plenty of time to prepare. Here's what he said that has been sticking with me: "Twelve years ago, when I was elected, I told the assembly that this was not an election won, but a call received." He talked of how God calls us to do the work God has for us to do, and then, when that work is done, God calls us to other work. What will that work be for Bishop Hanson? His term ends on October 31. These next weeks will be a time of deep discernment for him, in prayer, talking with others, listening for what God is calling him to do.

Years ago, Jean Kuhn gave me a bumper sticker that read: "WIGIAT?" Do you need a translation? "Where is God in all this?"

Perhaps that question is most critical when we endure shocking events: a job loss, a divorce, a death, or even deep tragedy and suffering. But the question is necessary when things have been going along too well for too long; when you're just "mailing it in." Where is God in all this? And what is the work that God calls me to do in response? What is God calling me to do now?

"Discernment" is a fancy word. It means: listening for the answer to those questions. You've gone through such periods of discernment, haven't you? Perhaps that's true for you at this time. Even when someone

is engaged in the same work for many years, s/he will become boring and burned out if s/he doesn't engage in discernment: is this still the work that God is calling me to do?

Discernment is a primary practice of the faith. One of our chief functions as a congregation is to be a community of discernment. In this community, you can invite one or a small number of folks into your discernment, sharing with them where you are, asking them to listen without offering quick opinions, listening together for what God is calling you to do. Sometimes this is a short process. Much more frequently, this takes a long time. It is all in God's time.

Blessings to you on your journey of faith.

**Pastor Andy Ballentine**



*"God's Work - Our Hands" Celebration on September 8*

The Committee organizing the celebration of "God's Work - Our Hands" honoring the 25th Anniversary of the ELCA has chosen FISH as our community project. We want to give back to others in need, what God has freely and lovingly given to us.

Our church picnic **Sunday, September 8** will conclude this celebration with a pot luck meal, prizes and gifts, and we ask you to include a gift for FISH. If you would rather contribute cash, that is acceptable as well. No matter the size of your gift, it's what is in your heart that will help some family. Following are the special needs our committee has chosen:

- Canned meats: Spam, canned tuna, chicken, turkey, beef stew and ham.
- peanut butter
- Children's trousers for church or school: jeans, or any trouser-type long pants. Sizes 7-12 boys or girls

The emergency needs for clothing and food through this organization have increased multiple times in the past few years and it is a struggle to serve those needs. No cost or salaries are ever involved and the

donations are all free. We hope you all agree this is a worthy cause to show "God's Work through Our Hands."

Committee:

**Ina Berkey, Dianne Harris, Susan Neidlinger**



*Pipe Peeps*

We were blessed with our Summer Music Ministry Program, and I am very grateful to all who gave of their time and talent. There were several participants for whom this was their first time offering their musical gifts, and I have received very positive feedback about our young people who participated as they begin their musical journey. We emphasize the fact that the music they play is an offering to the Lord, and we are the beneficiaries of that gift.

This year we are going to experiment with some new musical offerings at the 8:30 AM service. I have been sharing ideas with **Ina Berkey**, chair of the Worship and Music Committee, and we are going to see if we can expand the idea of the Summer Music and have it a few Sundays of the month at the early Service. We will also have some seasonal vocal offerings, and there are a few other ideas that we are working on. Please pray that the Spirit inspires us all.

We have had a very positive response from the 11:00 AM choir as they expand their repertoire, and the door is always open for new members. Remember that you do not have to audition, and we will give you all the assistance you need to feel comfortable singing with the group. One of the guiding principles of our choir is that we pray/sing with one voice, made out of many voices. There is great satisfaction in making a joyous noise for the Lord, and know that YOU are welcome!

Your Brother in Christ,

**Michael Monaco**



## ***Seven Benefits of Regular Physical Activity***

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Check out these seven ways exercise can improve your life.

### **1. Exercise controls weight**

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.

### **2. Exercise combats health conditions and diseases**

Worried about heart disease or high blood pressure? Being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides decreasing your risk of cardiovascular diseases. Regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, arthritis and falls.

### **3. Exercise improves mood**

Need an emotional lift? Or need to blow off steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that leave you feeling happier and more relaxed. You may also feel better about your appearance when you exercise regularly, which can boost your confidence and improve your self-esteem.

### **4. Exercise boosts energy**

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily activities.

### **5. Exercise promotes better sleep**

Struggling with sleep disturbances? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

### **6. Exercise puts the spark back into intimacy**

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life.

### **7. Exercise can be fun**

Exercise and physical activity can be a fun way to spend time with family or friends. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. So, take a dance class, join friends for golf, or hit the hiking or bike trails. Find a physical activity you enjoy, and just do it.

