



St. Stephen Lutheran Church

One of 13,000 Stephen Ministry Congregations Around the World



December 11, 2022

For Your Prayers –December 11 – 18 ,2022

Lectionary readings for this week:

Monday: Psalm 42; Isaiah 29:17-24; Acts 5:12-16

Tuesday: Psalm 42; Ezekiel 47:1-12; Jude 17-25

Wednesday Psalm 42; Zechariah 8:1-17; Matthew 8:14-17,28-34

Thursday: Psalm 80:1-7,17-19; 2 Samuel 7:1-17; Galatians 3:23-29

Friday : Psalm 80:1-7; 2 Samuel 7:18-22; Galatians 4:1-7

Saturday: : Psalm 80:1-7; 2 Samuel 7:23-29; John 3:31-36

Next Sunday's Readings: Isaiah 7:10-16; Psalm 80:1-7; Roman1:1-7; Matthew 1:18-25

Join your prayers for healing with God's desires for **Ed Brown, Kristin Carter, Ginny Cummings, Karen Einarsen, Marj Gottschalk-Trone, Edith Haecker, Sharon Jacobs, Evelyn Kernan, Henry Mallue, Carole Meyer, Jeane Moore, Jim Mayfield, and Linda Reuben.**

Pray God's comfort and peace for **Suzi Baldrick, Bill Althans Jr.** and family on the death of their father **William "Bill" Althans.**

Pray God's comfort and peace for **Pastor Ballentine** and family on the death of his mother, Jean.

Pray for those unable to come to worship: **Joyce Behlendorf, Martin Bleck, Birdie Burton, York Doerr, Bob and Angie Groom, Jack Harris, Pat Janot, Jeanne Nelson, Joanne Shue, Darlene Simon, Jerry Trone, and Kay Wasaff**

Pray for these loved ones of our congregation: Gail&Bushmire family, Stephanie Altland, Philip A. Arnold, Jane Ayers, Gary Baumgarten, Rose Baumgarten, Susan Behrens, The Besser family, Toni Birch, John Butler, Lane Clark, Bob Cummings, Emmeline Daniels, Graham Darnell, Jeris and Tony DeKievit, Judy Drezek, Paul Dwiggin, Derald Edwards, Joan Fecondo, Gloria Flamm, Dan Flatin, Kay Flatin, Betty Frazee, Bob and Linda Friend, Andrea Gonzalez, Rex Harder, Andy Havola, Frank Hayes, Nicole Ingle, Crystal Isaac, Nate Jacklin, Sandy Kellogg, John Knestrick, Richard Kochanski, Rebecca Krueger, Margaret Lewis, Jackie Locke, Isabelle Lutzle, Keith Margrey, Barry Marten, Doug Mayes, Patrick and Kristin McGraw, Judy Murphy, Jeremy Nelson, Lori Ott, Danielle Parrish, Louise Peardon, Phil Peters, Sue Plevelich, Pearl Retchin, Edith Roberts, Betty Roth, Shann Rufer, Paul Sampson, Inge Seiter, Cindy Sherwood, Patricia Simpson, Kelsey Slay, Mike Slyer, Brant Smith, Jerry and Evelyn Spear, Ken Steinberg, Chad Strausbaugh, Carolyn Williams, Travis Wilson, and the people of Ukraine

December 11, 2022 ~ Third Sunday of Advent

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

Welcome

Centering Music *Reflection on "Stuttgart"* setting Karen Lakey Buckwalter
St. Stephen Ringers
Thom Recktenwald, Flute

Advent Candle Lighting Litany

In this season of longing and anticipation,
rejoice in the Lord always, shout out God's name,
**for God is with us, our God is with us
the God of our salvation in whom alone we trust.**

In this season of longing and anticipation,
rejoice in the Lord always, shout out God's name,
**for God is our Caretaker.
God draws us home by streams of living water where we shall thirst no more.**

In this season of longing and anticipation,
rejoice in the Lord always, shout out God's name,
**for God knows our thoughts, understands our hearts,
and enables us to become the people we were meant to be.**

Season of Longing and Anticipation, stanza 3
Three candles are lit.

Bulletin page 12

Let us pray.

