



St. Stephen Lutheran Church

One of 13,000 Stephen Ministry Congregations Around the World



Fifth Sunday in Lent
March 26, 2023

For Your Prayers –March 27-April 2, 2023

The readings are chosen so that the days leading up to Sunday (Thursday-Saturday) prepare for Sunday's readings while the days flowing out of Sunday (Monday-Wednesday) reflect back upon the Sunday readings. The complete Daily Lectionary readings can be found on page 1121 in the back of the ELW.

Lectionary readings for this week:

Monday: Psalm 143; Acts 20:7-12; 1 Kings 17:17-24

Tuesday: Psalm 143; Ephesians 2:1-10; 2 Kings 4:18-37

Wednesday: Psalm 143; Jeremiah 32:1-9,36-41; Matthew 22:23-33

Thursday: Psalm 31:9-16; 1 Samuel 16:11-13; Philippians 1:1-11

Friday: Psalm 31:9-16; Job 13:13-19; Philippians 1:21-30

Saturday: Psalm 31:9-16; Lamentations 3:55-66; Mark 10:32-34

Sunday: Matthew 21:1-11; Isaiah 50:4-9a; Psalm 31:9-16 (5); Philippians 2:5-11 ;
Matthew 26:14-27

Join your prayers for healing : George Bass, Joe Beene, Ed Brown, Kristin Carter, Karen Einarsen, Sharon Jacobs, Marilyn Johnson, Evelyn Kernan, Jim Mayfield, and Linda Reuben.

Pray for those unable to come to worship: Joyce Behlendorf, Martin Bleck, Ed Brown, Birdie Burton, York Doerr, Bob and Angie Groom, Edith Haecker, Pat Janot, Jeanne Nelson, Joanne Shue, Darlene Simon, and Kay Wasaff.

Pray for these loved ones of our congregation: Phil Arnold, David & Roberta Barbour, Rose Baumgarten, Megan Beese, Sally Blackburn, Mary Bloom, Rev. Donald Blume, John Butler, Ken Casilhas, Jerry & Elijah Connor, Jerris & Tony DeKievit, Yvonne Destout, Judy Drezek, Paul Dwiggin, Derald Edwards, Joan Fecondo, Gloria Flamm, Dan Flatin, Kay Flatin, Betty Frazee, Bob and Lois Friend, Joan & Frank Goodhart, Andrea Gonzalez, Mark Gulesian, Deanna Harbison, Rex Harder, Andy Havola, Frank Hayes, Char Henry, Nicole Ingle, Crystal Isaac, Sue Ivey, Nate Jacklin, Rev. Richard Johnson, Sandy Kellogg, The Kennedy family, John Knestrick, Richard Kochanski, Rebecca Krueger, Margaret Lewis, Jackie Locke, Ron Luchetti, Isabelle Lutzle, Keith Margrey, Doug Mayes, Detra Michaels, Lynn Nestrack, Gina Peterson, Edith Roberts, Betty Roth, Shann Rufer, Paul Sampson, Inge Seiter, David Shoberg, Patricia Simpson, Kelsey Slay, Mike Slyer, Brant Smith, Vasili Soultoukis, Jerry and Evelyn Spear, Chad Strausbaugh, Dustin Sullivan, Kelly Theilen, Charley Underdahl, Carolyn Williams, Travis Wilson, Caleb Winig, Brody Wood, Teresa, and Robert Yazujian, Abby Zwerner and the people of Syria, Turkey and Ukraine.

Fifth Sunday in Lent

I. Gathering: *The Holy Spirit calls us together as the people of God*

Welcome

Centering Music

What Wondrous Love Is This

Arr. Sylvia Oines

Call to Worship

Calling all travelers, pilgrims, and wanderers—**We come to drink from the fountain of blessing.**

Gather, you siblings of God's family and servants of Christ. **We come to rest by the fountain of blessing.**

Living water is available for all who are thirsty. **We come to be restored at the fountain of blessing.**

Christ is the spring of everlasting life. **We come to be healed by the fountain of blessing.**

Confession and Forgiveness

Let us confess our sins of action and inaction together:

Creator God, you gave us vast stretches of open oceans.

Forgive us for polluting and overfishing them.

You gave us rivers that replenish our soil and sustain our wildlife.

Forgive us for contaminating them.

You gave us the wisdom and knowledge to purify our household water.

Forgive us for wasting it.

Forgive us for bottling it.

Forgive us for allowing some to go without it.

You gave us enough clean water for all people.

Forgive us for hoarding it.

You gave us areas of abundant rain and grassy lands.

Forgive us for trying to recreate those places in the desert.

You gave us massive ice caps that keep our planet healthy.

Forgive us for melting them.