### **The bottom line on exercise**

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.

(Information adapted from Mayo Clinic Web Site)

Watch for additional information in the weekly church bulletins and/or contact

**Marcie Clark, Parish Nurse**



## ***Coming Soon from the Health Ministry. . . .***

**AED training** -- **Sunday, September 22** will be held between the services approximately **9:45-10:45 in the Gathering Space**. Cost is \$10.

**CPR training** -- **Saturday, October 5** will include certification from the American Heart Association and will be held from **9:30AM to 12:30 PM in the Fellowship Hall**. Cost is \$25.

Preregistration is necessary for either class. Talk to **Marcie Clark, Parish Nurse**



**There was no Council meeting in August. Look for the September minutes in our October Quill!**



### ***A New Adult Series for Sunday mornings!***

**Hans Tiefel**, professor emeritus of ethics at the College of William and Mary will meet with those interested on **Sunday mornings, beginning September 15, 10:00 AM in the College Room**. Hans' presentations as our 2013 Theologian in Residence provoked a great deal of discussion, and he'd like to continue that!

Under the topic, "God, Politics and Citizenship," areas of conversation will include *How to read the Bible and How to Think Ethics, Political uses of Religion/ Religious uses of Politics, and How is the Church to be a Community of Discernment and Public Policy Witness?*

This series is scheduled to go through **October 20**, but will continue into November as there is interest!



### ***The Endowment Fund Committee needs your "naming" help***

Over the last several months the Endowment Fund Committee (EFC) has brought you a series of articles explaining the importance of what a successful Endowment Fund Society could do for the future of St. Stephen Lutheran Church.

**Lou Rossiter** gave us an example from the First Lutheran Church in Norfolk. Parishioners who have included First Lutheran in their estate plans, through the Endowment Fund, became members of the Cornerstone Society.

The EFC is seeking a name for its new giving society and we need your help! We invite all St. Stephen Lutheran Church members to enter the committee's *naming contest*. The winner will be chosen by EFC members.

Please write down the name you feel will best fit the EFC's giving society, i.e. *The 1956 Society, Luther's Legacy*, along with your name, and place it in the EFC's mail box across the hall from the Church office.

All entries are due by **Friday, October 4 at 5:00 PM**. The winner will be treated to lunch by the EFC members (**Jan MacQueston, Gerri Bass, Ingrid Brown, Gary Krull and Lou Rossiter**) and become a charter member of this new giving society.



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

Joy. I have wanted to write about the joy of helping someone else. That's what we Stephen Ministers and other Jesus people do, right? As many Stephen Ministers will testify, we get more out of the time spent with our care receivers than they do. Sometimes. Often. But that is not why we do it—we are not supposed to be doing this to make ourselves feel good. And confidentiality—that means doing what we do without a lot of fanfare and self-congratulation. We are to be the person in the background, helping someone else to find joy.

As our new Stephen Ministers begin meeting with their care receivers, I remember my first caring relationship. You want me to meet with—WHO? Oh gosh, I am SO intimidated by her. Terrified, I made the appointment. I prepared like I was taking an exam. Something to read, something to quote if I need it, and I prayed and prayed I would not embarrass **Pastor Ballentine** or **Chuck Hilbinger** or **Rudy Stegmann** our Stephen Leaders I knew God had my

back but I was not too good speaking on His behalf. Oh, right, I'm supposed to listen. Luckily, my care receiver was willing to talk. And talk.

Every caring visit is not a triumph. It can take months of dialogue, listening, making appointments, finding the time for that other person in your thoughts and prayers before you feel—what? Sometimes you never feel it. The other person's pain is too private, too personal, for them to even meet with you. Perhaps God's plan is to give you experience with the relationships that don't give you joy every time.

We, too, must learn patience.

These thoughts are not very encouraging to those contemplating Stephen Ministry. But that time, that first time, that you are filled with grace, and light and that Spirit filled joy and somehow you know God has used you to make a difference—you are forever changed. Can you make a difference? Classes start in January. *"Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls."* 1 Peter 1:8-9

Cindy Gibbs



***Songs for the Heart***

Have you heard about our new Song initiative? The congregation will learn a new song each month, beginning in September. The song will be presented in some form at every worship service, and it will be taught to the Faith Formation classes. Your challenge is to have everyone in your household memorize each of the nine hymns (or at least the refrain) and claim a reward. Next May we will have a "Sing Off" and prizes for all those who have completed the memory work.

Be sure to keep your eyes open for the introduction of the program on **September 8**, the day of our 25<sup>th</sup> Anniversary and the kickoff for Faith Formation classes. *"I will put my law within them, and I will write it upon their hearts..."* Jeremiah 31:33a

**Ina Berkey** Worship and Music



***Welcome to new and returning  
William and Mary students!***

It is such a special time of year when our students brighten our congregation. Thank you to members preparing Sunday evening meals for them.



