



The Quill

THE NEWSLETTER OF ST. STEPHEN LUTHERAN CHURCH

Williamsburg, Virginia

May 2024



WORSHIP

In preparation for the Adult Education opportunity, I will be leading in May on Liturgy, I thought we might explore some of that topic in my article this month.

What is Worship? We go to worship every Sunday. We read about worship in the Bible. But how would you define worship to someone? It's tricky in part because the English word "worship" is used to translate many different Hebrew and Greek words in the Bible! These words mean things like bowing down, showing your complete dependence on someone, serving, and expressing your devotion (love) to God. All of this can be boiled down to a simple definition: Worship is one of the main ways we show God love and seek to experience God's love in return.

The liturgy (literally meaning "the work of the people") is basically the order of service, the way we run our church services. Specifically, when we use the term "liturgy" we are referring to the text and songs that we say and sing out of our hymnal/bulletin. Most of the liturgy is based on Scripture, and much of it has been used by Christian churches for over a thousand years! Why do we use this liturgy? Our liturgy has been written and shaped by many people to teach us how to give thanks, praise, pray, confess, and give—really, how to worship God!

Some Definitions...

Worship: How we show our love to God, primarily through thanksgiving, praise, prayer, giving, and learning.

Thanksgiving: God has done wonderful things for us, from the beauty of creation to giving us our daily bread. Most of all, God sent the Son to die for us so that we could be adopted into God's family: "We love because he first loved us" (1 John 4:19).

Praise: The difference between praise and thanksgiving is a bit fuzzy. We say thanks when someone has done something for us, but when someone has done something wonderful in general, then we just tell them that (praise them).

Prayer: Prayer is an essential part of Christian life and worship. We often use the word "prayer" in reference to anytime we talk to God. This is a fine use, but the original use of the word specifically focuses on asking or even begging for something. God wants us to ask for what we or others need.

Confession: The basic meaning of the word "confess" is "to tell." Therefore, confessing sins is simply telling God about the choices and mistakes that we feel bad about. One tricky aspect of confession is the explanation of what it "does." Are we forgiven when we confess (and therefore, what we do not confess is not forgiven), or are we forgiven everything, even without confessing? The Lutheran response is that we are forgiven of all of our sins, past, present, and future, confessed and unconfessed, when we are connected to Jesus in faith (more on that in the Adult Ed).

In Christ,
Pastor Jon

CONGREGATION COUNCIL



The April Council meeting was held on April 9, 2024.

In attendance: Pastor Jon Nelson, Pastor Alex Sheppard-Witt, Sandy Croushore, Jeffery Berry, Nancy Egloff, Pam Buckley, Paul Reier, J.R. Lyons, Corey Knestrick, Susan Kauffman, Brandon Cave, Roberta Sulouff, Alison Carney, and Nancy Carter (Technology Committee).

- Paul Reier met with a second experienced local HVAC firm that is preparing an estimate for HVAC replacement. Total project cost may approach \$500,000.
- Nominations are in progress for Council and a position on the Endowment Committee.
- Welcoming initiative updates include: a) completed changes to bathroom and installed new sign for all-gender upstairs bathroom; b) initiated creation of a core team to lead congregation in becoming a Reconciling in Christ Partner; and c) seeking contractor estimates for installation of automatic swinging accessible doors to church building.
- Nancy Carter spoke to Council about Technology Committee work, including audio-visual (AV) system, website, training for volunteers, and more. Council expressed gratitude for Nancy, the tech team and AV volunteers.
- Julie Meeks is contacting local laundromats to explore potential for Laundry Love outreach.

The next Council meeting is scheduled for May 14.

Alison Carney, Secretary, Congregation Council



Doug Crinklaw

Sandy and Tom Peterkin

SUMMER WORSHIP SCHEDULE

Starting **Sunday, May 26**, we will be moving to one worship service for 16 Sundays. We will have coffee at **9:00 am** and worship at **9:45 am** on these Sundays. This worship service will be live-streamed as well. We hope that this joint service will help foster connections between "8:30 folk" and "11:00 folk" as well as give our worship leaders a lighter Sunday morning for these weeks of summer.