Praise to you, O God, who holds our joy and sorrow. You bring water to parched ground and life out of death. Bless us as this light grows, and send sorrow and sighing to flee away. Give us strength and patience, trusting that you are true to your promises. Transform the lives of all who suffer with your wonders near at hand. **Amen.**

Gathering Hymn *Come, Thou Long Expected Jesus*

HFW 243

Bulletin page 13

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

Stir up the wills of all who look to you, Lord God, and strengthen our faith in your coming, that, transformed by grace, we may walk in your way; 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

Isaiah 35:1-10

The prophet describes the return from the Babylonian captivity as a joyous procession to Zion. God's coming reign will bring a renewal of creation in which health and wholeness will be restored. There is no need for fear, for God is coming to save.

¹The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus ²it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the LORD, the majesty of our God. ³Strengthen the weak hands, and make firm the feeble knees. ⁴Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you." ⁵Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; ⁶then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; ⁷the burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes. ⁸A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray. ⁹No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. ¹⁰And the ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

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





The LORD lifts up those who are bowed down.

⁵Happy are they who have the God of Jacob ¹for their help,
whose hope is in the ¹LORD their God;

⁶**who made heaven and earth, the seas, and all that ¹is in them;
who keeps promis- ¹es forever;**

⁷who gives justice to those who are oppressed, and food to ¹those who hunger.
The LORD sets the ¹captive free.

⁸**The LORD opens the eyes of the blind; the LORD lifts up those who ¹are bowed
down; the LORD ¹loves the righteous. *Refrain***

⁹The LORD cares ¹for the stranger;
the LORD sustains the orphan and widow, but frustrates the way ¹of the wicked.

¹⁰**The LORD shall ¹reign forever,
your God, O Zion, throughout all generations. ¹Hallelujah! *Refrain***

Second Reading

James 5:7-10

In anticipation of the Lord's coming, Christians are called upon to cultivate patience rather than discontent.

⁷Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. ⁸You also must be patient. Strengthen your hearts, for the coming of the Lord is near. ⁹Beloved, do not grumble against one another, so that you may not be judged. See, the Judge is standing at the doors! ¹⁰As an example of suffering and patience, beloved, take the prophets who spoke in the name of the Lord.

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

Gospel Acclamation

4

Al - le - lu - ia, (to)

whom, O Lord, shall we go? You have the words of e -

ter - nal life. Al - le - lu - ia.

Gospel

Matthew 11:2-11

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

John the Baptist expects the Messiah to bring God’s judgment upon the earth (Matt. 3:11-12). From a prison cell, he wonders whether Jesus is the one who will do this. Jesus’ response indicates that God’s reign is indeed being fulfilled already through healing and restoration.

²When John heard in prison what the Messiah was doing, he sent word by his disciples ³and said to him, “Are you the one who is to come, or are we to wait for another?” ⁴Jesus answered them, “Go and tell John what you hear and see: ⁵the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them. ⁶And blessed is anyone who takes no offense at me.” ⁷As they went away, Jesus began to speak to the crowds about John: “What did you go out into the wilderness to look at? A reed shaken by the wind? ⁸What then did you go out to see? Someone dressed in soft robes? Look, those who wear soft robes are in royal palaces. ⁹What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet. ¹⁰This is the one about whom it is written, ‘See, I am sending my messenger ahead of you, who will prepare your way before you.’ ¹¹Truly I tell you, among those born of women no one has arisen greater than John the Baptist; yet the least in the kingdom of heaven is greater than he.”

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

Sermon

Despair is Reasonable

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

Awake! Awake, and Greet the New Morn

ELW 242

Bulletin page 14

Prayers

Each petition concludes, "Lord in your mercy." Response: "Hear our prayer."

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

Offering

An offering is 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

8:30

An Advent Prayer

arr. Allen Pote

St. Stephen Matins Choir

11:00

O Very God

Robert Edward Smith

St. Stephen Chancel Choir

Offertory Prayer

Eternal God, you make the desert bloom and send springs of water to thirsty ground. Receive these simple gifts and make us messengers of your mercy and love for all in need of your healing and justice. We ask this through Christ our Savior. **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

2

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
might, heav'n and earth ring forth your glo - ry. Ho - san -
are full of
na! Bless'd is the one who comes in the name of the
Lord. Ho - san - na in the high - est, ho - san - na!

