



# 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!*

*15th Sunday after Pentecost*

*September 10, 2023*



## For Your Prayers September 11-17, 2023

### Lectionary readings for this week:

**Monday:** Leviticus 4:27-31; 5:14-16; 1 Peter 2:11-17 Psalm 119:65-72

**Tuesday:** Deuteronomy 17:2-13 Romans 13:1-7 Psalm 119:65-72

**Wednesday:** Leviticus 16:1-5, 20-28 Matthew 21:18-22 Psalm 119:65-72

**Thursday:** Genesis 37:12-36 1 John 3:11-16 Psalm 103:[1-7] 8-13

**Friday:** Genesis 41:53-42:17 Acts 7:9-16 Psalm 103:[1-7] 8-13

**Saturday:** Genesis 45:1-20 Matthew 6:7-15 Psalm 103:[1-7] 8-13

**Next Sunday:** Genesis 50:15-21 Psalm 103:1-13 (8) Romans 14:1-12 Matthew 18:21-35

**Join your prayers for healing** with God's desires for **Ed Brown, Kristin Carter, Keith Egloff, Jack Harris, Sharon Jacobs, Marilyn Johnson, Evelyn Kernan, Jim Mayfield, and Linda Reuben.**

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

**Pray for these loved ones of our congregation:** Dawn Allen, Donald and Carol Baum, Rose Baumgarten, Sally Blackburn, Nelson Blish, Mary Bloom, Ann Bunn Jerry & Elijah Connor, Judy Craun, Doug Crinklaw, Judy Drezek, Derald Edwards, Joan and Frank Goodhart, Deanna Harbison, William Harbison, Bradley Kim Joan and Laurie Heintzeman, Char Henry, Zac and Jen Holtzman and family, Brian Johnson, Mason Jones, Sean Kelley, Connie Kendrick, The Kennedy family, Bob Lamoureux, Ron Luchetti, Julia Mahony, Marnah Lund, Doug Mayes, Laura Mcgolin, Detra Michaels, Bob Myers, Gina Peterson, Paula Rega, Betty Roth, Inge Seiter, David Shoberg, Kelsey Slay, Vasili Soutoukis, Chad Strausbaugh, Charley Underdahl, and Caleb Winig

# *15th Sunday after Pentecost*

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

**Welcome**

**Centering Music** *Praise, My Soul, the God of Heaven* arr. Cathy Moglebust

### **Confession and Forgiveness**

Blessed be God,  
the one who forms us,  
✠ Jesus who bears the cross,  
the Spirit who makes our joy complete. **Amen.**

Let us bow before God in humility,  
confessing our sin.

*Silence is kept for reflection.*

Steadfast and faithful God,,  
**you have revealed the ways of justice,  
yet we fail to follow you.  
We are overwhelmed  
by the world's violence and suffering.  
We are afraid to risk what we have  
for the sake of others.  
For the harm we have caused,  
known and unknown, forgive us.  
For the unjust demands we place on others  
and your creation, forgive us.  
For the ways we turn away  
from you and our neighbor, forgive us.  
Lead us back to you  
and set us on the right path;  
in the name of Jesus Christ, our Savior Amen**

Beloved in Christ,  
God's justice stretches beyond all understanding.  
God's compassion is beyond compare.  
In Jesus, God is always making a new way for us.  
In ✠ Christ, you are already and always forgiven.  
**Amen.**

## 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.**

## Prayer of the Day

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O Lord God, enliven and preserve your church with your perpetual mercy. Without your help, we mortals will fail; remove far from us everything that is harmful, and lead us toward all that gives life and salvation, through Jesus Christ, our Savior and Lord. **Amen.**

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

### **First Reading**

### **Ezekiel 33:7-11**

*God appointed Ezekiel as a sentinel for the house of Israel. Ezekiel must faithfully convey God's warnings to the people. Remarkably, God—who is about to attack Jerusalem—gives a warning with the hope that repentance will make the attack unnecessary.*

<sup>7</sup>So you, mortal, I have made a sentinel for the house of Israel; whenever you hear a word from my mouth, you shall give them warning from me. <sup>8</sup>If I say to the wicked, “O wicked ones, you shall surely die,” and you do not speak to warn the wicked to turn from their ways, the wicked shall die in their iniquity, but their blood I will require at your hand. <sup>9</sup>But if you warn the wicked to turn from their ways, and they do not turn from their ways, the wicked shall die in their iniquity, but you will have saved your life.

<sup>10</sup>Now you, mortal, say to the house of Israel, Thus you have said: “Our transgressions and our sins weigh upon us, and we waste away because of them; how then can we live?” <sup>11</sup>Say to them, As I live, says the Lord GOD, I have no pleasure in the death of the wicked, but that the wicked turn from their ways and live; turn back, turn back from your evil ways; for why will you die, O house of Israel?.

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



<sup>33</sup>Teach me, O LORD, the way <sup>|</sup> of your statutes,  
and I shall keep it <sup>|</sup> to the end.

<sup>34</sup>**Give me understanding, and I shall <sup>|</sup> keep your teaching;  
I shall keep it with <sup>|</sup> all my heart.**

<sup>35</sup>Lead me in the path of <sup>|</sup> your commandments,  
for that is <sup>|</sup> my desire.