You gave us rain to saturate the land in cycles and seasons.

Forgive us for paving over the soil and rejecting your gift.

You gave us Jesus, living water and God-with-us.

Forgive us for living in a scarcity mindset, instead of resting upon his abundant and everlasting love for us.

We ask these things on behalf of ourselves, our communities, our leaders, and our world. Amen.

The God who created the waters of baptism is faithful to cleanse our hearts and spirits when we confess our sins. Begin again, knowing there is healing and restoration to be found in the living water of Jesus. **Amen.**

Gathering Hymn *What Wondrous Love Is This*

ELW 666
Bulletin pages 14

Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

Kyrie

Ky - ri - e e - lei - son. Lord, have mer - cy.
Chris - te e - lei - son. Christ, have mer - cy.
Ky - ri - e e - lei - son. Lord, have mer - cy.

Prayer of the Day

Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us the power of your Spirit, that we may be raised to new life in Christ and serve you in righteousness all our days, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

II. Word: *God speaks to us in scripture reading, preaching, and song*

First Reading

Ezekiel 37:1-14

¹The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. ²He led me all around them; there were very many lying in the valley, and they were very dry. ³He said to me, “Mortal, can these bones live?” I answered, “O Lord GOD, you know.” ⁴Then he said to me, “Prophecy to these bones, and say to them: O dry bones, hear the word of the LORD. ⁵Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. ⁶I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and

you shall live; and you shall know that I am the LORD.”

⁷So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. ⁸I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. ⁹Then he said to me, “Prophesy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord GOD: Come from the four winds, O breath, and breathe upon these slain, that they may live.” ¹⁰I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

¹¹Then he said to me, “Mortal, these bones are the whole house of Israel. They say, ‘Our bones are dried up, and our hope is lost; we are cut off completely.’ ¹²Therefore prophesy, and say to them, Thus says the Lord GOD: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. ¹³And you shall know that I am the LORD, when I open your graves, and bring you up from your graves, O my people. ¹⁴I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act, says the LORD.”

Reader: “The Word of the Lord.” Response: “Thanks be to God.”

Psalm Anthem

With the Lord There is Mercy

Steven R Janco

Second Reading

Romans 8:6-11

⁶To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law—indeed it cannot, ⁸and those who are in the flesh cannot please God. ⁹But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader: “The Word of the Lord.” Response: “Thanks be to God.”

Lenten Acclamation



Noth-ing in all cre - a - tion can sep - a - rate us from the love of God.



Noth-ing in all cre - a - tion can sep - a - rate us from the love of God.

Gospel

John 11:1-45

Response after announcement of the Gospel: “Glory to you, O Lord.”

¹Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. ²Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. ³So the sisters sent a message to Jesus, “Lord, he whom you love is ill.” ⁴But when Jesus heard it, he said, “This illness does not lead to death; rather it is for God’s glory, so that the Son of God may be glorified through it.” ⁵Accordingly, though Jesus loved Martha and her sister and Lazarus, ⁶after having heard that Lazarus was ill, he stayed two days longer in the place where he was. ⁷Then after this he said to the disciples, “Let us go to Judea again.” ⁸The disciples said to him, “Rabbi, the Jews were just now trying to stone you, and are you going there again?” ⁹Jesus answered, “Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. ¹⁰But those who walk at night stumble, because the light is not in them.” ¹¹After saying this, he told them, “Our friend Lazarus has fallen asleep, but I am going there to awaken him.” ¹²The disciples said to him, “Lord, if he has fallen asleep, he will be all right.” ¹³Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. ¹⁴Then Jesus told them plainly, “Lazarus is dead. ¹⁵For your sake I am glad I was not there, so that you may believe. But let us go to him.” ¹⁶Thomas, who was called the Twin, said to his fellow disciples, “Let us also go, that we may die with him.” ¹⁷When Jesus arrived, he found that Lazarus had already been in the tomb four days. ¹⁸Now Bethany was near Jerusalem, some two miles away, ¹⁹and many of the Jews had come to Martha and Mary to console them about their brother. ²⁰When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. ²¹Martha said to Jesus, “Lord, if you had been here, my brother would not have died. ²²But even now I know that God will give you whatever you ask of him.” ²³Jesus said to her, “Your brother will rise again.” ²⁴Martha said to him, “I know that he will rise again in the resurrection on the last day.” ²⁵Jesus said to her, “I am the resurrection and the life. Those who believe in me, even though they die, will live, ²⁶and everyone who lives