The image shows a musical score for the hymn 'Holy, Holy, Holy'. It consists of four staves of music in treble clef. The first staff begins with a '2' above it, indicating a second ending. The lyrics are written below the notes. The second staff has some lyrics written in italics: 'are' and 'full of'. The music ends with a double bar line.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Let us proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

With this bread and cup we remember your Word dwelling among us, full of grace and truth. We remember our new birth in his death and resurrection. We look with hope for his coming. **Come, Lord Jesus.**

Holy God, we long for your Spirit. Come among us. Bless this meal. May your Word take flesh in us. Awaken your people. Fill us with your light. Bring the gift of peace on earth. **Come Holy Spirit.**

All praise and glory are yours, Holy One of Israel, Word of God incarnate, Power of the Most High, one God, now and Forever. **Amen.**



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.*



Dismissal

Go in peace. Christ is near. **Thanks be to God.**

Postlude

Chimings of Great Joy
St. Stephen Ringers

Setting Dan R. Edwards

Postlude Notes: Dan Edwards (b. 1951) was born in Portsmouth, Virginia, and studied at Tidewater Community College in Portsmouth and James Madison University in Harrisonburg, VA. He has taught music in elementary and high schools and has worked as a church musician in a number of different denominations. He resides with his wife in Chesapeake, VA



Copyright Information

Seasons of Longing and Anticipation; Contributors Michael Burkhardt, Michael Burkhardt © 2020 Birnamwood Publications (ASCAP), a division of MorningStar Music Publishers, Inc., St. Louis, MO

Awake! Awake ,and Greet the New Morn; Setting, Marty Haugen, Aaron David Miller; *Intros Alt Accomps Organ Vol 1*

© 1983 and this setting © 2007 GIA Publications Inc.

An Advent Prayer, ; Allen Pote

© 1984, Hinshaw Music, Inc..

O Very God; Setting Robert Edward Smith;

© 1977 GIA Publications, Inc.

Lo, How a Rose E'er Blooming; setting Robert Groth, Kevin McChesney ; *Ring Together Christmas 2*

© 2010 Jeffers Handbell Supply Inc.

Chimings of Great Joy; setting Dan R Edwards

© St. James press

One License Licensing Permission Reprinted/Streamed with permission under, One License #A721099

CCLI song #3011380

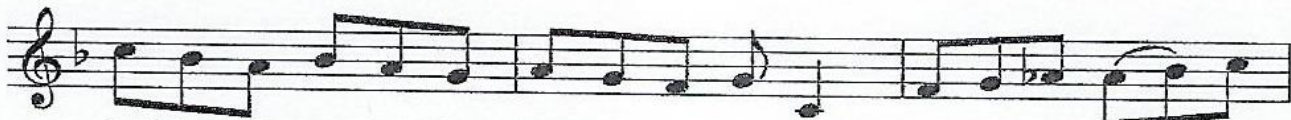
Season of Longing and Anticipation

Candlelighting Song

Cantor/Choir:



In this sea - son of long - ing and an - ti - ci - pa - tion,



God is at work in the heart of cre - a - tion, of - fer - ing all new



life and sal - va - tion:

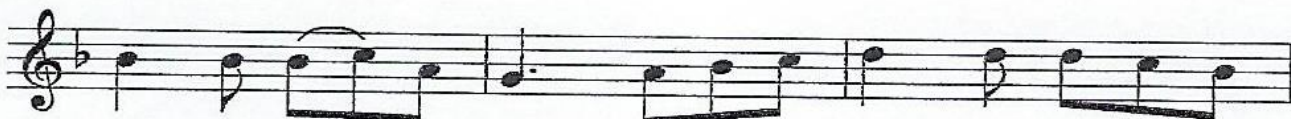
Advent:

- | | | | | | |
|---------|--------|-------|--------|---------|--------|
| 1. A | rig - | teous | branch | springs | up! |
| 2. A | voice | cries | out, | "Pre - | pare!" |
| 3. Re - | joice, | the | Lord | is | near! |
| 4. A | wom - | an | ans - | wers | God's |
| | | | | | call! |

All:



O - pen our eyes to sights, signs, and won - der; o - pen our



ears to hear your word; o - pen our hearts to live with each



oth - er

in

Advent:

- | | | | | |
|-----------|------|-------|------|-------|
| 1. hope, | In - | car - | nate | Lord! |
| 2. peace, | | | | |
| 3. joy, | | | | |
| 4. love, | | | | |

Come, Thou Long-Expected Jesus

1 Come, thou long - ex - spect - ed Je - sus, born to set thy peo - ple free;
 2 Is - rael's strength and con - so - la - tion, hope of all the earth thou art,
 3 Born thy peo - ple to de - liv - er, born a child, and yet a king;
 4 By thine own e - ter - nal Spir - it rule in all our hearts a - lone;

from our fears and sins re - lease us; let us find our rest in thee.
 dear de - sire of ev - 'ry na - tion, joy of ev - 'ry long - ing heart.
 born to reign in us for - ev - er, now thy gra - cious king - dom bring.
 by thine all - suf - fi - cient mer - it raise us to thy glo - rious throne.

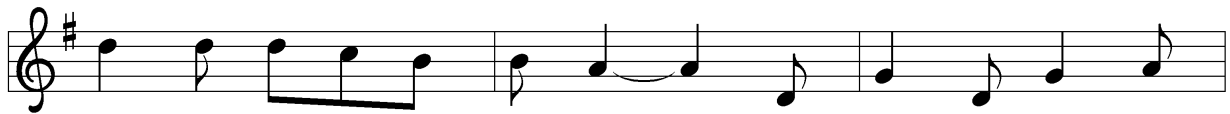
Text: Charles Wesley, 1707–1788

Music: STUTTGART, Christian Friedrich Witt, 1660–1716

Awake! Awake, and Greet the New Morn



1 A - wake! A - wake, and greet the new morn, for
2 To us, to all in sor - row and fear, Em -
3 In dark - est night his com - ing shall be, when
4 Re - joice, re - joice, take heart in the night, though



an - gels her - ald its dawn - ing. Sing out your joy, for
man - u - el comes a - sing - ing, his hum - ble song is
all the world is de - spair - ing, as morn - ing light so
dark the win - ter and cheer - less, the ris - ing sun shall



soon he is born, be - hold! the Child of our long - ing.
qui - et and near, yet fills the earth with its ring - ing;
qui - et and free, so warm and gen - tle and car - ing.
crown you with light, be strong and lov - ing and fear - less.



Come as a ba - by weak and poor, to bring all hearts to -
mu - sic to heal the bro - ken soul and hymns of lov - ing -
Then shall the mute break forth in song, the lame shall leap in
Love be our song and love our prayer and love our end - less



geth - er, he o - pens wide the heav'n - ly door and
kind - ness, the thun - der of his an - thems roll to
won - der, the weak be raised a - bove the strong, and
sto - ry; may God fill ev - 'ry day we share and



lives now in - side us for - ev - er.
shat - ter all ha - tred and blind - ness.
weap - ons be bro - ken a - sun - der.
bring us at last in - to glo - ry.

Lo, How a Rose E'er Blooming

1 Lo, how a rose e'er bloom - ing from ten - der stem hath
2 I - sai - ah had fore - told it, the rose I have in
3 This flow'r, whose fra - grance ten - der with sweet-ness fills the
4 O Sav - ior, child of Mar - y, who felt our hu - man

sprung! Of Jes - se's lin - eage com - ing as
mind; with Mar - y we be - hold it, the
air, dis - pels with glo - rious splen - dor the
woe; O Sav - ior, king of glo - ry, who

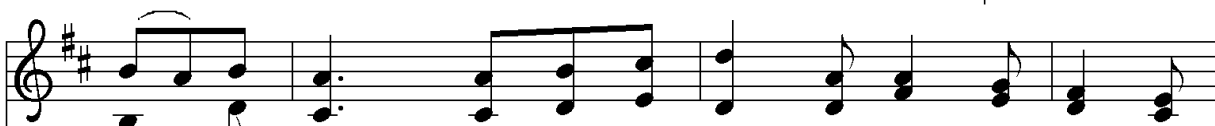
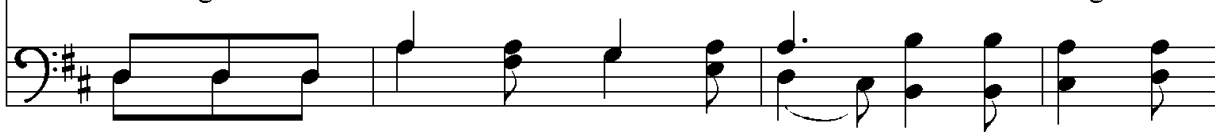
seers of old have sung, it came, a flow'r so bright, a -
vir - gin moth - er kind. To show God's love a - right, she
dark-ness ev - 'ry - where. True man, yet ver - y God, from
dost our weak - ness know: bring us at length, we pray, to