<sup>36</sup>**Incline my heart to <sup>|</sup> your decrees  
and not to <sup>|</sup> unjust gain. *Refrain***

<sup>37</sup>Turn my eyes from be- <sup>|</sup> holding falsehood;  
give me life <sup>|</sup> in your way.

<sup>38</sup>**Fulfill your promise <sup>|</sup> to your servant,  
which is for <sup>|</sup> those who fear you.**

<sup>39</sup>Turn away the reproach <sup>|</sup> that I dread,  
because your judg- <sup>|</sup> ments are good.

<sup>40</sup>**Behold, I long for <sup>|</sup> your commandments;  
by your righteousness en- <sup>|</sup> liven me. *Refrain***

## Second Reading

## Romans 13:8-14

*The obligation of Christians is to love one another and so fulfill the heart and goal of the law. Clothes make the person as we “put on the Lord Jesus Christ” and live today in light of the future God has in store for us.’*

<sup>8</sup>Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. <sup>9</sup>The commandments, “You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet”; and any other commandment, are summed up in this word, “Love your neighbor as yourself.” <sup>10</sup>Love does no wrong to a neighbor; therefore, love is the fulfilling of the law.

<sup>11</sup>Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; <sup>12</sup>the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; <sup>13</sup>let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. <sup>14</sup>Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

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

## Gospel Acclamation

Al - le - lu - ia, al - le - lu - ia,  
al - le - lu - ia, al - le - lu - ia.  
*Repeat alleluia*

*Proper Verse:* In Christ God was reconciling the world <sup>1</sup> to himself,\* entrusting the message of reconcilia- <sup>1</sup> tion to us. (2 Cor. 5:19)

## Gospel

## Matthew 18:15-20

*Jesus offers practical advice to his disciples on how individuals—and the church as a whole—should go about restoring relationships when one member has sinned against another.*

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

[Jesus said to the disciples:] <sup>15</sup>“If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. <sup>16</sup>But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. <sup>17</sup>If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax collector. <sup>18</sup>Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. <sup>19</sup>Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. <sup>20</sup>For where two or three are gathered in my name, I am there among them.”

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

## Gospel Anthem

The Healing of the Nations  
Soloist Erika Cave

Anne Krentz Organ

## Sermon

*Collective Discernment*

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?*

**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**

God's Work, Our Hands

setting, Wayne Wold

Bulletin page 12

**Offertory Prayer****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:



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
 heav - en and earth are full of your glo - ry. 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. 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**     *Come Now, O Prince of Peace*

*Beloved, God's Chosen*

ELW 247  
Bulletin page 13  
ELW 648  
Bulletin page 14

**Table Blessing**

**Prayer after Communion**

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

**Sending Hymn**     *Praise, My Soul, the God of Heaven*

ELW 864  
Bulletin page 15

**Blessing**

**The God of glory,**

**✠ Jesus Christ, name above all names,  
and the Spirit who lives in you,  
bless you now and forever.**

**Amen.**

**Dismissal**

Go in peace. God is at work in you. **Thanks be to God.**

**Postlude**     *Praise, My Soul, the God of Heaven*     setting, Michael Burkhardt

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*Praise, My Soul, The King of Heaven ( Praise My Soul the God of Heaven)*

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*The Healing of the Nations*

*Contributors: Anne Krentz Organ*

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*Praise, My Soul, the King of Heaven from Praise and Thanksgiving, Set 5 Contributors: Chris Collins Contributors: Michael Burkhardt*

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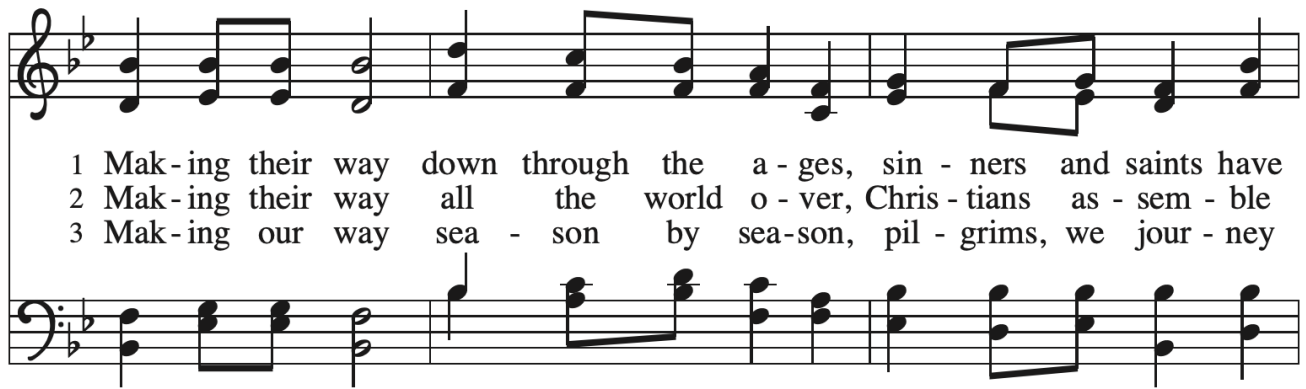
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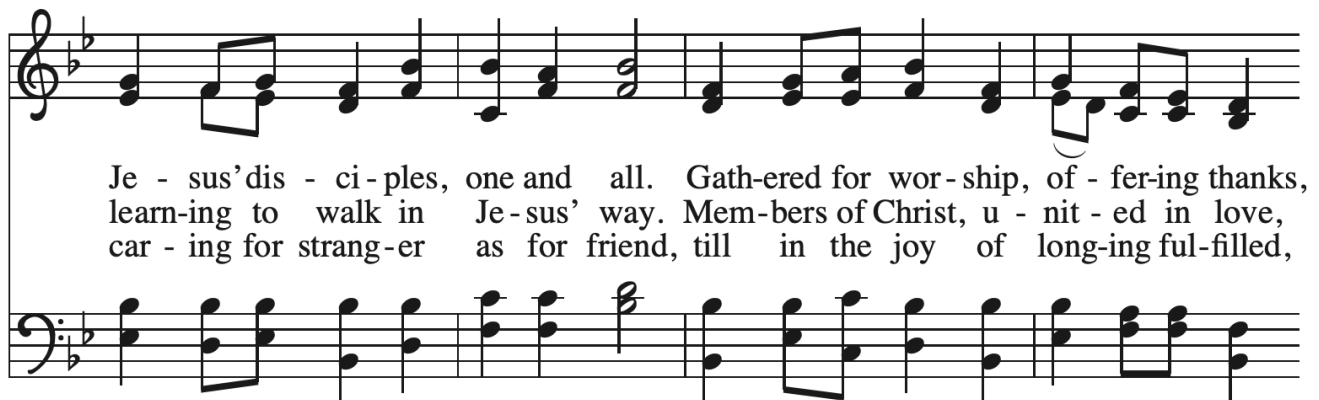
# Making Their Way