Our final joint service will be on "God's Work. Our Hands. Sunday" on **September 8**, which will give us some extra time for a service project that morning.



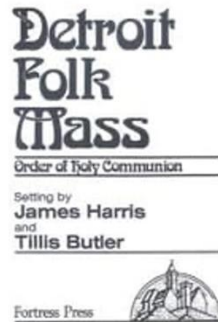
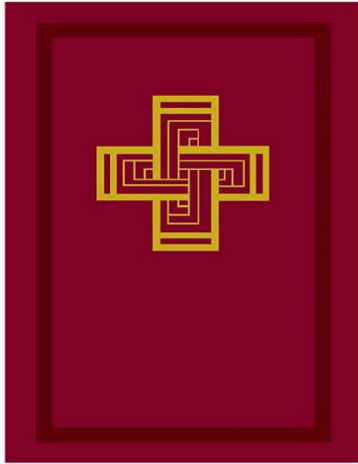
MAY

1	Jessica Harms	
4	Dorothy Hinders	
5	Lindsey Fisher	
6	Karen West	Lisa Bushmire
8	Jim Larsen	
11	Jon Lund	
13	Brian Agor	
14	Alex Ogborn	
15	Laura Bergh	
17	Ward Bourn	
20	John Olson	Kylen Saunders
22	Theo Bergh	Henry Lawson
23	Harvey Nelson	Jim Weilmuenster
24	Regina Root	
25	Benjamin Yancey	
30	Tim Crittenden	
31	Sonja Cave	



MUSIC NOTES

Easter Season Liturgy – Setting Six



For this Easter Season, St. Stephen is currently using Liturgical Setting Six* from our Evangelical Lutheran Worship Hymnal (2006). The source of almost all of this setting’s music is not original to our ELW hymnal but borrowed from other resources. The music of Setting Six is in a Gospel style and comes from two previous publications: the *Detroit Folk Mass* (Fortress Press, 1986) and *This Far By Faith: An African American Resource for Worship* (Augsburg Fortress, 1999), our church’s African American hymnal. The hymnody in *This Far by Faith* includes a rich selection of songs and styles derived principally from Africa, the United States, and the Caribbean. Just as in our ELW, the structure of this hymnal includes a preface along with Scriptures and prayers for various occasions. Also included in the opening pages of *This Far by Faith* are articles on the Worship and culture as well performance practices from an African-American perspective. Another interesting tidbit... this Hymnal was developed by a cooperative inter-church process involving the Evangelical Lutheran Church in America and the Lutheran Church – Missouri Synod. You will note that the cover of this hymnal is adorned with only a cross, based on a carved motif from a Yoruba wooden door in Nigeria.

This Far by Faith includes two musical settings of liturgy. Here is where things become a little complicated. Setting One is called the *River of Life* Setting. Our “Gospel Acclamation” and our “Holy, Holy, Holy” that we are currently singing (ELW, Setting Six) come from that *River of Life* setting. But wait, those pieces were not

original to that hymnal either, but a part of another liturgy called the *Detroit Folk Mass*, composed by Tillis Butler (d. 2002) and James Harris published back in 1986. Therefore, this music originated just before the merger (1988) of the Lutheran Church in America, the Association of Evangelical Lutheran Churches, and The American Lutheran Church that form our current ELCA. The second musical setting in *This Far by Faith* is called *Liturgy of Joy* by James Capers (b. 1948). We sing our hymn of praise “This is the feast” and the “Lamb of God” from that setting. Most agree that all these compositions are written in a style appropriate for piano accompaniment.

