



**AQUIA**  
EPISCOPAL CHURCH

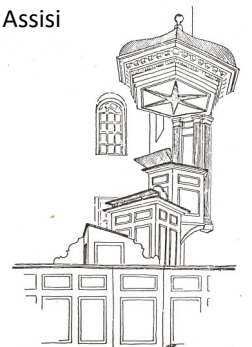
# Cross Section

*All of you are Christ's body, and each one is a part of it. 1 Corinthians 12:27*



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## CROSS SECTION

### Aquia Episcopal Church

2938 Richmond Hwy.  
Stafford, Va.

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Stafford, VA 22555

#### Contact us:

(540) 659-4007  
office@aquiachurch.org  
www.aquiachurch.org

#### Office hours:

8 a.m.– 4 p.m.  
Tuesday– Friday

#### Rector

**The Rev. Jay Morris**

#### Assistant Rector

**The Rev. James Rickenbaker**

#### Treasurer

**Chris Arey**

#### Assistant Treasurer

**Charlie Bingay**

#### Music Director

**Trystan Bennett**

#### Dir. Christian Education

**Kimberly Bamber**

#### Parish Administrator

**Sue Selz**

#### Bookkeeper

**Gloria Reyes**

#### Nursery Supervisor

**Dawna Spaulding**

## FROM THE RECTOR

### Approaching Saturday, October 7

For only the second time since I arrived at Aquia Church in 2004, I am going to have to miss Fall Fest. The first time I missed it, *everybody* missed Fall Fest: the year was 2020, and the COVID-19 pandemic was still raging enough to force the cancellation of that year's event. The reason for my absence at Fall Fest 2023 is, quite fortunately, much happier.

On the first Saturday of this month, right when our annual Fall Fest will come to an end at 2:00 p.m., there will be a worship service at Trinity Episcopal Church in Apalachicola, Florida, at which their current clergy-in-charge—the Reverend Deacon Stephen Pecot, our seminarian from September 2021 through May 2023—hopes to be ordained a priest in Christ's one holy catholic and apostolic church. I had the privilege of representing Aquia Church at Stephen's ordination as a deacon in March earlier this year, and now I shall be privileged again to represent our parish at his second ordination—this time as a priest.

For various reasons, Stephen waited a long time before entering seminary, having established himself as an expert in forestry and having worked in that field for over two decades before fully embracing his vocation to the ordained life. As many of you will recall from Stephen's time at Aquia, he did well through his learning in contextual ministry (that is: during his learning about ordained ministry within the context of our parish) as part of his formation toward ordination. He and I have kept in close contact ever since he arrived at Trinity, Apalachicola. I have been thrilled to see him be welcomed so warmly and be received so favorably by the good folks there, and thrilled that he has found a good match there for his gifts and skills. It will also be a joy to participate in his ordination, in part because it will be a pleasant reminder of my own ceremonies almost two decades ago.

I am thankful to our vestry for giving me the opportunity to attend Stephen's ordination as an expression of our collec-

tive gratitude for his ministry among us and for his willingness to become a member of the clergy. These post-pandemic days are not easy times for being a Christian leader, just as there has basically never been a time when it was easy for someone to be a Christian in the first place. Many folks do not understand or simply cannot fathom what is truly required for this ministry. Yet Stephen does, and I am glad to be able to support him and to encourage him for his ordained life in the years to come.

Stephen anticipates that in due time after he becomes a priest, he will be called formally to serve as the rector of his parish, and the folks there will be blessed by the strengthening of his ministry in that place. They are overdue for some stability and for some energy in their clergy leadership, and Stephen counts himself fortunate that his wife and he have made such a happy home there. All of that is worth celebrating.

The fact that I will be in Apalachicola on Oct. 7 does not detract from my great hopes for the success of Fall Fest on the same day. On the contrary: like many of you, I am making several donations in advance—including two gifts for the live auction at 11:00 that morning, and some additional items for other Fall Fest departments—and my prayers will surely be with you all for this important day. After all, the day is important for many reasons.

*Jay Morris*



## FROM THE ASSISTANT RECTOR

### Latimer, Ridley, and Cranmer

Dear Family in Christ,  
Grace to you and peace from God our Father and the Lord Jesus Christ! I thank our God for you, especially for how interested you are in Anglican history. Our history is profoundly important to who we are and what we believe.