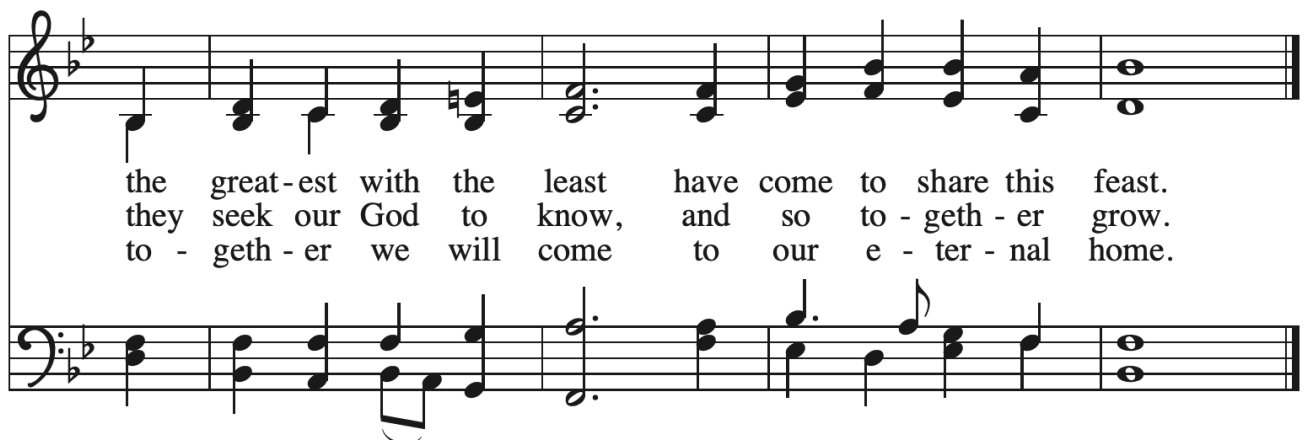
1 Mak-ing their way down through the a - ges, sin - ners and saints have  
2 Mak-ing their way all the world o - ver, Chris - tians as - sem - ble  
3 Mak-ing our way sea - son by sea-son, pil - grims, we jour - ney



heard God's call: wealth - y and poor, pow - er - ful, low - ly,  
on this day, hear - ing the Word, shar - ing the Ban - quet,  
till life's end, trav - el - ing light, shar - ing the rich - es,



Je - sus' dis - ci - ples, one and all. Gath - ered for wor - ship, of - fer - ing thanks,  
learn - ing to walk in Je - sus' way. Mem - bers of Christ, u - nit - ed in love,  
car - ing for strang - er as for friend, till in the joy of long - ing ful - filled,



the great - est with the least have come to share this feast.  
they seek our God to know, and so to - geth - er grow.  
to - geth - er we will come to our e - ter - nal home.