Karen Ives, Music Director

* Our Cranberry colored ELW has 10 liturgical settings. These are musical renderings for the Kyrie, the Hymn of Praise (Glory to God or This is the Feast), the Gospel Acclamation, the Sanctus (Holy, Holy, Holy), and the Agnus Dei (Lamb of God). A couple of the settings include a Nunc Dimittis (Now, Lord, you let your servant go in peace). During Lent, we used Setting Ten; during Advent, we used Setting Five. For the Epiphany season we sang Setting Eleven from our *All Creation Sings* hymnal supplement.

Giving Statements for the first quarter of 2024 are available for pick-up in the Gathering Space. Please pick up your statement and help us save on postage.



MEN'S & WOMEN'S BREAKFASTS

- **May 2** – Men are invited to join together for breakfast the first **Thursday** of this month.
- **May 7** – Women are invited to join together for breakfast the first **Tuesday** of this month.

Both gatherings take place at **8:00 am** at the Colonial Pancake House, at the corner of Page Street and Penniman Road, Williamsburg, VA. The get-togethers promote conversation and friendship in a casual setting.

Thank You



I am so grateful for your contribution of \$600. Your support brings the priceless gift of care, comfort, and compassion to guests of Hospice House and their loved ones as they share their final days together.

We do not charge a fee for our services to individuals and families, so we thank you for helping remove that burden from those we serve. Your gift also allows loved ones to be just that - loved ones - without also having to be caretakers.

Having served our community for the past 40 years, we are appreciative of the support from individuals like you. Thank you again for your generous contribution.

Brandon Randall, Executive Director



Thank you very much for your congregation's gift to Avalon of \$700 on April 3, 2024. We

appreciate your continuing support and would like to welcome you to the Advocate level of giving for 2024. Your support is important.

For over 43 years, Avalon has been there to answer the calls for help and offered comprehensive services for many thousands of survivors and their children. We have been there only because of the generosity of our community and people like you. At Avalon, we envision an aware and engaged community that works together to promote healthy relationships and to end domestic and sexual violence. Thank you for being a part of that vision!

Teresa Christin, Executive Director



Thank you for sharing your blessings with your gift of \$5,003. Your love will reach

families in crisis who need your help — especially our neighbors in Ukraine.

Your gift is being put to use immediately to deliver emergency food, shelter, Personal Care Kits, Baby Care Kits, medicines and other critically needed items for children and their families who are trying to survive the horrifying fighting . . . or are being forced to flee their homeland with a few meager belongings.

Your willingness to share your blessings during a global crisis like this is a godsend to your neighbors in Ukraine who are hurting. They can feel your love and are deeply grateful to know you are keeping them in your thoughts and prayers. You'll also find inspiring stories of the life-changing work you make possible at lwr.org.

Ambassador Daniel V. Speckhard (ret.)
President and CEO



Thank you for your in-kind donation of 21 lbs. of food to the Williamsburg House

of Mercy. In 2022, we received 184,725 pounds of in-kind donations and rely on these to supplement our costs in providing to the most vulnerable in our community.



BOARD GAME NIGHT

Join us on **Saturday, May 11 at 5:30 pm** in the Fellowship Hall for a board game night. Learn a new game or bring an old favorite. Please bring a dish or snack to share, water and lemonade will be provided.

ADULT EDUCATION OPPORTUNITY

Join us in the Fellowship Hall between services (**10:00 - 10:40 am**) on the Sundays of **May 12 and 19**. **Pastor Jon** will be leading two sessions on Liturgy. We will be exploring why we do the things we do in worship on Sunday mornings.

CAMPUS MINISTRY



THANK YOU for all of your support of Lutheran Student Association this school year. It is hard to believe that the semester will wrap up this month. Thank you for cooking meals, for serving as adopted families, for welcoming these students into our community. It all truly makes a difference in the lives and the faith journeys of our students. Thank you!

It was a joy to come together for the LSA led worship on April 14. We had a great contingent of students who served in worship and/or helped plan the service. We have quite an ecumenical group – and the service showed the great diversity of faith expressions and experiences. We thank you for your support of them and their worship leadership.