and believes in me will never die. Do you believe this?”²⁷ She said to him, “Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.”²⁸ When she had said this, she went back and called her sister Mary, and told her privately, “The Teacher is here and is calling for you.”²⁹ And when she heard it, she got up quickly and went to him.³⁰ Now Jesus had not yet come to the village, but was still at the place where Martha had met him.³¹ The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there.³² When Mary came where Jesus was and saw him, she knelt at his feet and said to him, “Lord, if you had been here, my brother would not have died.”³³ When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved.³⁴ He said, “Where have you laid him?” They said to him, “Lord, come and see.”³⁵ Jesus began to weep.³⁶ So the Jews said, “See how he loved him!”³⁷ But some of them said, “Could not he who opened the eyes of the blind man have kept this man from dying?”³⁸ Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it.³⁹ Jesus said, “Take away the stone.” Martha, the sister of the dead man, said to him, “Lord, already there is a stench because he has been dead four days.”⁴⁰ Jesus said to her, “Did I not tell you that if you believed, you would see the glory of God?”⁴¹ So they took away the stone. And Jesus looked upward and said, “Father, I thank you for having heard me.⁴² I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.”⁴³ When he had said this, he cried with a loud voice, “Lazarus, come out!”⁴⁴ The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, “Unbind him, and let him go.”⁴⁵ Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

Response at the conclusion of the Gospel: “Praise to you, O Christ.”

Sermon

Rev. Dr. Mary Anderson

The Hymn of the Day will be announced in a few moments. First, please take time during the silence: What are your prayers in response to the sermon?

Hymn of the Day *Jesus Is a Rock in a Weary Land*

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Prayers

Each petition concludes, “Merciful God.” Response: “Receive our prayer.”

III. Meal: God feeds us with the presence of Jesus Christ

Offering

Offerings are gathered for the mission of the church: preaching and teaching the good news of our salvation through the death and resurrection of Christ, and caring for the poor. During the offering, the table is set for the Lord's Supper.

Offering of Music

Dem Bones
(Women's Choir)

Audrey Snyder



Offertory Hymn

Come to the Table

Come to the ta - ble of mer - cy, pre - pared with the wine and the bread.

All who are hun - gry and thirst - y, come, and your souls will be fed.

Come at the Lord's in - vi - ta - tion; re - ceive from his nail - scarred hand.

Eat of the bread of sal - va - tion; drink of the blood of the Lamb.

Offertory Prayer

God of good gifts,
receive these and all our offerings
as we present them in faithful service
for the sake of your gospel.
Prepare our hearts to receive you in this meal
as you pour out your very presence
through Christ Jesus, the wellspring of eternal life.

Amen.

The Great Thanksgiving

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise....we praise your name and join their unending hymn:

Holy, Holy, Holy

Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
God of might, heav - en and earth are full of your
glo - ry. Ho - san - na in the high - est.
Bless - ed is the one who comes in the name of the
Lord. Ho - san - na, ho - san - na in the high - est.
Ho - san - na, ho - san - na in the high - est.

Words of Institution



The Lord's Prayer
Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

Holy Communion

When receiving Communion, either stand or kneel at the Rail. Pastor will distribute the bread and a Communion Assistant will come with a tray of pre-filled cups of wine and grape juice. The juice will be in the middle of the tray. Gluten-free wafers are available as an alternative to bread. St. Stephen is a congregation of the Evangelical Lutheran Church in America, so all are welcome to receive Christ's body and blood in the Lord's Supper.



O Lamb of God



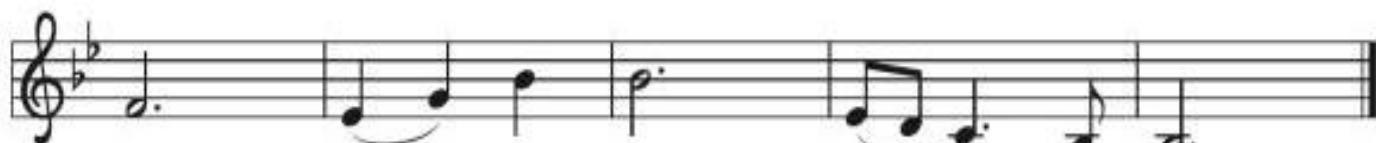
Lamb of God, you take a-way the sin of the world; have mer-cy on



us. Lamb of God, you take a-way the sin of the world; have



mer-cy on us. Lamb of God, you take a-way the sin of the



world; grant us peace, grant us peace.

Communion Hymn

I am the Bread of Life

ELW 485

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Table Blessing

Prayer after Communion

IV. Sending: *God blesses us and sends us in mission to the world*

Sending Hymn

You Are the Way

ELW 758

Bulletin page 18

Blessing of Period Packs

Blessing
God, the giver of love,
✠ Christ, the resurrection and the life,
and the Holy Spirit of rebirth
bless you in this Lenten journey.
Amen.