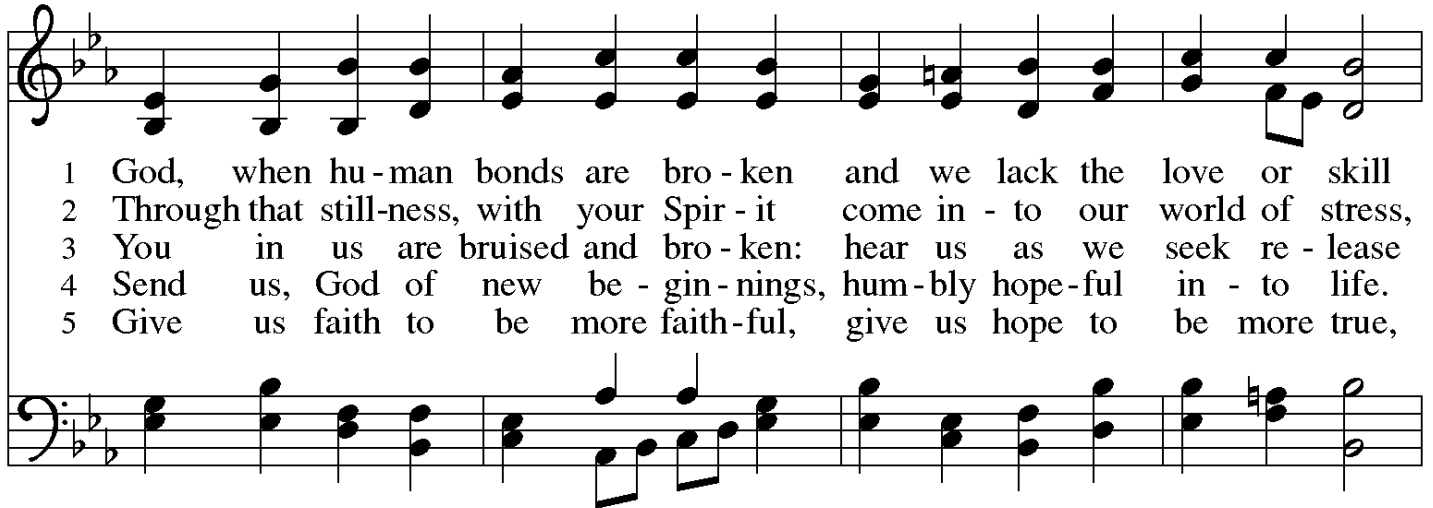
Text: Delores Dufner, OSB, b. 1939

Music: KOMT NU MET ZANG, A. Valerius, *Nederlandsch Gedenckclank*, 1626; arr. Adrian Engels, 1906–2003

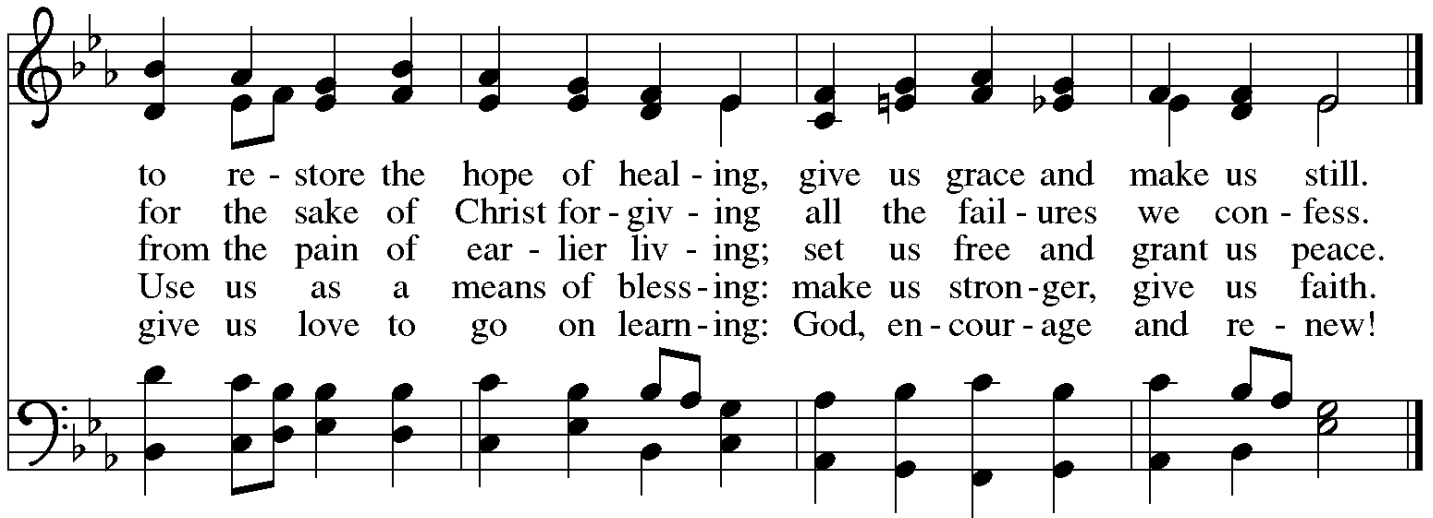
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Arr. © 1967 Gooi en Sticht, BV, Baarn, The Netherlands, admin. OCP, 5536 N. Hassalo, Portland, OR 97213. All rights reserved.

# God, When Human Bonds Are Broken



1 God, when hu-man bonds are bro-ken and we lack the love or skill  
2 Through that still-ness, with your Spir-it come in-to our world of stress,  
3 You in us are bruised and bro-ken: hear us as we seek re-lease  
4 Send us, God of new be-gin-nings, hum-bly hope-ful in-to life.  
5 Give us faith to be more faith-ful, give us hope to be more true,



to re-store the hope of heal-ing, give us grace and make us still.  
for the sake of Christ for-giv-ing all the fail-ures we con-fess.  
from the pain of ear-lier liv-ing; set us free and grant us peace.  
Use us as a means of bless-ing: make us stron-ger, give us faith.  
give us love to go on learn-ing: God, en-cour-age and re-new!

