



# **St. Stephen Lutheran Church**

**Love God, Love People, Form Faith.**

*If you are seeking God you are welcome here.*

If you have been hurt in a judgmental church, here you will not be judged. Here you will be nurtured in the grace and Good News that our salvation has been accomplished in the death and resurrection of Jesus Christ.

*Here you may discover that, in fact, it is God who has been seeking you!*

*Sixth Sunday of Easter*



*May 14, 2023*

## For Your Prayers –May 15-21, 2023

### Lectionary readings for this week:

**Monday:** Isaiah 66:1-2; Psalm 56 (12); Luke 6:12-16; Acts 1:15-26

**Tuesday:** Deuteronomy 5:22-33; 1 Peter 3:8-12; Psalm 93

**Wednesday:** Deuteronomy 31:1-13; John 16:16-24; Psalm 93

**Thursday:** Acts 1:1-11; Psalm 47 (5); Ephesians 1:15-23; Luke 24:44-53

**Friday:** 2 Kings 2:1-12; Ephesians 2:1-7; Psalm 93

**Saturday:** 2 Kings 2:13-15; John 8:21-30; Psalm 93

**Next Sunday's Lessons:** Acts 1:6-14; Psalm 68:1-10, 32-35 (4); 1 Peter 4:12-14; 5:6-11; John 17:1-11

**Join your prayers for healing** with God's desires for **Joe Beene, Ed Brown, Ingrid Brown, Kristin Carter, Karen Einarsen, Sharon Jacobs, Marilyn Johnson, Evelyn Kernan, Jim Mayfield, Susanna Owens, 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**

**We hold in prayer** **Nancy Carter** and her family as they grieve the death of her father **Joe Pratt.**

**Pray for these loved ones of our congregation:** Dawn Allen, Rose Baumgarten, Sally Blackburn, Nelson Blish, Mary Bloom, Jerry & Elijah Connor, Doug Crinklawn, Judy Drezek, Derald Edwards, Joan Fecondo, Barbara Flatin, Dan Flatin, Joan & Frank Goodhart, David Gade, Donna Hamilton, Char Henry, Sue Ivey, The Kennedy family, Bob Lamoureux, Ron Luchetti, Marnah Lund, Doug Mayes, Detra Michaels, Gina Peterson, Paula Rega, Betty Roth, Paul Sampson, Naomi Schmidt, Inge Seiter, David Shoberg, Kelsey Slay, Vasili Soultoukis, Chad Strausbaugh, Charley Underdahl, Caleb Winig, Linda Wright, The Graduating Class of 2023 and The Children of the Ukraine

# *Sixth Sunday of Easter*

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

**Welcome**

**Centering Music**

*(8:30) Thy Holy Wings*

*(11:00) Tranquil Chimeings*

*(Chime Time Choir)*

Mark Sedio  
Sandra Eithun

**Confession & Forgiveness** *(from Christ Presbyterian Church, New Haven)*

Jesus said: "If you love me, you will keep my commandments."

**Eternal God,**

**we confess that often we have failed to be an obedient church:**

**we have not done your will;**

**we have broken your law.**

Jesus said: "You shall love the Lord your God

with all your heart and with all your soul and with all your mind"

and "you shall love your neighbor as yourself."

**We have rebelled against your love;**

**we have not loved our neighbors;**

**we have not heard the cry of the needy.**

**Forgive us, we pray.**

**Free us for joyful obedience.**

**Through Jesus Christ, our Lord. Amen.**

*(Silence for confession)*

**Words of Assurance** *(Titus 3:4-8)*

Hear now God's assurance of pardon: "But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit. This Spirit he poured out on us richly through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs according to the hope of eternal life. The saying is sure."

**Gathering Hymn**

*This Joyful Eastertide*

ELW 391  
Bulletin page 14 &15

**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.**

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 1 Wor - thy is Christ, the Lamb

who was slain, whose blood set us free to be peo - ple of God.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich - es, wis - dom, and

strength, and hon - or, bless - ing, and glo - ry are his.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of



God, and join in the hymn of all cre - a - tion: Bless - ing, hon - or,



glo - ry, and might be to God and the Lamb for - ev - er. A - men.



*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,



al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was



slain has be - gun his reign. Al - le - lu - ia.



*Final refrain*

This is the feast of vic-to-ry for our God.



Al-le - lu - ia, al - le - lu - ia, al - le - lu - ia.