October is an important month for us as Christians. We celebrate St. Luke the Evangelist on October 18. We celebrate St. James of Jerusalem on October 23. We celebrate an early church father, St. Ignatius of Antioch (who was martyred for the faith), on October 17. As Anglicans, October 16 is of particular importance for us, because that is the feast day honoring Hugh Latimer, Nicholas Ridley, and Thomas Cranmer as martyrs.

During the reign of Mary Tudor (the daughter of King Henry VIII), numerous Protestants were killed. The Church of England was reformed during the preceding reigns of Henry VIII and Edward VI. The Church of England (like Anglicanism afterward) was then and would evermore be Protestant, save for during the reign of "Bloody Mary." She sought to restore Roman Catholicism in England. She did so by systematically persecuting the Protestant church through torture, execution, and forced recantations of Protestant belief.

Torture and executions happened during the reigns of Henry VIII and Edward VI, but those punishments tended to be imposed for civil matters like refusing to recognize the king's sovereignty over the church, which brought about the deaths of Thomas More and John Fisher. Their deaths were for a refusal to recognize the king's temporal power. But Mary Tudor executed people that she deemed heretical according to medieval Roman Catholic standards. Mary was also deeply vindictive. Even though Thomas Cranmer showed her deference in almost all matters as queen, Mary had Thomas Cranmer imprisoned, deprived of his episcopacy, and deprived even of food. She sought to break him and others including Nicholas Ridley and Hugh Latimer, so that they would re-

cant and so that Protestantism could be defeated once and for all in England.

However, Mary failed. Latimer and Ridley were set to be executed on October 16 at Oxford. As they were tied to the stakes to be burned to death, Latimer looked at Ridley and said, "Be of good cheer, Master Ridley, and play the man, for we shall this day light such a candle in England as I trust by God's grace shall never be put out." They died for the faith that day. Thomas Cranmer would not die until March of the following year. After all of his deprivations, Cranmer signed a series of recantations, retracting his Protestant beliefs. He likely did so thinking that he would be spared. But Mary was determined to have him executed for the part that he played in the divorce of her parents. Given the chance to say some last words before he was executed at the stake, Cranmer recanted his earlier recantation. He doubled down on the grace of God and the Protestant faith. As he died, he quoted St. Stephen from Acts 7: "I see the heavens open, and Jesus standing at the right hand of God."

Latimer, Ridley, and Cranmer died as martyrs for the Christian faith. They are our Anglican forebears. We, like them, are Protestants who double down on the grace of God and recognize in retrospect that they were right when they claimed that at the heart of the Christian faith is the truth that we are saved by grace alone, through faith alone, by the work of Jesus Christ alone.

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

*In Christ,  
Fr. James*



Martyred for Their Faith



### AQUA CHURCH VESTRY

**Chris Bowie**

*Administration Committee*

**Bob Brandon**

*Junior Warden*

*Building & Grounds Committee*

**Michael Golasz**

*Building & Grounds Committee*

**Dale Hendon**

*Finance Committee*

**Carolyn Hendrickson**

*Administration Committee*

**Bill Hoffman**

*Senior Warden*

**Sarah Kirby**

*Administration Committee*

**Walt Peterson**

*Administration Committee*

**Anna Rall**

*Register*

*Finance Committee*

**Lisa Schwartz**

*Administration Committee*

**Penny Stevens**

*Building & Grounds Committee*



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## EPISCOPAL CHURCH WOMEN

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**66th ANNUAL FALL FEST**  
**Saturday, Oct. 7, 8 a.m.—2 p.m.**

Familiar faces and worker bees in all our traditional departments are ready for the first Saturday in October at Aquia Church. Plans for so many activities of the day will be implemented, with doors opening at 8 a.m. to kick off of our 66th annual Fall Fest activities, crafts, good eats and our Auction. Traditions for Fall Fest include cleaning out the garage, donating gently used items to the flea market or to the treasures corner, and waiting to taste goodies from the country store. Being involved with Fall Fest is important for supporting the mission and ministries of the ECW and Aquia Church. The ECW sustains its good works in local, diocesan, and worldwide mission as a result of funds generated at Fall Fest. Support from our parish includes taking time from busy schedules to commit and strive to make each year a success as in prior years. We are grateful for the many returning workers and some new volunteers too, and we are thankful for the generous support of the community surrounding Stafford. At the end of the day on that Saturday, we will close Fall

Fest for 2023, with notebooks in hand, ready to take on Fall Fest 2024.