Text: Fred Kaan, b. 1929

Music: MERTON, William H. Monk, 1823-1889

Text © 1989 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

# God's Work, Our Hands



*All: 1* God's work, our hands: work - ing to - geth - er,  
*Choir: 2* God's work, our feet: trav - 'ling to - geth - er,  
*Choir: 3* God's work, our voice: sing - ing to - geth - er,  
*All: 4* God is at work in and a - round us:



build - ing a fu - ture, re - pair - ing the world,  
fol - low - ing Je - sus to plac - es un - known,  
prais - ing, pro - claim - ing to all who will hear,  
seed - lings are sprout - ing and bread's on the rise!



rais - ing up homes, plant - ing new gar - dens,  
walk - ing as friends, march - ing for free - dom,  
pray - ing for peace, shout - ing for jus - tice,  
Washed and set free, hum - bled and hon - ored,



feed - ing the hun - gry and shel - t'ring the cold.  
run - ning the race with God's fu - ture the goal.  
claim - ing God's love for the lost and the least.  
gift - ed by grace, we re - spond in God's love.



Bless, God, our hands as we work in your name,  
Bless, God, our feet as we fol - low your way,  
Bless, God, our voice as we speak in your name,  
Bless, God, our lives as we an - swer your call,



shar - ing the good news of your gos - pel.

Text and tune: GOD'S WORK, OUR HANDS, Wayne L. Wold © 2019 Evangelical Lutheran Church in America, admin. Augsburg Fortress. All rights reserved.  
Arrangement: Wayne L. Wold © 2021 Augsburg Fortress. All rights reserved.

# Come Now, O Prince of Peace

*Ososŏ, ososŏ*

*O - so - sŏ o - so - sŏ, pyong - hwa - ũi - im - gŭm*  
1 Come now, O Prince of peace, make us one bod - y.  
2 Come now, O God of love, make us one bod - y.  
3 Come now and set us free, O God, our Sav - ior.  
4 Come, Hope of u - ni - ty, make us one bod - y.

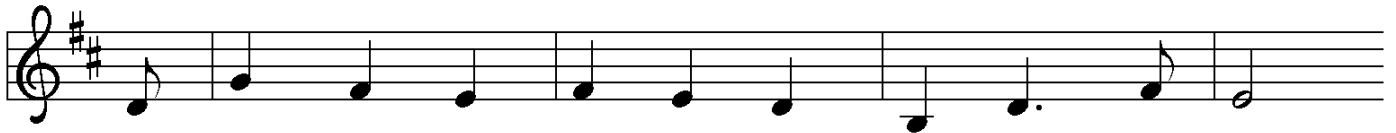
*u - ri - ga han - mom i - ru - ge ha - so - sŏ.*  
Come, O Lord Je - sus, rec - on - cile your peo - ple.  
Come, O Lord Je - sus, rec - on - cile your peo - ple.  
Come, O Lord Je - sus, rec - on - cile all na - tions.  
Come, O Lord Je - sus, rec - on - cile all na - tions.

Text: Geonyong Lee, b. 1947; tr. Marion Pope  
Music: OSOSŎ, Geonyong Lee, b. 1947  
Text and music © Geonyong Lee.

# Beloved, God's Chosen



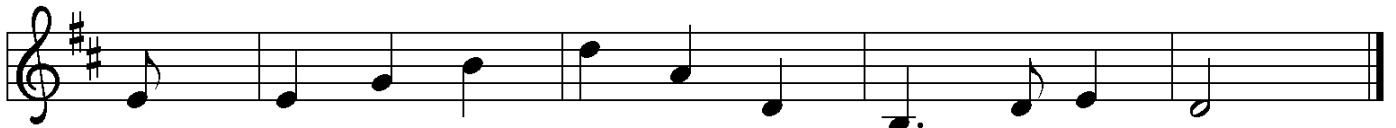
1 Be - lov - ed, God's cho - sen, put on as a gar - ment  
2 With - in, call forth Wis - dom, to dwell in you rich - ly;  
3 Be - lov - ed, God's cho - sen, put on as a gar - ment



com - pas - sion, for - give - ness, and good - ness of heart.  
let peace rule your hearts and that peace be of Christ.  
com - pas - sion, for - give - ness, and good - ness of heart.