## **Prayer of the Day**

Almighty and ever-living God, you hold together all things in heaven and on earth. In your great mercy receive the prayers of all your children, and give to all the world the Spirit of your truth and peace, 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**

**Acts 17:22-31**

<sup>22</sup>Paul stood in front of the Areopagus and said, “Athenians, I see how extremely religious you are in every way. <sup>23</sup>For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, ‘To an unknown god.’ What therefore you worship as unknown, this I proclaim to you. <sup>24</sup>The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, <sup>25</sup>nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. <sup>26</sup>From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, <sup>27</sup>so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. <sup>28</sup>For ‘In him we live and move and have our being’; as even some of your own poets have said, ‘For we too are his offspring.’ <sup>29</sup>Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. <sup>30</sup>While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, <sup>31</sup>because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.”

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

### **Psalm:**

**Psalm 66:8-20**



Bless our God, you peo - ples; let the sound of praise be heard.

<sup>8</sup>Bless our | God, you peoples;

let the sound of | praise be heard.

<sup>9</sup>**Our God has kept us a- | mong the living  
and has not allowed our | feet to slip. Refrain**

<sup>10</sup>For you, O God, have | tested us;  
you have tried us just as sil- | ver is tried.

<sup>11</sup>**You brought us in- | to the net;  
you laid heavy burdens up- | on our backs.**

<sup>12</sup>You let people ride over our heads; we went through | fire and water,  
but you brought us out into a place | of refreshment.

<sup>13</sup>**I will enter your house | with burnt offerings  
and will pay | you my vows—**

- <sup>14</sup>those that I promised <sup>1</sup> with my lips  
and spoke with my mouth when I <sup>1</sup> was in trouble.
- <sup>15</sup>**I will offer you burnt offerings of fatlings with the <sup>1</sup> smoke of rams;  
I will give you ox- <sup>1</sup>en and goats. *Refrain***
- <sup>16</sup>Come and listen, all you <sup>1</sup> who believe,  
and I will tell you what God has <sup>1</sup> done for me.
- <sup>17</sup>**I called out to God <sup>1</sup> with my mouth,  
and praised the Lord <sup>1</sup> with my tongue.**
- <sup>18</sup>If I had cherished evil <sup>1</sup> in my heart,  
the Lord would <sup>1</sup> not have heard me;
- <sup>19</sup>**but in truth <sup>1</sup> God has heard me  
and has attended to the sound <sup>1</sup> of my prayer.**
- <sup>20</sup>Blessed be God, who has not reject- <sup>1</sup> ed my prayer,  
nor withheld unfailing <sup>1</sup> love from me. *Refrain*

## Second Reading

## 1 Peter 3:13-22

<sup>13</sup>Who will harm you if you are eager to do what is good? <sup>14</sup>But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, <sup>15</sup>but in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; <sup>16</sup>yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. <sup>17</sup>For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. <sup>18</sup>For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, <sup>19</sup>in which also he went and made a proclamation to the spirits in prison, <sup>20</sup>who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. <sup>21</sup>And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, <sup>22</sup>who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

*Reader: "The Word of the Lord." Response: "Thanks be to God."*

## Gospel Acclamation

Al - le - lu - ia. Lord, to whom shall we go? You have the  
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

## Gospel

**John 14:15-21**

*Response after announcement of the Gospel: "Glory to you, O Lord."*

[Jesus said to the disciples:] <sup>15</sup>"If you love me, you will keep my commandments. <sup>16</sup>And I will ask the Father, and he will give you another Advocate, to be with you forever. <sup>17</sup>This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. <sup>18</sup>"I will not leave you orphaned; I am coming to you. <sup>19</sup>In a little while the world will no longer see me, but you will see me; because I live, you also will live. <sup>20</sup>On that day you will know that I am in my Father, and you in me, and I in you. <sup>21</sup>They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them."

*Response at the conclusion of the Gospel: "Praise to you, O Christ."*

## Sermon

I & Thou

Pastor Jon Nelson

*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

*Come Down, O Love Divine*

ELW 804

Bulletin page 16

## The Nicene Creed

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate**



of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.