***Favorite Hymns***

Thank you for submitting your choices for favorite hymns this summer. Thirty five titles were submitted and we have sung those with the most votes. The top choice, *Praise to the Lord, the Almighty*, was sung on August 25.

**Ina Berkey**  
Worship and Music



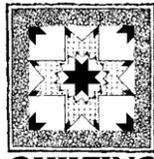
Join us for a meal out!

## Dining With Friends

Join us as we kick off our fall season on **Saturday, September 14 2013 at 1:00 PM** at the Holy Mackerel restaurant, which is located in the Olde Town Shopping Center on Longhill Road. Holy Mackerel is a relatively new restaurant, but one our group enjoyed great food at earlier this year. For reservations, **contact Jack or Dianne Harris (229 7504.)**

## Reminder and Invitation .

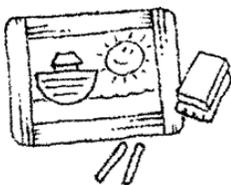
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**QUILTING**

Our quilting gatherings begin again on **Monday, September 16 at 1:00 PM**. There's a job for everyone interested in helping to assemble the quilts for use by our friends around the world. Join us for pleasant conversation and a feeling of accomplishment.

**Ginny Hilbinger**



## Preschool News!

It is "Back-to-School" time! We hope you all had a great summer!

The staff is excited to be back at St. Stephen Preschool! We have been very busy preparing for another wonderful year! The Preschool got a "facelift" this summer thanks to painters: **David Clark, Keith Egloff, Kelly Kirkpatrick, Lauren McQuain, Jim Ogborn, and Susan Ruane**. The "crew" painted the Frog Room, Art Room, bathrooms and the big room.

Please join us in welcoming **Mrs. Christine Hanlon** to our staff. She is our new Bunny Teacher for the 3-day 3 year olds. Her daughters, Abigail and Madelyn, are graduates of St. Stephen Preschool.

Our students are already busy making new friends, learning shapes, colors, numbers, and letters! They are having so much fun with all the new toys! Get ready to see lots of beautiful art work around the school. The children are creating works of art to be displayed at school and the Occasion for the Arts, held October 5 and 6 in Merchants Square. Please come out and see their "Masterpieces!"

Are you interested in sharing your time and talents for our children? If so, please call **Lauren McQuain at 229-6688**. We would love to have you come to our Extended Day program and enrich the lives of our students!



## New Addresses and Numbers

**Shirley Basley**  
757-250-3316

**Julia Mahony**  
3082 Ironbound Road  
Williamsburg VA 23185-2390

**John Moravetz**  
3320 Chelsea Landing,  
Williamsburg, VA 23188  
757-564-9526

**Katy Peterkin**  
134 Chesdale Court  
Williamsburg VA 23188  
757-879-1910  
[kathrynpeterkin@gmail.com](mailto:kathrynpeterkin@gmail.com)

## September Birthdays



- |   |                   |               |
|---|-------------------|---------------|
| 1 | Arnie Janot       |               |
| 2 | Brigitte Dietrich | Anne Schone   |
| 3 | Zachary Meermans  |               |
| 5 | Brian Bergh       | Gordon Gabram |
|   | P.J. McAteer      | Jim Ogborn    |
|   | Kyle Kuck         |               |

- |    |                    |                 |
|----|--------------------|-----------------|
| 6  | Stephanie Mounaud  | Jennifer Voigt  |
| 7  | Cricket Reubush    |                 |
| 9  | Ailene Bartlett    |                 |
| 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     | Russ White      |
| 21 | Madelyn Williams   |                 |
| 22 | Alyssa Martin      |                 |
| 23 | Katie Harms        |                 |
| 24 | Molly Sandling     | Phyllis Spencer |
| 25 | Lauren Buschek     |                 |
| 26 | Sandy Croushore    | Bob Harman      |
| 28 | Dan Stimson        | Mia Timberg     |
|    | Hannah Wiers       |                 |
| 29 | Stephanie Drake    | Thomas Drake    |
| 30 | Mark Hinders       |                 |

Is your name missing? Is your date wrong? Please let us know immediately! Rev. August 20, 2013



**Join your prayers for healing** with God's desires for **John Allen, Gloria Happel, Glenn Joppa, Carole Meyer, Lana Olson, Dick Reeves, Dorothy Reeves, Rudy Stegmann, Dan Stimson, Ruby Umberger, Ladonna Wiederholt**

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

**Pray God's blessings upon**

**Bishop Elizabeth Eaton**, newly elected Presiding Bishop of the Evangelical Lutheran Church in America. We give thanks for the faithful service of **Presiding Bishop Mark Hanson**  
**Our College students** and their families, faculty and staff as a new academic year begins.  
**Christians suffering persecution** in Israel, Palestine, Egypt and Iraq.