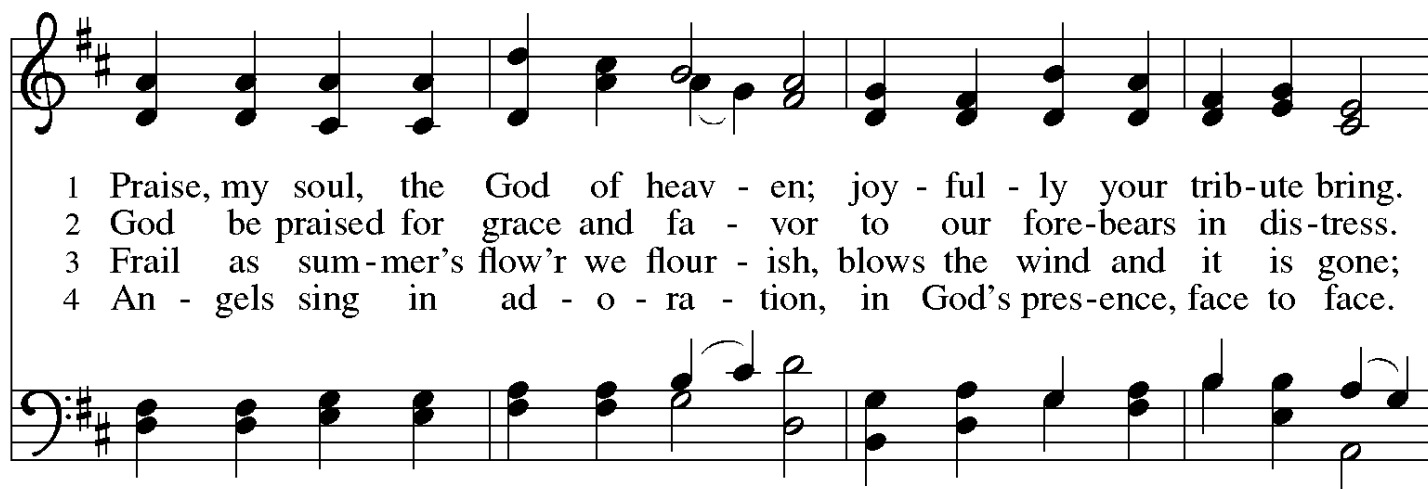
A - bove all, be - fore all, let love be your rai - ment  
And from the heart's cham - ber, be - lov - ed and ho - ly,  
A - bove all, be - fore all, let love be your rai - ment



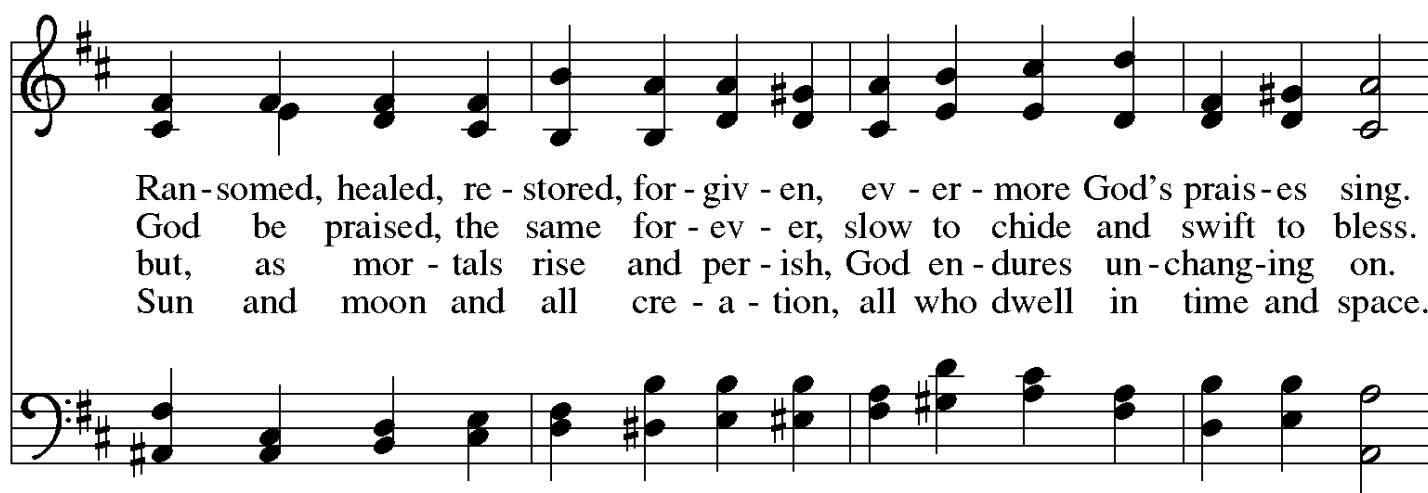
that binds in - to one ev - 'ry dis - so - nant part.  
let sing - ing thanks - giv - ing to God ev - er rise.  
that binds in - to one ev - 'ry dis - so - nant part.

Text: Susan Palo Cherwien, b. 1953  
Music: ANDREW'S SONG, Robert A. Hobby, b. 1962  
Text © 1994 Susan Palo Cherwien, admin. Augsburg Fortress.  
Music © 1997 Augsburg Fortress.