We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

### Prayers

*Each petition concludes, "Lord in your mercy." Response: "Hear 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**      *Gracious Spirit, Dwell with Me*      K. Lee Scott

#### Offertory Prayer

Generous God, in this meal you offer your very self. We give thanks for these gifts of the earth. In the breaking of this bread reveal to us the Risen One. In the pouring of this wine pour us out in service to the world; through Christ our Lord. **Amen.**

#### The Great Thanksgiving

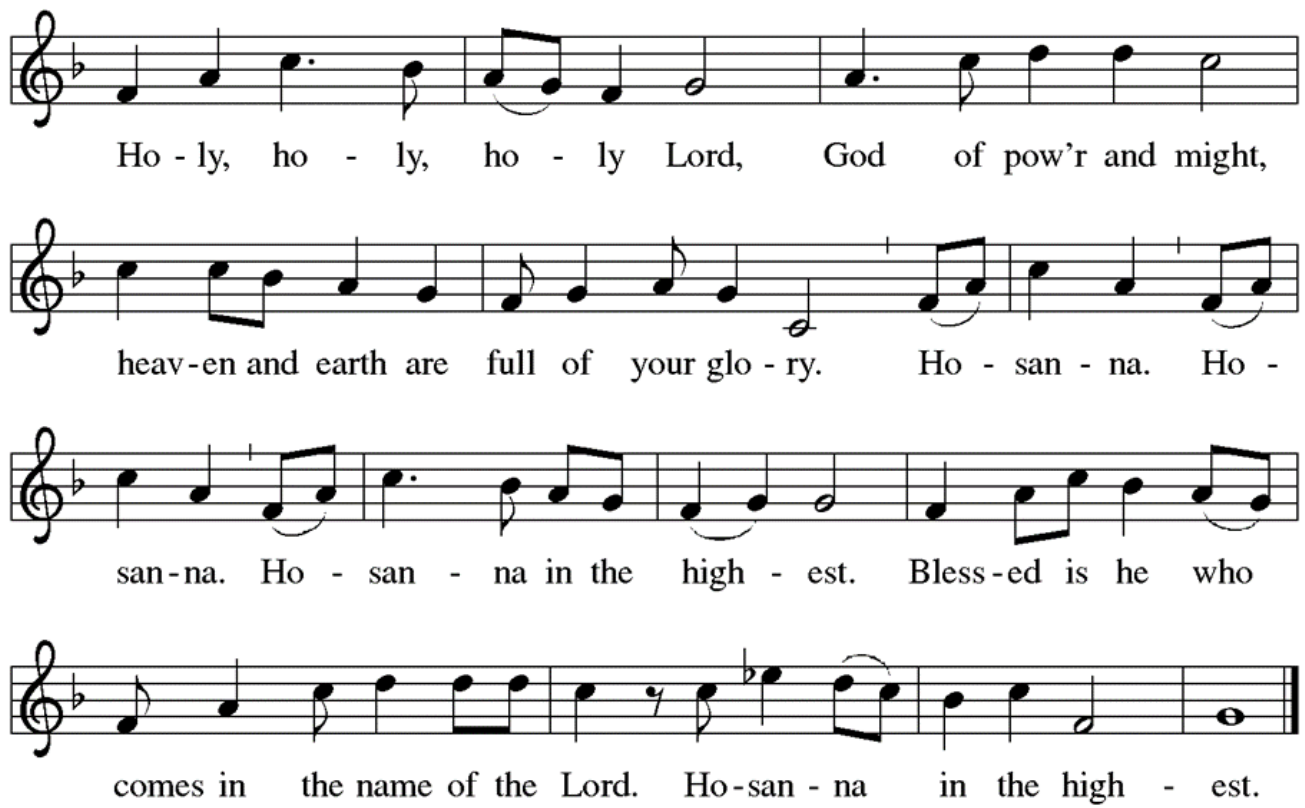
The Lord be with you. **And also with you.**

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:

*(...immediately to the Sanctus on the next page)*



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

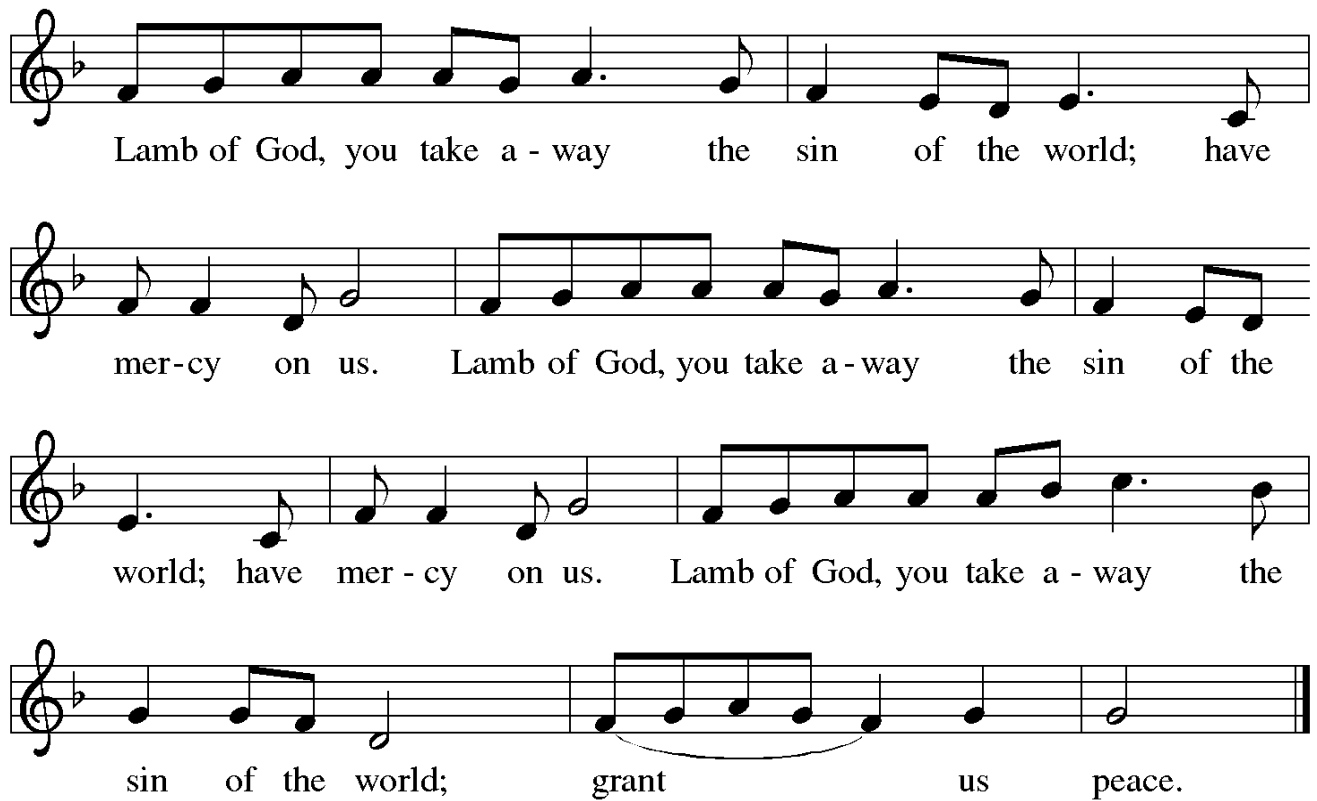
**Save us from the time of trial  
 and deliver us from evil.**

**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.*



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.

**Communion Hymn** (8:30) *Thy Holy Wings*

ELW 613  
Bulletin page 17

(11:00) *We Are Climbing Jacob's Ladder*  
Chime Time and Cherub Choirs

*As a Mother Comforts Her Child*

ACS 1015  
Bulletin page 18

### Table Blessing

### Prayer after Communion

Gracious God, in you we live and move and have our being. With your word and this meal of grace, you have nourished our life together. Strengthen us to show your love and serve the world in Jesus' name. **Amen.**

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

**Sending Hymn** *Now Thank We All Our God*

ELW 839  
Bulletin page 19

**Blessing**  
**The God of all,**  
**who raised † Jesus from the dead,**  
**bless you by the power of the Holy Spirit**  
**to live in the new creation. Amen.**

**Dismissal**

Go in peace. Serve the Risen One. **Thanks be to God.**

**Postlude**

*Thanksgiving*

Charles Callahan

  
Copyright Information

*Thy Holy Wings: Contributors: Mark Sedio: © 1997 Augsburg Fortress  
Tranquil Chiming's #CGB600; Type Music; Contributor Sandra Eithun  
Gracious Spirit Dwell with Me Type: Words and Music; Language: English; Contributors: K Lee Scott  
Tune: © 1984, Augsburg Fortress Text: © 1984, Augsburg Fortress  
We Are Climbing Jacob's Ladder; Type: Words and Music; First Line: We are climbing Jacob's ladder;  
Language: English ; African-American spiritual  
Contributors: JACOB'S LADDER (African-American)*

*Thanksgiving Suite ; Type: Music ; Contributors: Charles Callahan ; Copyright (C) 1988 Birnamwood Publications (ASCAP),  
a division of MorningStar Music Publishers, Inc., St. Louis, MO*