mid the cold of win - ter, when half - spent was the night.
bore to us a Sav - ior, when half - spent was the night.
sin and death he saves us and light - ens ev - 'ry load.
the bright courts of heav - en and in - to end - less day.

People, Look East



1 Peo - ple, look east. The time is near of the crown - ing
 2 Fur - rows, be glad. Though earth is bare, one more seed is
 3 Stars, keep the watch. When night is dim, one more light the
 4 An - gels an - nounce with shouts of mirth him who brings new



of the year. Make your house fair as you are a - ble,
 plant - ed there. Give up your strength the seed to nour - ish,
 bowl shall brim, shin - ing be - yond the frost - y weath - er,
 life to earth. Set ev - 'ry peak and val - ley hum - ming



trim the hearth and set the ta - ble. Peo - ple, look
 that in course the flow'r may flour - ish. Peo - ple, look
 bright as sun and moon to - geth - er. Peo - ple, look
 with the word, the Lord is com - ing. Peo - ple, look



east, and sing to - day— Love, the Guest, is on the way.
 east, and sing to - day— Love, the Rose, is on the way.
 east, and sing to - day— Love, the Star, is on the way.
 east, and sing to - day— Love, the Lord, is on the way.



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)
- In order to pursue the faith value of inclusivity, you will find a dedicated space (aka "pray ground") in the east wing of the Worship Space. A pray ground is a developmentally appropriate space within the Worship Space for children and their parents to be present and active within worship.
- Age-appropriate activity bags are also available in the Gathering Space if you prefer to be in the pews – 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 **James City, Williamsburg and York County** are **low**. Following CDC guidelines, masks are optional in public, indoor settings.
- Masks, if needed, are available in the Gathering Space.

Health Update

While COVID rates remain "low" in our area we find ourselves in the midst of the worst flu season in over a decade. In order to try to keep ourselves and our neighbors healthy **we strongly encourage the wearing of masks in our building** at this time, especially for those who are more vulnerable to viral illnesses. We also encourage you to monitor yourself for flu (and COVID) symptoms and stay home if you are experiencing any.

What's Happening Today

Sunday Morning Faith Formation for children and youth:

Christmas is coming! Music Director **Karen Ives** is teaching the children songs, and our third practice session is **today at 10:00 AM**. Meet in the Fellowship Hall

Flowers are given to the Glory of God by **Jim Weilmuenster** in memory of Sue Blanks Weilmuenster.

Christmas Caroling. We will go Christmas Caroling at 4:00 PM Today. Groups of carolers will visit several families of our congregation, singing to them outside their homes. Returning to Church, we will enjoy chili and cornbread. Come join us as we bring some Christmas cheer to our sick and home-bound members. Bring your favorite chili and/or cornbread to share afterward in the Fellowship Hall

Christmas Cookie Decorating. We need your help with Christmas cookie decorating! We give cookies to all those we go caroling to. **Join us this Sunday, between services in the Gathering Space as we decorate sugar cookies.** Put your food artistry on display!

Upcoming

Weekly Bible Study. Come join us as we study the upcoming Sunday's texts! **Tuesday's at 10:00 AM** in the **Library/Conference Room**. It will be led by the **Rev. Jim Larsen** and the **Rev. Harvey Nelson**

Advent Midweek Services. Please join us the Wednesday evening of Dec. 14 in the Worship Space and on our YouTube channel at 7:00 PM for "Behold Our Light," our Advent Midweek liturgy. In lieu of a fourth Wednesday evening service, this year we will have a "Longest Night Eve" service on Dec 20 at 7:00 PM

Committee chairs, Council officers and staff: Annual Reports for 2022 are due to the church office no later than Friday, **December 23**. Please send your annual reports electronically to Parish Administrator **Hollie Jones**.