Dismissal
Go in Peace. Serve in Love.
Thanks be to God.

Postlude *You Are the Way* Arr. Stephen Gabrielsen

Please exit the worship space quietly so that others may enjoy the postlude

Postlude Notes: Stephen Gabrielsen (died 2013) was a graduate of Augsburg College, now Augsburg University, where he also taught 47 years as a professor of music. He received his doctorate of music performance in classical organ in 1994 from the University of Minnesota. Gabe, as he was known to students, staff, and faculty, served as College organist playing in daily chapel and for 28 Advent Vesper Services. He also was the accompanist for "Exultate," a Minnesota-based professional choir.



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Jesus is a rock in a weary land; Contributors: Traditional, Kyle Johnson

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Dem Bones; Words and Music – Contributors: African-American spiritual, African-American spiritual, Audrey Snyder
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(you are the way)Dundee; Contributors: Stephen Gabrielsen
Tune: Setting © 1993 Augsburg Fortress

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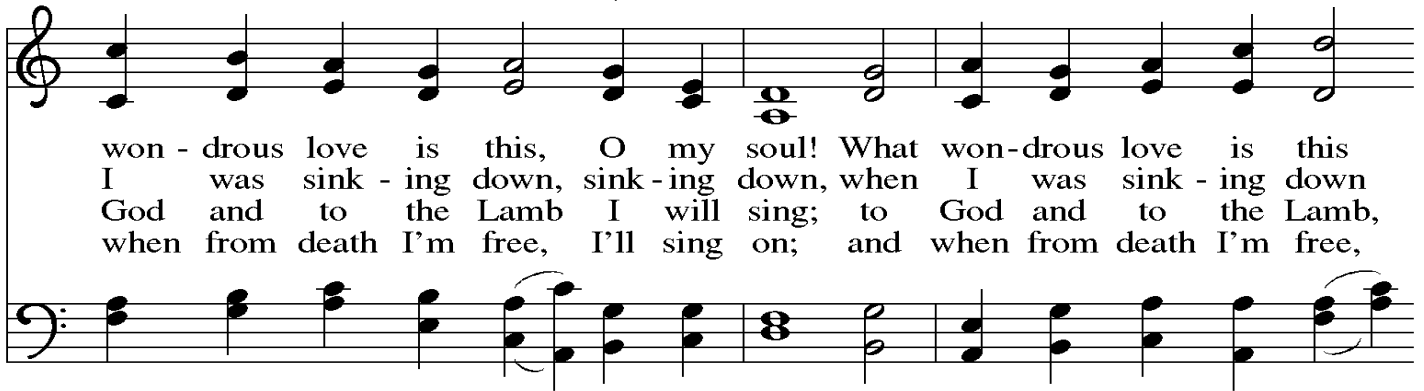
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What Wondrous Love Is This



1 What won-drous love is this, O my soul, O my soul! What
 2 When I was sink - ing down, sink - ing down, sink - ing down, when
 3 To God and to the Lamb I will sing, I will sing; to
 4 And when from death I'm free, I'll sing on, I'll sing on; and



won - drous love is this, O my soul! What won-drous love is this
 I was sink - ing down, sink - ing down, when I was sink - ing down
 God and to the Lamb I will sing; to God and to the Lamb,
 when from death I'm free, I'll sing on; and when from death I'm free,



that caused the Lord of bliss to bear the dread-ful curse for my
 be - neath God's righ-teous frown, Christ laid a - side his crown for my
 who is the great I AM, while mil - lions join the theme, I will
 I'll sing God's love for me, and through e - ter - ni - ty I'll sing



soul, for my soul, to bear the dread-ful curse for my soul?
 soul, for my soul, Christ laid a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme, I will sing.
 on, I'll sing on; and through e - ter - ni - ty I'll sing on.

Text: North American folk hymn, 19th cent., alt.

Music: WONDROUS LOVE, W. Walker, *Southern Harmony*, 1835; arr. Paul J. Christiansen, 1914-1997, alt.

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Jesus Is a Rock in a Weary Land

Refrain - All

Je - sus is a rock in a wea - ry land, a wea - ry land, a
wea - ry land; my Je - sus is a rock in a
wea - ry land, a shel - ter in the time of storm.

Leader or All

1 No one can do like Je - sus, not a
2 When Je - sus was on earth, the . .
3 Yon - der comes my Sav - ior, him . .

mum - bling word he said; he went walk - ing down to Laz -
flesh was ver - y weak; . . he took a towel and gird -
whom I love so well; . . he has the palm of vic -

Refrain

- a - rus' grave, and he raised him from the dead.
ed him - self and he washed his dis - ci - ples' feet.
- to - ry and the keys of death and hell.