We give thanks for our Seniors who are graduating this year. We wish them well on the next steps on their journey – whether they are entering the workforce or continuing their education. And we wish all of our students a wonderful and safe summer – and we look forward to seeing them again in the fall.

LSA Calendar of Events

- **May 5** Senior Recognition/Last LSA Dinner
- **May 16-18** Commencement
- **May 17** Spiritual Celebration

Peace,
Pastor Alex





STEWARDSHIP ESSENTIALS

Our second lesson in worship on the fourth Sunday in Easter came from the third chapter of First John. In it, the author asks a rather demanding question. By that I mean the question demands our serious consideration. He asks, "How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?" It's easy for us to read right over this question and keep on going. But John (tradition holds that the author of the three letters and of the gospel are the same, and his name is John) isn't just asking a rhetorical question. It seems to me that he cannot understand how it is possible to live in God's love, to be governed by God's love, and not share God's love wherever a compassionate response is needed. So he asks, "If you live in God's love, how can you not respond to others in love – always?"

In the context of this question, I wish to shine your light, brothers and sisters. For you have responded generously in love to the needs of our neighbors burdened by crushing amounts of medical debt. For the second year you have exceeded all expectations in your giving to our Lenten offering in support of RIP Medical Debt. Last year's donation total was three times our goal of \$1,800. So we were hopeful that by again designating RIP as our Lenten offering our donations would again be strong. Well, they were – they totaled \$9,655 at last count! Again, your generosity and compassion has overwhelmed me! If giving to meet others' needs is indeed a benchmark for living in God's love, then I would say that St. Stephen congregation manifests that love most remarkably.

I have said before that my favorite definition of stewardship is "what one does after one says, 'I believe.'" Well, based on this, we have some mighty good stewards among us. May God's love continue to hold us, shape us, and guide us as we seek to grow as stewards of God's love and mercy.

Your brother in Christ,
Jim Larsen



STAYING HEALTHY – PHYSICALLY AND MENTALLY

Physical activity can help you to feel your best. Whether you are just getting started or an experienced athlete, moving with intention can increase your chances of living a longer life. You should get some aerobic exercise and muscle strengthening exercise.

Aerobic activity is movement that gets your heart beating faster and increases your breathing. Examples would be walking fast, jogging or running. These can be done outside to be able to enjoy the scenery or inside if you experience allergies or other conditions that make outdoors uncomfortable.

Muscle strengthening activities are aimed at making your muscles stronger. There are many ways to do this. You can use weights, machines, resistance bands or even bodyweight such as push-ups.

The benefits of physical activity include increased control of blood pressure, blood sugar and weight. It helps to lower bad cholesterol and raise good cholesterol which also helps to reduce the risk of heart disease. It can also help to lower the chances of type 2 diabetes and decrease the risk of certain types of cancer.

Being active not only helps you physically, it helps you mentally. It helps to boost your mood, to sleep better, to decrease chances of being depressed and helps you to feel better about yourself. When you are stronger, your risk of falls is decreased and you feel more confident. Even if you have health conditions or disabilities, talk to your doctor. There are many ways to increase activity.

How do I get started? Some good ways to get started is to walk or ride a bike. Make it a social thing and invite a friend. The time passes quickly. If you like watching TV, grab a couple of hand weights, stand up and do a little workout while watching. You can also do push-ups or planks during commercials.

I hope to see you on a trail someday.

Diana Tiller-Dichtel, Parish Nurse



ST. STEPHEN LUTHERAN PRESCHOOL

Time sure flies by when you're having fun! It's an exciting time of year as we wind down the 2023-2024 school year. We are in the midst of watching our caterpillars and ladybugs grow and evolve. When the butterflies are ready, we will release them in our Prayer Garden and watch them fly off into the world. The lifecycle of both the ladybugs and butterflies is simply amazing to watch.