The Flower Chart for 2023 is posted in the display area of the Gathering Space. Please mark the date for which you would like to sponsor flowers! Sponsor sheets are in the envelope below the chart.

Preschool Art Showcase The preschoolers art will be showcased thru out the month of December at the Williamsburg Regional Library, located on 515 Scotland St. Every child has a piece displayed along the walls leading to the children's area.

Christmas Decorating! Friday, December 23rd at 2:00pm. If you would like to help us decorate the sanctuary for Christmas Eve and Christmas services please sign up on the Blue sheet.

Have Fun and Support our St. Stephen Preschool during our annual Winter Carnival **Sunday, January 29, 2:00 – 4:00 PM.** Want to help with Winter BINGO, Ice Fishing, Winter Putt-Putt, Penguin Bowling, and more? See the insert and mark the blue sheet if you're able to help! The first meeting will be **December 15 at 7:00pm.**

Gifts for Godparents for Tanzania Fund. As its global ministry project for Advent, the St. Stephen Social Ministry Coordinating Committee is encouraging congregational members to help grow our Godparents for Tanzania Fund. This fund allows us to continue our generous contributions toward the education of young adults in Tanzania. Please see the bulletin board in the Gathering Space highlighting photos and letters written by our most recent student recipients! Consider giving generously by placing your donations in the offering plate on Sundays or mailing them to the church office anytime during December. Checks should be made to St. Stephen Lutheran Church with "Godparents 4 Tanzania" in the memo line. Many thanks for your generosity.

VA Synod Assembly Voting Members Needed. **The 2023 VA Synod Assembly will be held in Roanoke from June 9-11.** On top of the typical business of the Synod, there will also be an election for a new Bishop. At our January meeting St. Stephen will elect two voting members to attend Synod Assembly and two alternates (we will be sending one who identifies as male, and one who identifies as female) on behalf of St. Stephen. **If you would like to be on the ballot at the January meeting for this position, please mark the Blue Sheet.** Expenses to attend the Assembly are covered by the church.

HEALTH MINISTRY

Holiday Rush

Eating healthy during the holiday season can be hard. We find ourselves rushing around to get everything done. The easiest way to get dinner can be fast food. It is convenient and relatively inexpensive, especially if you are like me and get a lot of coupons in the mail. We have also heard that it is not healthy to eat fast food. But, we can definitely make healthier choices.

According to Kate Patton, Med, RD, CCSD,LD, it is best to plan ahead what you will order and then stick to that plan. Look for options that have lean protein (think grilled chicken), lots of veggies (think salad) and fiber. Avoid upsizing meals to medium and large to keep the portions more in line with a healthy meal. Ask for a side salad instead of fries to provide vegetables and fiber. If ordering a burger, pack on as many vegetables as they can get. Ask if it can be wrapped in lettuce rather than on a bun. And skip the bacon (aww, that is the best part!) If they can't wrap in lettuce, ask for extra lettuce and just take it off the bun. Whenever possible ask for them to keep it a small meal, or even order a kids meal. You can usually get an option of fruit with the meal.

Having a plan and sticking to it can take some of the stress off of ordering at the drive through. And perhaps, if you are like me, so of the guilt of eating a fast food meal with all the calories. Let me know if you have any questions.

Diana Tiller-Dichtel
Parish Nurse

Worship and Fellowship for Advent and Christmas –

Behold our Light Allow the Spirit to nourish you with some moments of contemplation, as we gather at **7:00 PM** on these **Wednesdays in Advent**:

- December 14, **7:00PM**

Children's Christmas Program

- **Sunday, December 18** at our **11:00 AM** Worship Service

Christmas Caroling outside to some of our ill and homebound folks

Sunday, December 11

- **4:00 PM** – We meet in the Fellowship Hall to organize.
- **6:00 PM** – We'll return to the Fellowship Hall to share a meal together. Bring chili and/or cornbread to share! (If you're not able to make the caroling, feel free to join the meal gathering – and vice versa!)

Blue Christmas Eve (also called the Longest Night Eve) This worship service honors people that have lost loved ones and are experiencing grief.