Text: African American spiritual
Music: WEARY LAND, African American spiritual

I Am the Bread of Life

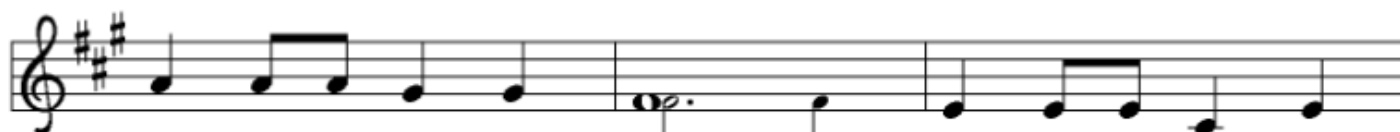
Leader or All



1 "I am the Bread of life. You who
 2 "The bread that . . . I will give is my
 3 "Un - less you eat of the
 4 "I am the res - ur - rec - tion,
 5 Yes, Lord, I be - lieve that . . .



come to me shall not hun - ger, and who be -
 flesh for the life of the world, and if you
 flesh of the Son of Man and
 I am the life. If you be -
 you are the Christ, the



lieve in me shall not thirst. No one can come to
 eat of this bread, you shall . . live for -
 drink of his blood, and drink of his
 lieve in me, e - ven . . though you
 Son of God, who have



me un - less the Fa - ther beck - ons."
 ev - er, you shall live for - ev - er."
 blood, you shall not have life with - in you."
 die, you shall live for - ev - er."
 come in - to the world.

Refrain
All

“And I will raise you up, and I will raise you up,

and I will raise you up on the last day.”

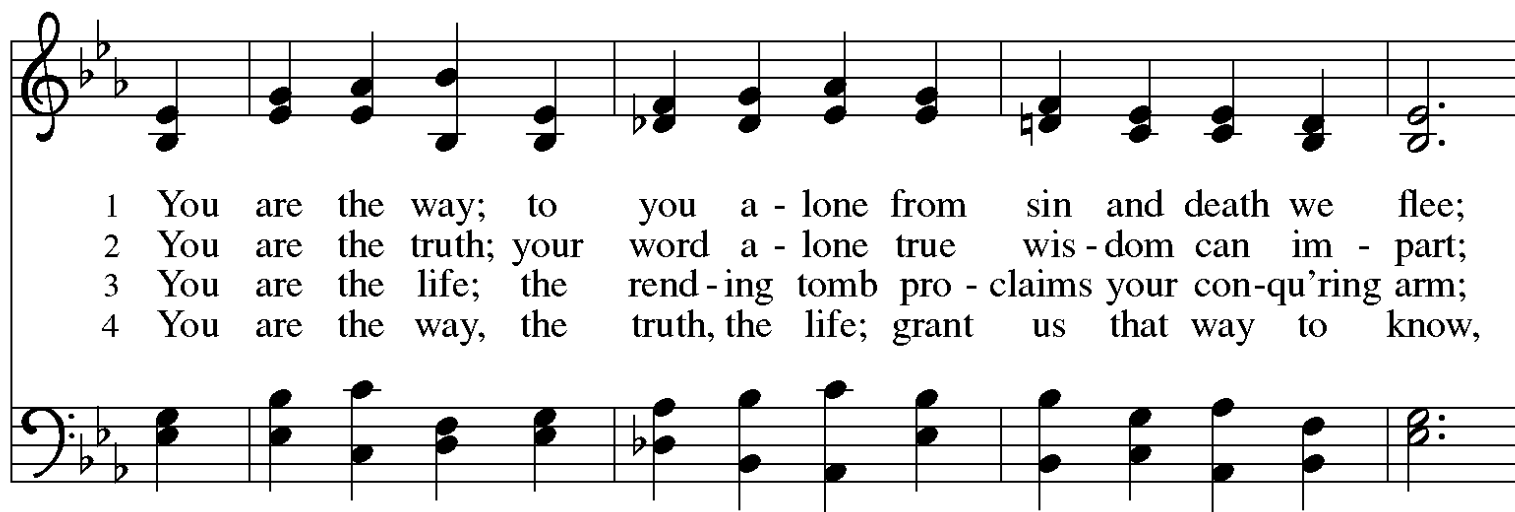
Text: Suzanne Toolan, RSM, b. 1927, based on John 6