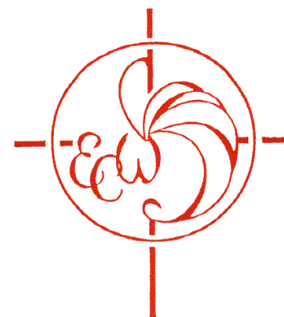
We hope you will join us on Sunday, Oct. 22, at a luncheon reception for our confirmands and for Bishop Dabney Smith in the great hall. The ECW will host the reception immediately following the 10:30 a.m. worship service. Mark your calendar to welcome them and to share in the joy and the fellowship of the day with our bishop and the confirmands.



### **The United Thank Offering Sunday, Oct. 15**

Mission: Put donations into the blue boxes and envelopes with thanksgiving, prayer, and generosity. Take blessings out of the box for grants to expand the church's faithfulness to God's mission.

Fall Meeting of the Diocesan ECW  
and UTO Ingathering  
Saturday, Nov. 11, 2023  
St. Mary's, Colonial Beach  
Keynote Speaker:  
The Rt. Reverend E. Mark Stevenson



The Episcopal Church Women (ECW) empowers women to do Christ's ministry in the world.

Whenever two or more women gather together for exchanging greetings, sharing ideas, or for praying, they continue the mission of the Episcopal Church Women. Even ordinary moments like carrying a bag of food, sharing a new book at the Sts. Mary and Martha Guild meetings, and conversing at the picnic table before or after worship services gives each of us the opportunity to work in our mission. We share the love of God with each other and with those in our community and world, making Christ known through small and large deeds, through concern for others, and through joy—all with the grace of the Holy Spirit.

*Briget Kane*

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## CHRISTIAN EDUCATION

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Christian Education has had a wonderful start to Sunday school this year! We have been happy to see many familiar faces back on Sunday mornings, even with Sunday school beginning before the end of summer. As summer winds down, we look forward to learning more lessons together and, of course, to enjoying the fall events at Aquia Church.

If any families took a road trip over the summer, one recent activity during Sunday school time had the children decorate and follow "Life's Road Map." They learned how God will guide us

and put up road signs to follow along the path. "Decide to Follow God" and "Pray and Listen to God Every Day" were a couple of the signs; another said to "Read God's Word: Your word is a lamp to guide my feet and a light for my path." We hope the children can take the prayers and lessons learned in Sunday school with them throughout their week at school and home.

Christian Education is excited to celebrate the fall season with the annual Trunk-or-Treat event on Oct. 28. All Aquia families and friends are welcome to join us for a not-so-spooky evening

of costumes and car decorations. Volunteers are needed to decorate their vehicles in the church parking lot, as well as pass out

candy or other treats. After trunk-or-treating is over, we hope to show a short movie outside on the big screen.

More information about the upcoming season of Advent in Christian Education will be available next month.

*Kim Bamber*



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## STS. MARY AND MARTHA

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### Worship, Service, and Fellowship

The ladies of the Sts. Mary and Martha Guild are looking forward to seeing all our parish family at Fall Fest on Oct. 7. For 66 years, the Fall Fest craft room has been lovingly filled with handmade Christmas decorations and ornaments, sock monkeys, wreaths, Nativity sets, and so much more. This year we also have a bit of fall with soft sculpture fabric pumpkins and wood block scarecrows. The jewelry room is right next door, filled with necklaces, earrings, bracelets, and pins, plus spools of colorful ribbon. Please be sure to stop by these rooms in the 1960 parish house to say "Hello" to Heidi and the ladies.

After Fall Fest 2023 is over, we shall return to our more relaxed schedule of meeting on the first, third, and fifth Thursdays of each month. On Oct. 19 you will find us once again in the parish hall downstairs, gathering for Morning Prayer at 9:30, reading our study (*Having a Mary Heart in a Martha World* by Joanna Weaver), and sharing the joy we find in our love for our Lord. All ladies of the parish are invited to join us.