- **Tuesday, December 20 at 7:00 PM**

Christmas Eve (all services with candle light):

- **7:30 PM** – Worship featuring sermon, choir and Holy Communion
- **10:00 PM** – Worship featuring sermon, choir and Holy Communion

First Sunday of Christmas, December 25:

10:00 AM – Worship and Holy Communion

St. Stephen Calendar –December 11- December 18, 2022

SUNDAY, December 11 ~ Advent 3

- 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)
- 9:45 AM Children’s Rehearsal for Christmas Program (Fellowship Hall)
- 10:00 AM Faith Formation (Undercroft/Preschool Room)
- 10:30 AM Chancel Choir Warm-up (Worship Space)
- 11:00 AM Worship – Holy Communion**
- 4:00 PM Caroling**

MONDAY, December 12

- 10:00 AM Staff meeting (Pastor’s Office)
- 7:00 PM Book Study (Fellowship Hall)
- 7:00 PM Finance Committee (Library/Conference Room)

TUESDAY, December 13

- 10:00 AM Bible Study (Library/Conference Room)
- 7:00 PM Council meeting (Fellowship Hall)

WEDNESDAY, December 14

- 6:00 PM Christmas Eve Choir Rehearsal (fellowship Hall)
- 7:00 PM Evening Prayer - *Behold our Light***
- 7:00 PM AA Meeting (Fellowship Hall)
- 7:30 PM Chancel Choir Rehearsal

THURSDAY, December 15

- 12:00 PM Staff Bulletin Review (Library/Conference Room)
- 1:30 PM Book Study (Fellowship Hall)
- 7:00 PM Winter Carnival Committee

FRIDAY, December 16

SATURDAY, December 17

- 5:30 PM AA Meeting (Fellowship Hall)
- 3:00 PM Children’s Rehearsal for Christmas Program (Fellowship Hall)

SUNDAY, December 18 ~ Advent 4

- 8:00 AM Matins Choir Warm-up (Worship Space)
- 8:30 AM Worship – Holy Communion**
- 9:45 AM Children’s Rehearsal for Christmas Program (Fellowship Hall)
- 9:45 AM Affirmation of Baptism Class (Library/Conference Room)
- 10:00 AM Faith Formation (Undercroft/Preschool Room)
- 10:30 AM Chancel Choir Warm-up (Worship Space)
- 11:00 AM Worship – Holy Communion; Children’s program (livesstreamed on our YouTube channel)**

Leading our Worship and Hospitality Today

- Acolyte/Crucifer.....(8:30) Bethany Brisson
..... (11:00) Alina Dabel
- Altar Guild (8:30) Diane McCurry & Donna VanDuyse
.....(11:00) Nancy Egloff
- Audio-Visual Team..... (8:30) Beth Grant (11:00)
- Bread Baker..... Amy Bergh
- Cantors (8:30)Joe Philipoom (11:00) Christina Nelson
- Communion Assistants (8:30) Carole Wiers & Diana Tiller-Dichtel
..... (11:00) Keith Egloff & Alina Dabel
- Flower DeliveryRosemary Stimson
- Greeters/Hosts.....(8:30) Bob & Carol Harman (11:00) Ned & Sue Neidlinger
- Lectors..... (8:30) Paula Agor (11:00) Keith Egloff
- Tellers..... Jane deSolms, Susan Britcher, Kelly Horst
- Ushers..... (8:30) JR Lyons & Russ White (11:00)

St. Stephen Lutheran Church

612 Jamestown Road

Williamsburg, Virginia 23185

www.saintstephenlutheran.net

(757) 229-6688

We gather to worship and study God's Word to deepen our faith and live our Christian witness and service in the community.

(St. Stephen Lutheran Church Vision Statement)

All of Us, Called Through Our Baptisms

Pastor Jon Nelson (320-295-8861)

Karen Ives – Director of Music (828-242-1133)

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.*

December 11, 2022

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*:

(please note all names will be removed at the end of the following month, if you wish for someone to be added back on to the prayer list please resubmit their names here)

Name: _____

Please **remove** from prayer concerns:

Name: _____

_____ I need a name tag

_____ I will help decorate the sanctuary

_____ I would like to help with the Preschool Winter Carnival

_____ I would like to be on the January annual meeting ballot for voting member to the 2023 VA Synod Assembly