Music: I AM THE BREAD, Suzanne Toolan, RSM

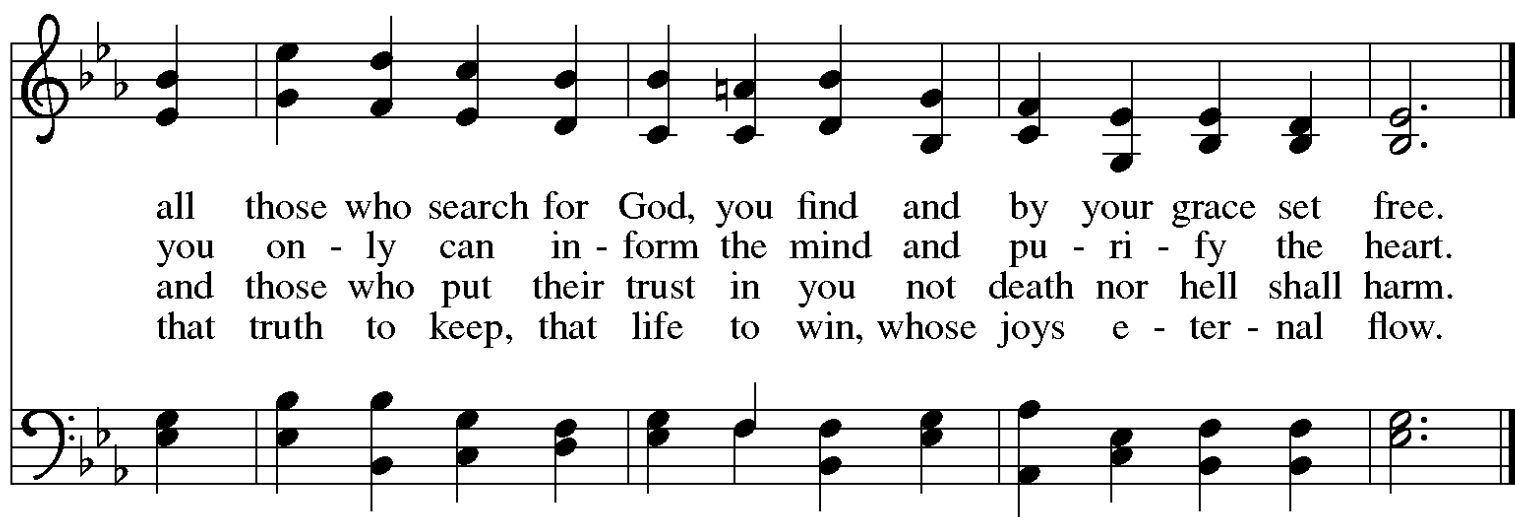
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You Are the Way



1 You are the way; to you a - lone from sin and death we flee;
2 You are the truth; your word a - lone true wis - dom can im - part;
3 You are the life; the rend - ing tomb pro - claims your con - qu'ring arm;
4 You are the way, the truth, the life; grant us that way to know,



all those who search for God, you find and by your grace set free.
you on - ly can in - form the mind and pu - ri - fy the heart.
and those who put their trust in you not death nor hell shall harm.
that truth to keep, that life to win, whose joys e - ter - nal flow.

Text: George W. Doane, 1799-1859, alt.
Music: DUNDEE, *Psalter*, Edinburgh, 1615

As We Gather

Parents! Thanks for bringing your children to worship.

- Did you know that intergenerational worship is the single most important activity encouraging children's faith formation? (See vibrantfaith.com)
- When parents and children need to take a break for a few minutes, there's a play area with toys and books in the room right beneath the Worship Space.
- Age-appropriate activity bags are available in the Gathering Space – ask an usher for assistance.

Assistance is Available for You:

- **An induction loop** is provided for the benefit of hearing aid users. To use, please switch your hearing aid to "T."
- **Large print** worship materials are available - ask an usher.
- **Rest rooms** are accessible through the door in the wing to the left of the altar.
- **If someone should need emergency medical assistance**, CPR supplies, and a first aid kit are located in the hallway next to the Fellowship Hall.

COVID-19 Guidelines:

Community transmission of COVID-19 in Williamsburg is LOW; James City County is LOW; and York County is LOW. We also encourage you to monitor yourself for flu (and COVID) symptoms and stay home if you are experiencing any.

What's Happening Today

Flowers this morning are given to the glory of God.

Education: Lenten Devotional . We have more printed copies available in the **Gathering Space**. We can also offer an electronic version of the devotional! **So if you would like a PDF version of the devotional please email either the Office or Pastor Jon** to have it emailed to you.

The Quill is going electronic! Starting in April the Quill will go out via email and online, a few copies will be printed and available in the gathering space. If you still wish to receive a copy by mail please contact Hollie in the office.

Service: RIP Medical Debt.