*One License #A721099; CCLI Permission Reprinted/Streamed with permission under CCLI License #11256031; Permission  
granted, St. James Press*

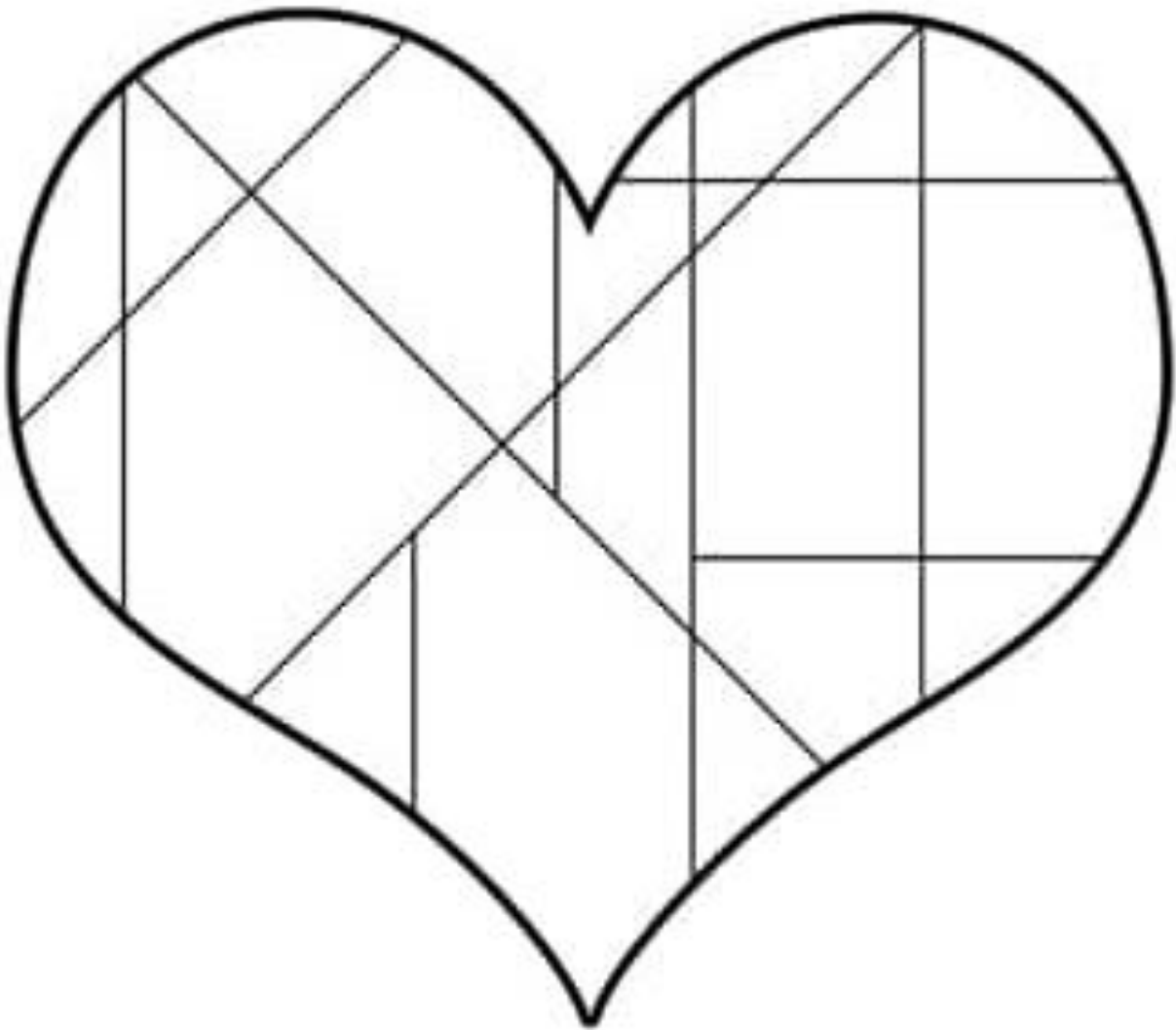
*New Revised Standard Version Bible, Copyright © 1989, Division of Christian Education of the National Council of the  
Churches of Christ in the United States of America. Used by permission. All rights reserved.*

*Revised Common Lectionary, Copyright © 1992 Consultation on Common Texts, admin Augsburg Fortress. Used by  
permission.*

*Augsburg Fortress Liturgies Annual License # SB164403*



If you love Me,



YOU WILL KEEP  
My COMMANDMENTS.