**Our Stephen Ministry Care Givers and Care Recipients.**

**Lorielle Mallue** and **Susan Austin** on their recent marriage in Queensbury, New York.

**Pray for these loved ones of our congregation:** Nathalee Accomando, Nadine Adams, Rita Adams, Jan Altman, Craig Anderson, Millie Andrews-Young, Margaret Blume, Lois Bomba, Becky Boyer, Joshua and Emmi Brown, Dee Butler, Bob Canny, Joanne Carlson, Donna Cherel, Jimmy Clark, Ralph Clark, Benjamin Collins, Michael Compton, Rodger Coulter, Jeris DeKievit, Dave DeSimone, Debbie Effeney, Nick Finley, Betty Fresh, Natalie Fulton, Mary Funkhouser, Lori Galloway, Bill Garcia, Wilbert Godette, Lenora Godette, Bill Gottschalk, Nancy Gottschalk, Cheryl Griffin, Eleanor Harms, Janis Hepburn, Carol Horton, Jaxon Ireland, Barbara King, Jack Klein, Edith Kress, Ruth Lauderbach, Audrey Leek, Mildred Lindblad, Nancy Luckin, Helen Mallen, Lori Marino, Bertha McCabe, Sheena McCabe, Laura McDonald, Kristin McGraw, Laura Mraz, Judy Murden, the Nasra family, Patty O'Neill, Ryleigh Pate, Lee Peters, Ray Petro, Lisa Rivolta, Dorothy Roger, Don Romig, Betty and Bill Roth, Bob and Joyce Rumpf, Roland Scheiding, Cheryl Scheiding, Jean Scherer, Bernadine Schlicht, Betty Schone, Linda Smalarz, Emily Smith, Nancy Spaniol, Evelyn Spear, Betty Carol Sutton, Mary Lou Waldron, Wanda Watkins, Audrey Kay Watson, Jim Wood, Lynda Wright, Anna Zabdyr

Al Kuhn



Schone

Harlan and Anne



***Letters to our Congregation***

Virginia Synod's Lutheran Partners in Mission thanked us for our contribution to the United Lutheran Appeal. Our congregation contributed \$3,706 to the eight appeal organizations. FISH thanked us for our recent contribution. Williamsburg Area Faith in Action thanked us for our donation of \$1000 and for our

ongoing support. Avalon thanked us for our contribution of \$200 in July.

## ***Our Gathering Space Is A Very Happy Place!***

### ***Letters from our Members***



My Dear St. Stephen Family,

Thanks so much for all the wonderfully cheery cards and special notes from so many of you since my recent spine surgery at Duke University. You have no idea how much they brightened my days and helped my healing, as well as those delicious meals! While they helped nourish my body, your kindness nourished my spirit. This has been a long recovery but I know it will be successful if I can only be patient! I am quite anxious to return to my church family and attend services again as I miss you all so much!

Until then, God's Blessings to all of you,  
**Carole Meyer**



***Remember to wear your celebration  
tee shirts on September 8!***



**Saturday, 19 October 2013**  
Live & Silent Auction • Wine Tasting • Biergarten



**Congregational Officers:**

President	<b>Keith Egloff</b>	229-7859
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>Samantha Shearer</b>	258-1337

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

**Church Staff:**

Pastor	<b>Andy Ballentine</b>	229-6742
	email	pastor@
Parish Administrator	<b>Sandy Peterkin</b>	office@
Dir. Music/Organist	<b>Michael Monaco</b>	MusicDir@
Parish Nurse	<b>Marcie Clark</b>	ParishNurse@
Dir. Of Preschool	<b>Lauren McQuain</b>	258-3759

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



**Church Council:**

Cathy Bingman	(515) 971-6915
Dave Clark	603-6346
Keith Egloff	229-7859
Bob Hanny	229-5080
Terry Hinders	221-0904
Pat Janot	221-0289
Brad Leek	250-3473
Bob Radke	565-7993
Emily Rossiter	345-6206
Anders Timberg	741-2395
Mary Williams	646-2606
Stan York	345-0073

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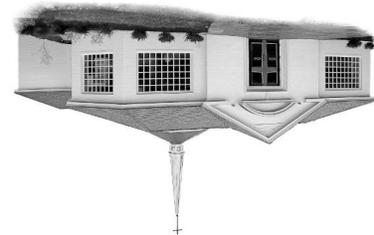
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**Mailing:**

*Pam Buckley*



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



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