The United States is the only developed country in the world today without a program of health care centralized by the government as a basic service to its citizens. Instead, we have maintained a sometimes chaotic marketplace of health insurance products available to our population, and this patchwork system inevitably results in overwhelming debt for many people with inadequate coverage. More than 100 million U.S. adults struggle with healthcare debt, and there is more than \$195 billion owed nationwide. Our congregation's Social Ministry Coordinating Committee would like to address this issue during Lent. We have chosen to work with and through RIP Medical Debt, an organization founded eight years ago to work to end medical debt in our country. Working with medical providers who have long-standing debt owed them by patients unable to pay it, RIPMD is able to purchase this debt at pennies on the dollar and then retire it for good. We have set a goal of collecting \$1,800 during Lent toward this end, and we ask for your help in meeting this goal. Please consider making a weekly \$5 or \$10 donation (or a one-time donation) during Lent to help us meet this goal. Be sure to note that it is for our Medical Debt initiative.

Food Pantries in our Community are running desperately low! Please donate items or funds, as you are able. You can bring any item to the church and we will make sure that they get to the appropriate location. All food items are welcome however there are some that have specific needs as indicated below.

Grove Christian Outreach Center

Needs: cereal, volunteers

Williamsburg House of Mercy

Needs: food, diapers (sizes 4-6), wipes

Salvation Army

Needs: shelf stable milk, pantry items, diapers (sizes 4-6)

FISH, Inc.

Needs: clothes, canned pasta, shampoo, laundry detergent

Upcoming

Bible study class Monday at 1:30PM in the **Library/Conference Room**. Come and study the upcoming Sunday's text with **Rev. Jim Larsen** and the **Rev. Harvey Nelson**.

Would you like to be a Narrative reader for Palm Sunday? We need to fill 9 speaking roles for the 8:30 AM service as well as for the 11:00 AM service. If you are interested please sign up on the insert, and indicate which service you would be reading for.

Mulch Party! We will be receiving eight yards of mulch on **Saturday, April 1ST**, for our Preschool playground and we need your help to spread it! If you are available, please come to St. Stephen at 9:00 AM – bring your wheelbarrows, shovels, and rakes if you have them. Please mark the insert if you will be available to help our school!

Join Pastor Jon on Saturday, **April 1st at 10:00 AM** in the Fellowship Hall to learn more about Holy Communion. This class is open to all ages, and will be adjusted to the appropriate level for the participants. The class will last ~1 hour and will include the baking of communion bread. If you or your child already receives communion but have not formally celebrated first communion, great! This is an opportunity to learn more about God's grace and blessings in preparation for a formal celebration. If you or your child has not yet received communion, first communion will be celebrated either on Maundy Thursday, April 6 or Easter Sunday, April 9 (the choice is yours).

Communal Life: Easter Potluck Breakfast. We are planning a pot luck Easter Breakfast between services on Easter Sunday (4/9) in the fellowship hall. Bring something to share (fruit, casserole, favorite Easter breakfast cake) and enjoy the morning with the church community. Contact Chris Punchard with questions. (757-880-3347 or christinepunchard@gmail.com)

Wednesday evenings in Lent, March 29th at St. Stephen:

- **6:00 PM:** Soup and Bread supper in the Fellowship Hall
- **7:00 PM:** Holden Evening Prayer – in person and on our YouTube channel.

Artificial Sweetener or Sugar?

There has recently been some news about an artificial sweetener causing health problems. Some studies done lately have shown a link between Erythritol and heart attack or stroke. Erythritol belongs to a class of compounds called sugar alcohols. Other sugar alcohols include xylitol, sorbitol and maltitol. Erythritol occurs naturally in plant foods but artificial Erythritol is the one being consumed more frequently. Erythritol seems to make it easier for platelets to clump together causing clotting which in turn increases the risk of heart problems. These findings were published in Nature Medicine by the Cleveland Clinic. This does not say it causes the heart problems, it says only that there is an associated risk. There is still need to do more research.

What are the recommendations? As with anything else, moderation is the key. Other tricks you can use would be to add spices such as cinnamon, nutmeg, allspice, ginger or cloves in place of sugar. They boost the flavor without the added calories of sugar or the risk of artificial sweeteners. Substitute sparkling water for diet colas. Use sweets as a treat to be consumed once in a while rather than on a daily basis. Stevia without Erythritol is a good alternative for sweetening.

Please let me know if you have any questions.

Diana Tiller-Dichtel
Parish Nurse

St. Stephen Calendar - March 26- April 1, 2023

Our worship service is available on our website www.saintstephenlutheran.net, click on "Worship with Us" and "Services."