JOHN 14:15

# This Joyful Eastertide

1 This joy - ful Eas - ter - tide, a - way with sin and  
 2 My flesh in hope shall rest and for a sea - son  
 3 Death's flood has lost its chill since Je - sus crossed the

sor - - row! My love, the Cru - ci - fied, has  
 slum - - ber till trump from east to west shall  
 riv - - er. Lov - er of souls, from ill my

sprung to life this mor - - row.  
 wake the dead in num - - ber.  
 pass - ing soul de - liv - - er.

*Refrain*

Had Christ, who once was slain, not burst his three-day pris - on, our

faith had been in vain. But now has Christ a - ris - en, a -

ris - en, a - ris - en, a - ris - en.

Text: George R. Woodward, 1848–1934  
Music: Dutch folk tune, 17th cent.; arr. hymnal version  
Arr. © 2006 Augsburg Fortress.

Duplication in any form prohibited without permission or valid license from copyright administrator.

# Come Down, O Love Divine

1 Come down, O Love di - vine; seek thou this soul of mine  
 2 Oh, let it free - ly burn, till world - ly pas - sions turn  
 3 Let ho - ly char - i - ty mine out - ward ves - ture be,  
 4 And so the year - ing strong, with which the soul will long,

and vis - it it with thine own ar - dor glow - ing;  
 to dust and ash - es in its heat con - sum - ing;  
 and low - li - ness be - come mine in - ner cloth - ing—  
 shall far out - pass the pow'r of hu - man tell - ing;

O Com - fort - er, draw near; with - in my heart ap - pear  
 and let thy glo - rious light shine ev - er on my sight,  
 true low - li - ness of heart, which takes the hum - bler part,  
 no soul can guess Love's grace till it be - come the place

and kin - dle it, thy ho - ly flame be - stow - ing.  
 and clothe me round, the while my path il - lum - ing.  
 and o'er its own short - com - ings weeps with loath - ing.  
 where - in the Ho - ly Spir - it makes a dwell - ing.

Text: Bianco da Siena, d. 1434; tr. Richard F. Littledale, 1833–1890  
 Music: DOWN AMPNEY, Ralph Vaughan Williams, 1872–1958  
 Outside USA: Music from *The English Hymnal*, © Oxford University Press 1906.



# Thy Holy Wings

1 Thy ho - ly wings, O Sav - ior, spread gent - ly o - ver me,  
2 Oh, let me nes - tle near thee, with - in thy down - y breast  
3 Oh, wash me in the wa - ters of No - ah's cleans - ing flood.


and let me rest se - cure - ly through good and ill in thee.  
where I will find sweet com - fort and peace with - in thy nest.  
Give me a will - ing spir - it, a heart both clean and good.

Oh, be my strength and por - tion, my rock and hid - ing place,  
Oh, close thy wings a - round me and keep me safe - ly there,  
Oh, take in - to thy keep - ing thy chil - dren great and small,

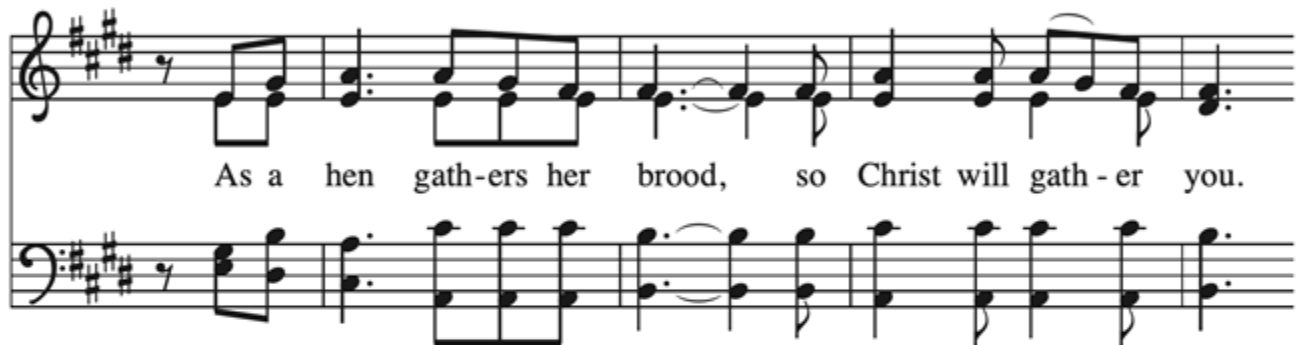
and let my ev - 'ry mo - ment be lived with - in thy grace.  
for I am but a new - born and need thy ten - der care.  
and while we sweet - ly slum - ber, en - fold us one and all.