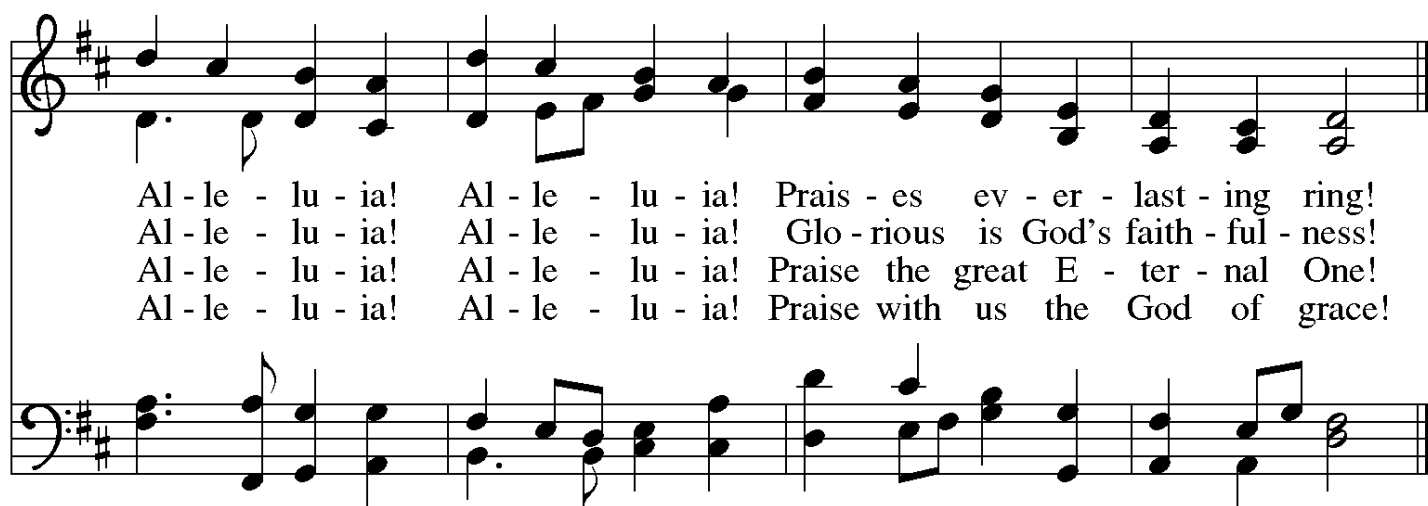
# Praise, My Soul, the God of Heaven



1 Praise, my soul, the God of heav - en; joy - ful - ly your trib-ute bring.  
2 God be praised for grace and fa - vor to our fore-bears in dis-tress.  
3 Frail as sum-mer's flow'r we flour - ish, blows the wind and it is gone;  
4 An - gels sing in ad - o - ra - tion, in God's pres-ence, face to face.



Ran-somed, healed, re - stored, for - giv - en, ev - er - more God's prais-es sing.  
God be praised, the same for - ev - er, slow to chide and swift to bless.  
but, as mor - tals rise and per - ish, God en-dures un-chang-ing on.  
Sun and moon and all cre - a - tion, all who dwell in time and space.



Al - le - lu - ia! Al - le - lu - ia! Prais - es ev - er - last - ing ring!  
Al - le - lu - ia! Al - le - lu - ia! Glo - rious is God's faith - ful - ness!  
Al - le - lu - ia! Al - le - lu - ia! Praise the great E - ter - nal One!  
Al - le - lu - ia! Al - le - lu - ia! Praise with us the God of grace!

Text: Henry F. Lyte, 1793–1847; alt. Walter R. Bouman, 1927–2005  
Music: PRAISE, MY SOUL, John Goss, 1800–1880

## 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 Update:**

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 by Paul and Rita Kristiansen for God's many blessings!

**Service: God's Work. Our Hands Sunday.** This year "God's Work. Our Hands." Sunday is set for today **September 10th**. For our project we will be **assembling Care Kits between services** in the Fellowship Hall. These Care Kits are intended for people experiencing homelessness and will include: **(all items should be travel sized) shampoo and conditioner, body wash, lotion, disposable razor and shaving cream, a comb, deodorant, tissues, hand sanitizer, wet wipes, toothpaste and a tooth brush, and a pair of socks**



## Upcoming

**Communal Life: Breakfasts.** Come to build and deepen relationships – at the **Colonial Pancake House**, at the corner of Page Street and Penniman Road.

**Gatherings take place at 8:00 AM.** Please note that we are meeting the 2nd week of September as Colonial Pancake House is closed the week of Labor Day thru the 13th to give their staff some time off.

**Tuesday, September 19 - Women** are invited to join together for breakfast

**Thursday, September 14 - Men** are invited to join together for breakfast

**Communal Life: Youth Group.** Middle and High school youth are welcome to our first youth group gathering on **Saturday, September 16th at SSLC from 4:00 - 7:00 PM.** We will gather for conversation, games, and a meal. You are welcome to bring friends along!

**Worship & Communal Life. Rally Sunday.** We will celebrate Rally Sunday on **September 17th.** This marks the start of our program year, meaning both Faith Formation and Affirmation of Baptism (AOB) will begin on this date. Keep your eyes peeled for information about Adult Ed. opportunities beginning in October.

**Communal Life: Board Game Night.** Mark your calendars for our next Board Game Night at SSLC on **September 30th, 5:30 - 9:00 PM.** Please bring a dish to share along with your favorite board/card game.

**Adopt-A-Student Program:** Building Connections and Community with LSA Our college students are returning! Welcome! One program St. Stephen provides for students is the adopted student/church family program. The Campus Ministry Committee pairs interested students with members from St. Stephen who would like to form relationships with college students. These new church families meet for meals, ice cream, coffee, visit local museums, take walks, etc. We encourage St. Stephen members to become family away from home for our new students! If interested, please sign up on the bulletin sign-up sheet with your name and contact information. Interested students may sign up on the bulletin sign-up sheet as well, with your name and campus email address. Questions, contact Nancy Egloff ([knegloff@verizon.net](mailto:knegloff@verizon.net)).