Easter was such a joyful time for us this year with meaningful songs and prayers in both Chapel and Music, as well as exhilarating egg hunts. Our field trip to the Fire House was exciting and informative. We toured the new building and learned all about fire safety from our local heroes.

At the end of May we will celebrate all our students as some move on to Kindergarten and others return to St. Stephen for another wonderful year. Our three-year-olds will celebrate with their families and teachers on Thursday, May 30 and our four- and five-year-olds will gather in the Sanctuary for a Graduation ceremony on Friday, May 31.

Although school is done at the end of May, our students and teachers will be right back here the first week in June as we kick off our Summer Camps. We have six weeks of camp this summer with some exciting themes. As the summer goes on, our students will go on a space exploration, go underway and discover the wonders of the ocean, become artists and more! Be on the lookout for photos throughout the summer in the Quill and on Facebook and Instagram.

Holly Ready, Preschool Director



STEPHEN MINISTRY AT ST. STEPHEN



It Doesn't Take a Catastrophe...

A lot of people feel that you only need to get a Stephen Minister if you have gone through a major catastrophe. For example, they feel like you should get one if you have had a death in the family or maybe if you are going through a divorce or if you have been diagnosed with cancer or some other potentially life-changing situation. While people in those situations definitely could find walking with a Stephen Minister very helpful, Stephen Ministers can be of great help in other less dramatic situations as well.

Any situation that leads to persistent sadness, depression, or anxiety that won't let up with the usual support provided by discussions with family or friends. Or perhaps the situation may be brought on or aggravated by the usual supports and they may not be available to provide the way to work it out. Or perhaps the situation may be a source of some embarrassment and discussing it with family or close friends may add further discomfort. In such situations, issues that may seem trivial or non-major to the big picture can lead to long term discomfort and consternation. Meeting with a Stephen Minister for confidential, thoughtful listening and prayerful discussion could be extremely helpful.

In short, no problem is too small to seek help. If problems persist and the usual support systems have not been helpful or have not been available, don't hesitate to speak up and request a Stephen Minister. Women are counseled by female Stephen Ministers and men by male Stephen Ministers. If you feel that you would like to have a Stephen Minister, contact one of the **Pastors** or **Bill Dichtel**.

Bill Dichtel, Stephen Leader

COMMUNITY LIFE: AFTERNOON SPRING SOCIAL (COME ONE, COME ALL; DRIVERS ARE AVAILABLE!)



All at St. Stephen and our friends at Our Saviour's Lutheran Church are invited to a spring social!

Come and enjoy an hour of fellowship and mingling time with friends old and new, as well as a hymn sing led by our own Ina Berkey. St. Stephen Fellowship Hall, **Wednesday, May 1, 1:30-2:30 pm**. Finger foods and light refreshments are being provided.

Sign up on the bulletin insert or contact the church office to indicate your interest in attending, as well as whether you need a ride or can provide a ride to others.

UPCOMING SHARED MINISTRY EVENTS FOR WOMEN

As part of our shared ministry with Our Saviour's, we have been invited to participate in the Virginia Synod Women's Convention which this year will be held at Our Saviour's from **July 26-27**. Plans are being finalized, and I will distribute more information as it becomes available. Our Saviour's Lutheran Church has an active women's group (Lydia Circle) which meets monthly, and we are welcome to attend their meetings.

In addition to the WELCA Convention, there is an All-Lutheran Women's Retreat planned for **November 7-9, 2024** in Glen Allen, VA. The retreat leader will be Author Jacqueline Bussie. I will post a flyer for anyone interested.

Pam Buckley

SAVE THE DATE! WOMEN'S RETREAT AT ST. STEPHEN



Mark your calendars for the Women's Retreat events and worship.