Text: Carolina Sandell Berg, 1832–1903, sts. 1, 3; Gracia Grindal, b. 1943, st. 2; tr. composite  
Music: BRED DINA VIDÅ VINGAR, Swedish folk tune; arr. hymnal version  
Text © 1983 Gracia Grindal, Selah Publishing Co., Inc., agent. [www.selahpub.com](http://www.selahpub.com).  
Arr. © 2006 Augsburg Fortress.

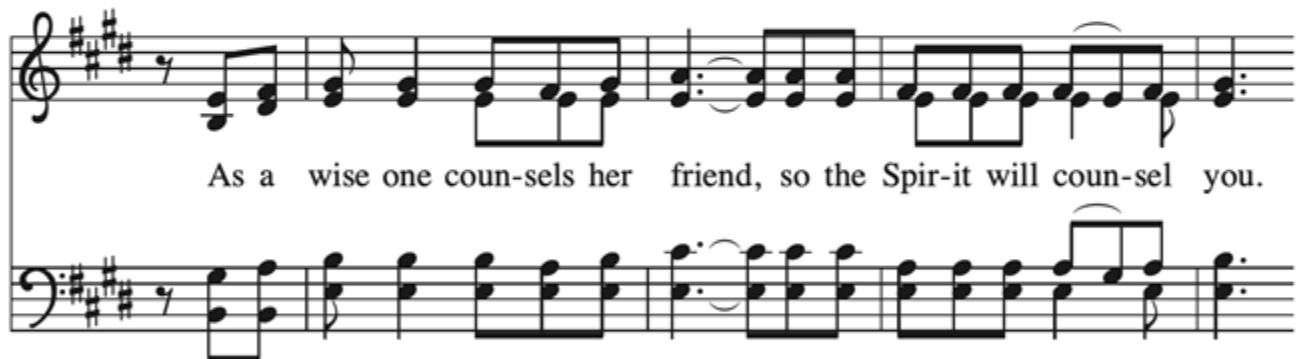
# As a Mother Comforts Her Child



As a moth-er com-forts her child, so God will com - fort you.



As a hen gath-ers her brood, so Christ will gath - er you.



As a wise one coun-sels her friend, so the Spir-it will coun-sel you.



The Trin - i - ty of love will be with you.

Text: Brian Wentzel, b. 1979  
Music: TRINITY OF LOVE, Brian Wentzel  
Text and music © 2018 Augsburg Fortress

# Now Thank We All Our God



1 Now thank we all our God with hearts and hands and voic - es,  
2 Oh, may this boun-teous God through all our life be near us,  
3 All praise and thanks to God the Fa - ther now be giv - en,



who won-drous things has done, in whom this world re - joic - es;  
with ev - er joy - ful hearts and bless - ed peace to cheer us,  
the Son, and Spir - it blest, who reign in high - est heav - en,



who, from our moth - ers' arms, has blest us on our way  
and keep us all in grace, and guide us when per - plexed,  
the one e - ter - nal God, whom earth and heav'n a - dore;



with count-less gifts of love, and still is ours to - day.  
and free us from all harm in this world and the next.  
for thus it was, is now, and shall be ev - er - more.

## 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.

### **Health Guidelines:**

We always encourage you to monitor yourself for symptoms of illness and to worship from home if you are experiencing any. We have masks and hand sanitizer available for use in our building should you require.

## What's Happening Today

**Flowers this morning** are given to the Glory of God by Ned and Susan Neidlinger in celebration of their wedding anniversary.

## Upcoming

**Come out to celebrate** the end of the school year while supporting our preschool at our **Shoofly Diary Bar Spirit Night** on **Monday, May 22** from **6-8 PM**. Please be sure to mention that you are there for St. Stephen Preschool. A portion of the sales will be donated to our preschool. Shoo Fly will also place a jar out and 100% of those donations will be given to the preschool.