SUNDAY, March 26~ Fifth Sunday in Lent

- 8:00 AM Matins Choir Warm-up (Worship Space)
- 8:30 AM Worship – Holy Communion** (*livestreamed on our YouTube channel*)
- 9:30 AM Matins Choir Rehearsal (Worship Space)
- 9:45 AM Affirmation of Baptism Class (Library/Conference Room)
- 10:00 AM Faith Formation: Lesson (Preschool Room)
- 10:30 AM Chancel Choir Warm-up (Worship Space)
- 11:00 AM Worship – Holy Communion**

MONDAY, March 27

- 1:30 PM Bible Study (Library/Conference Room)

TUESDAY, March 28

- 10:00 AM Staff Meeting (Pastor's Office)

WEDNESDAY, March 29

- 6:00 PM Soup Supper (Fellowship Hall)
- 7:00 PM Holden Evening Prayer (Worship Space)
- 7:00 PM AA Meeting (Fellowship Hall)
- 7:30 PM Chancel Choir Rehearsal (Worship Space)

THURSDAY, March 30

- 1:00 PM Staff Bulletin Review

FRIDAY, March 31

SATURDAY, April 1

- 10:00 AM 1st Communion Class (Fellowship hall)
- 5:30 PM AA Meeting (Library/Conference room)

SUNDAY, April 2~ Sunday of the passion/Palm Sunday

- 8:00 AM Matins Choir Warm-up (Worship Space)
- 8:30 AM Worship – Holy Communion** (*livestreamed on our YouTube channel*)
- 9:45 AM Matins Choir Rehearsal (Worship Space)
- 9:45 AM Affirmation of Baptism Class (Library/Conference Room)
- 10:00 AM Faith Formation Chime Time (Worship Space)
- 10:30 AM Chancel Choir Warm-up (Worship Space)
- 11:00 AM Worship – Holy Communion**

Leading our Worship and Hospitality Today

Acolyte/Crucifer..... (8:30) John McCurry
..... (11:00) David Nelson
Altar Guild (8:30) Rita Kristiansen and Diane McCurry
..... (11:00) Nancy Egloff and Karen Arledge
Audio-Visual Team..... (8:30) Nancy Carter (11:00) Charles Osborn
Bread Baker.....Janice Mayfield
Cantors (8:30) Paula Agor (11:00) Jane DeSolms
Communion Assistants(8:30) Donna VanDuyse and Rosalie Frey
..... (11:00) Harvey Nelson and David Nelson
Flower DeliveryRosemary Stimson
Greeters/Hosts (8:30) Paul & Rita Kristiansen (11:00) Alison Carney
Lectors.....(8:30) Reed Nester (11:00) Jeanne Garrison
Tellers..... John McCurry, Carol Harman, Sandy Croushore
Ushers.....(8:30) Bill Dichtel and George Martin (11:00) Glenn Joppa

St. Stephen Lutheran Church

612 Jamestown Road, Williamsburg, Virginia 23185

www.saintstephenlutheran.net

(757) 229-6688

Love God, Love People, Form Faith.

(St. Stephen Lutheran Church Vision Statement)

All of Us, Called Through Our Baptisms

Pastor Jon Nelson (320-295-8861)

Karen Ives – Director of Music (757-229-6688)

Hollie Jones – Parish Administrator (229-6688)

Diana Tiller-Dichtel – Parish Nurse (232-5924)

Kristie Kelley – Preschool Director (229-6688)

Peninsula Pastoral Counseling Center (873-2273; counselors are in Williamsburg on Thursdays)

Doing Ministry in the World

Pastorjn@saintstephenlutheran.net

MusicDir@saintstephenlutheran.net

Office@saintstephenlutheran.net

Parishnurse@saintstephenlutheran.net

Preschool@saintstephenlutheran.net

Welcome to St. Stephen Lutheran Church!
Please fill this out and drop it in the offering plate
or give it to an usher.

March 26 , 2023

Name: _____

For guests and members with changes:

Address (Home) _____

City/State _____ Zip _____

Telephone # _____

E-Mail Address _____

Guests Only:

I belong to _____

Church Address _____

Please check as many as pertain:

____ Member

____ First time guest

____ Regular guest

____ Guest (out of town)

____ Student at William & Mary

____ Looking for a church home

____ Desire to speak with pastor

____ Would like more information about Stephen Ministry

____ Would like a Parish Nurse to contact me

Any comments? Please be sure your name is above, so we may respond, if necessary.

Prayer Requests

Please **add** to the prayer list in this month's bulletin and next month's *Quill*:

Name: _____

Please **remove** from prayer concerns:

Name: _____

_____ I need a **nametag!** _____

_____ Yes! I/We will attend the Holden soup dinners # of people _____

_____ I would like to be a Narrative reader for Palm Sunday April 2, 2023

_____ 8:30 AM

_____ 11:00 AM

_____ I/We can help **spread mulch** in the Preschool playground!

_____ -