- Evening social **Friday, September 27, 2024**
- Day retreat **Saturday, September 28, 2024**



MAY BAPTISMAL ANNIVERSARIES

The significance of baptism, Luther teaches in the *Small Catechism*, is “that the old creature in us with all sins and evil desires is to be drowned and die through daily contrition and repentance, and on the other hand that daily a new person is to come forth and rise up to live before God in righteousness and purity forever.”

Your baptismal anniversary is an opportunity to light a baptismal candle and to give some prayer time to reflecting on your experiences during the past year on your journey in faith!

Pastor Jon Nelson

1	Benjamin Berry	Jeffery Berry
2	Anne Schone	
6	Walker Beatty	
8	Jean Gulesian	
12	Marilyn Mallue	Sue Voigt
14	Jan MacQueston	Chris Punchard
18	Julie Meeks	
19	Helen Nelsen	
25	Mathias Hallman	
26	Nash Napier	Coleman Beatty
28	Jennifer Dabel	Brett Powers
29	Ellen LaPlace	

Others who were baptized in May:

Trudi Arnold	David Gamble
Patricia Gamble	Mary Swanson

Were you baptized in May but your name isn't on the list above? Let us know!



JOINT PICNIC WITH OUR SAVIOUR'S

We will be celebrating Cinco de Mayo with a joint picnic on **Sunday, May 5** at Our Saviour's Lutheran Church beginning at **1:30 pm**. Tacos will be provided. Please sign up on the bulletin insert to bring either a side dish or dessert to share. Lemonade and water will be provided, you are welcome to bring other drinks.

PRAYERS



Join your prayers for healing with God's desires for **Aaren Battle, Ed Brown, Kristin Carter, Steve Grant, Carol Harman, Jack Harris, Jim Ivey, Sharon Jacobs, Marilyn Johnson, Evelyn Kernan, Jim Mayfield, Carole Meyer, Christina Nelson, Martha Reier, Linda Vonderheide and Stan York.**

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: Bob Alt, Donald and Carol Baum, Rose Baumgarten, Sally Blackburn, Linda Bonfiglio, Mary Bloom, Amy Carl, Jerry & Elijah Connor, Judy Craun, Sophia Czajkowski, Judy Drezek, Ginny Mauney Fox, Joel Gillespie, Joan and Frank Goodhart, Deanna Harbison, Nick Havola, Bradley Kim Joan and Laurie Heintzeman, Char Henry, Lisa Hill, Jaxon Ireland, The Jacobs Family, Brian Johnson, Don Johnson, Connie Kendrick, The Kennedy family, Marnah Lund, Laura Margolin, Doug Mayes, Jack Mayfield, Becky Murphy, Ed Moninger, John and Pollie Morison, Bob Myers, Silvana Oderisi, Denise Ogborn, Lori Ogborn, Paula Rega, Kathy Reynolds, Mark Punchard, Marci Ries, Sharon Rogers, Betty Roth, Kurtis Schultz, Lou Schuster, Inge Seiter, Kelsey Slay, Vasili Soutoukis, Chad Strausbaugh, Charley Underdahl, and Caleb Winig.

YOGA



We will be offering a gentle yoga class on **Wednesdays at 3:00 pm**. This class will be led by Lee Saxton. We will meet in the Fellowship Hall. If you have a yoga mat, please bring it with you. We will be asking for donations of \$5-\$10 rather than a set fee. We hope to see you there.





**St. Stephen Lutheran Church
612 Jamestown Road
Williamsburg, VA 23185**

The Quill www.saintstephenlutheran.net May 2024

Congregational Officers:

<i>President</i>	Julie Meeks	804-432-5149
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<i>Treasurer</i>	Pete Davis	757-345-0596
<i>Financial Secretary</i>	Karen Nester	757-869-2949
	email	Finsec@
<i>Congregational Secretary</i>	Alison Carney	703-819-6607

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<i>Director of Music</i>	Karen Ives	MusicDir@
<i>Parish Nurse</i>	Diana Tiller-Dichtel	Parishnurse@
<i>Preschool Director</i>	Holly Ready	Preschool@

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