**Pulpit Swap & Potluck Picnic.** In order to foster connections between St. Stephen and Our Saviour's we have arranged a Pulpit Swap on June 4th. Pastor Alex will lead worship & preach at St. Stephen and Pastor Jon will lead worship & preach at Our Saviour's. We will also hold **a joint potluck picnic at Freedom Park that same Sunday (6/4) starting at 1:00 PM.** Hot dogs, hamburgers, veggie burgers, buns, water, lemonade, plates, cups, and silverware will be provided; please bring a side dish or dessert to share, and your own lawn chairs. We would welcome RSVPs so we can plan an appropriate amount of food, please fill out the insert if you will be in attendance or contact Hollie in the office.

**Service: 2023 Summer Lunch Program.** **Meals on Wheels has been getting many requests for summer bag lunches for children.** Cathie Upton, Exec. Dir. of Meals on Wheels, estimates that there will be a need for 300 lunches each day with the total for the entire summer reaching almost 16,000 lunches. The prep. location will be the same as last year - MOW kitchen at the WISC.

**Communal Life & Worship: Affirmation of Baptism.** We look forward to **Pentecost Sunday (5/28)** when we will join together in worship to witness as two of our members (**Liam Janke & Brett Powers**) affirm the promises made on their behalf at Baptism.

## Health Ministry

### **May is Mental Health Month**

Generalized Anxiety Disorder is a mental health disorder. It causes feelings of fear, being overwhelmed and excessive worrying. It affects children and adults. It usually occurs with other mental disorders and is one of several anxiety disorders. It affects about 3% of the adult population. Symptoms include restlessness, feeling irritable, fatigue, shortness of breath, difficulty concentrating, muscle tension, headache, stomachache, or difficulty sleeping. It's causes are not known exactly but are believed to be a combination of genetic, biological and environmental factors. Some precipitating factors are managing a chronic illness, experiencing or having a history of child abuse, being in a stressful environment. Diagnosis is made by your PCP or a mental health professional. Treatments may include talk therapy, cognitive behavioral therapy, or medications.

Do you have any questions, reach out. I will help find the answers.

Diana Tiller-Dichtel  
Parish Nurse

Happy Mother's Day to all our wonderful mothers, whether a mom, bonus mom, or mom to a four legged son or daughter.



## St. Stephen Calendar –May 14-21 , 2023

*Our worship service is available on our website [www.saintstephenlutheran.net](http://www.saintstephenlutheran.net), click on “Worship with Us” and “Services.”*

### **SUNDAY, May 14 ~**

- 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)
- 10:00 AM Faith Formation (Worship Space)
- 10:30 AM Chancel Choir Warm-up (Worship Space)
- 11:00 AM Worship – Holy Communion**

### **MONDAY, May 15**

- 10:00 AM Staff Meeting (Pastor’s Office)
- 1:30 PM Bible Study (Library/Conference Room)

### **TUESDAY, May 16**

- 5:30 PM St. Stephen Ringers (Worship Space)
- 7:00 PM Preschool Committee (Library/Conference Room)

### **WEDNESDAY, May 17**

- 7:00 PM AA Meeting (Fellowship Hall)

### **THURSDAY, May 18**

- 12:00 PM Staff Bulletin Review (Library/Conference Room)

### **FRIDAY, May 19**

### **SATURDAY, May 20**

- 5:30 PM AA Meeting (Fellowship Hall)

### **SUNDAY, May 21 ~**

- 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 (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) Sandy Peterkin
.....	(11:00) Vee Nelson
Altar Guild .....	(8:30) Carol Wiers and Diana Tiller-Dichtel
.....	(11:00) Nancy Egloff and Karen Arledge
Audio-Visual Team.....	(8:30) Nancy Carter (11:00) Doug Moore
Bread Baker.....	Sue Voigt
Cantors .....	(8:30) David Maris (11:00) Erika Cave
Communion Assistants .....	(8:30) Carol Wiers and Donna VanDuyse
.....	(11:00) Keith & Nancy Egloff
Flower Delivery .....	Karen Nester
Greeters/Hosts .....	(8:30) Bob & Carol Harman (11:00) Susan Kauffman
Lectors.....	(8:30) Ursula Recktenwald (11:00) Rosemary Stimson
Tellers.....	Jane deSolms, Susan Britcher, Jim Larsen
Ushers.....	(8:30) Bill Dichtel and Russ White (11:00) Glenn Joppa

### *St. Stephen Lutheran Church*

*612 Jamestown Road, Williamsburg, Virginia 23185*

*[www.saintstephenlutheran.net](http://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.***

***May 14, 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/We need a name tag: \_\_\_\_\_

\_\_\_ I/We will be attending the picnic at Freedom Park. # \_\_\_\_\_ attending