**Come out to celebrate** the beginning of the school year while supporting our preschool at **Shoofly Diary Bar Spirit Night on Thursday September 28<sup>th</sup> 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.

**Save the date:** Saturday, **October 14, 2023**, is the date for the **RISE AGAINST HUNGER** event held at Williamsburg Presbyterian Church. Mark your calendars as everyone from 4 years old to 104 years old can participate in this fun event to help eradicate World Hunger. This year we plan to package 55,296 meals, meaning we need about 130 volunteers per shift. You can sign up by visiting [mywpc.org/rah](http://mywpc.org/rah) or by sending a note to [volunteer@mywpc.org](mailto:volunteer@mywpc.org) and give us your name(s), the shift you want to work, and your best contact information. Shifts are 11:00am-1:00pm and/or 1:30-3:30pm. If you would like to learn more about the Rise Against Hunger organization and food - packaging events, please contact Gary Davis at (724) 208-1081.

## **Health Ministries**

### **Ways to find relief for back pain**

Approximately 80% of people will experience back pain at some point in their lives. For most people, it is not a chronic issue. For some, it is a lifetime of taking care of your back. Either way, there are things you can do at home to help.

When you wake up with an aching back, it is best to get up and start moving. Avoiding exercise can make back pain worse. That being said, don't rush out to do a big workout. Think baby steps for beginning to move.

If you have a sudden onset of pain, ice is the best thing to use at first. It helps by numbing the painful nerves. If the pain continues, you might consider using heat such as a heating pad.

Yoga is a great way to stretch and loosen muscles in your back. There are many yoga routines online, but look for a simple one with which to start. Other things that may help are the Superman pose, neck rolls and shoulder blade circles. Stress builds up and can surface in the form of back pain. Deep breathing exercises and meditation can help to relieve stress.

You should see a doctor if:

- Pain comes on without an obvious cause
- It is severe or unbearable
- It lasts more than a couple of days despite home therapy
- Has associated symptoms such as fatigue and weight loss.

Let me know if you have questions.

Diana Tiller-Dichtel  
Parish Nurse

**We will be having the blood pressure clinic between services this Sunday Sept 10th**

**St. Stephen Calendar –September 10-17 , 2023**

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

**SUNDAY, September 10**

- 8:30 AM**    **Worship – Holy Communion** (*livestreamed on our YouTube channel*)  
9:45 AM    God’s Work Our Hands ( Gathering Space )  
9:45 AM    Blood Pressure clinic (Parish nurse office)  
9:45 AM    Matins Choir Rehearsal (Fellowship Hall )  
**11:00 AM**    **Worship – Holy Communion**

**MONDAY September 11**

- 10:00 AM    Staff meeting (Pastor office)  
7:00 PM    Finance Meeting (Library/Conference room)

**TUESDAY, September 12**

- 7:00 PM    Council Meeting (Fellowship hall)

**WEDNESDAY, September 13**

- 7:00 PM    AA Meeting (Fellowship Hall)  
7:00 PM    Chancel Choir (Worship Space)

**THURSDAY, September 14**

- 8:00 AM    Men’s Breakfast (Colonial Pancake house)  
12:00 PM    Bulletin review (Library/Conference Room)  
5:30 PM    St. Stephen Ringers Rehearsal (Worship Space)

**FRIDAY, September 15**

**SATURDAY, September 16**

- 12-4 PM    AA Workshop (Fellowship Hall)  
5:30 PM    AA Meeting (Fellowship Hall)

**SUNDAY, September 17**

- 8:30 AM**    **Worship – Holy Communion** (*livestreamed on our YouTube channel*)  
9:45 AM    Matins Choir Rehearsal - Come join us! (Worship Space)  
**11:00 AM**    **Worship – Holy Communion**

## Leading our Worship and Hospitality Today

Acolyte/Crucifer.....(8:30) Bill Dichtel  
..... (11:00) Sonja Cave  
Altar Guild .....(8:30) Rita Kristiansen & Diane McCurry  
.....(11:00) Ingrid Brown  
Audio-Visual Team..... (8:30) Beth Grant (11:00) Doug Moore  
Bread Baker..... Pat Fretz  
Cantor ..... Marj Gottschalk-Trone  
Communion Assistants ..... (8:30) Bill Dichtel and Diana Tiller-Dichtel  
..... (11:00) Steve Jacobs and Emily Rossiter  
Flower Delivery ..... Diane McCurry  
Greeters/Hosts ..... (8:30) Diana Tiller-Dichtel (11:00) Diana Tiller-Dichtel  
Lectors ..... (8:30) Harlan Schone (11:00) Russ Dabel  
Preacher..... Jon Nelson  
Presider ..... Jon Nelson

### ***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)

**Pastor Alex Sheppard-Witt** (717-434-5037)

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

**Hollie Jones** – Parish Administrator (229-6688)

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

**Holly Ready** – Preschool Director (229-6688)

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

Doing Ministry in the World

Pastorjn@saintstephenlutheran.net

Pastorasw@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.***

***September 10 , 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'm interested in adopting a college student:

\_\_\_\_ I'm a college student who is interested in being adopted  
(provide name and campus email address)

Name: \_\_\_\_\_

Email: \_\_\_\_\_