Mary Jane Cole

[maryjane@cfsw.biz](mailto:maryjane@cfsw.biz)

Carolyn Hendrickson

[cvhendrickson35@gmail.com](mailto:cvhendrickson35@gmail.com)



This wood block Nativity set is perfect for small hands to arrange.

### Let Us Know What You Are Thankful For!

As we approach the season of autumn, our thoughts begin turn to such familiar things as the falling leaves, cooler temperatures, and traditions like Thanksgiving. The leaves on trees turn from the deep green of summer to various shades of red, orange, yellow, and brown. The weather changes from heat and humidity to crisp, dry breezes. Even some of our traditions around the holidays change from time to time, as friends and families make different arrangements from year to year for spending time together. But surely all of us recognize the unchanging, enduring importance of giving thanks to God and to each other for the many blessings of this life.

The ways in which we convey our gratitude can vary on occasion. Sometimes people gathered for a holiday meal go around the table so that each person can name something for which he or she is thankful. Other folks send seasonal greeting cards or personal notes to the people who make a good difference in their lives. You might contribute to the United Thank Offering

conducted by the Episcopal Church Women, while some parishioners might donate altar flowers as a way of celebrating one blessing or another. Hugs and handshakes also reflect our thankfulness for the good gifts we have received. All of these expressions can be welcomed.

The blessings for which we are so thankful might be so familiar and so ordinary to us, that perhaps some reminders about them would be refreshing for everyone. Perhaps this fall would be a suitable opportunity for us at Aquia Church to try something new as a way of showing our gratitude.

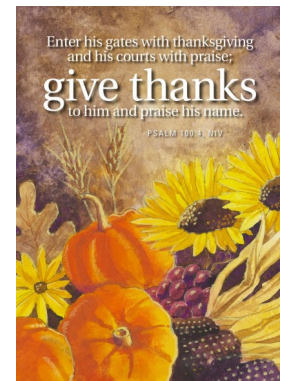
During October and November, when you walk into our historic church building, you will find a stack of index cards on the tall table at the entrance. Pick up an index card, write on it something for which you are grateful, and then place that card in the offering plate. How simple that is! Over the next several weeks, the cards will be collected and finally returned to the altar at our annual Thanksgiving Eve service on Wednesday, Nov. 22. You are free to

add your personal name, your family's name, or your ministry group's name to the index card, if you wish, but doing so is not necessary. Whether your card is signed

or is offered anonymously, it represents another way for saying "thank you" to the Lord, who is the ultimate source of all our blessings.

Consider submitting more than one card, if there is more than one thing for which you are genuinely thankful! Some of these cards (without identifying the party submitting them) might even be mentioned in an article for the next issue of our newsletter, so that together we might pray in gratitude for the array of blessings that God has so generously provided for us.

Jay Morris



## FALL FEST 2023 LIVE AUCTION

October 7 at 11 a.m.

A huge “thank you” goes to all the parishioners and merchants who have contributed so generously to the live auction! Behold the awesome list:

**Mouth-Watering Pies:** a pie a month for 4 months baked by **Pat Moncure**

**Sunset Cruise for Four** on beautiful Aquia Creek with **Captain Dale Hendon**

**Beautiful Food & Wine Basket** from **Potomac Point Winery**

**Washington Commanders vs. Miami Dolphins** football game  
December 3, 2023, at 1 p.m. **4 tickets**

**#FXBG: Enjoy an Escape Near Home**

- **Courtyard by Marriot Fredericksburg Historic District:** one night stay for two
- **Jabberwocky Children’s Books and Toys:** \$10 gift card
- **Alpine Chef:** \$30 gift certificate
- **Jewel Box:** \$25 gift certificate

**Golfers Delight**

- **Gauntlet Golf Club:** four VIP passes (weekdays and after 1 p.m. weekends and holidays)
- **Forest Greens Golf Club:** Foursome of complimentary greens fees (weekdays and after 1 p.m. weekends and holidays)
- **Aquia Harbour Golf Club:** four 18-hole rounds of golf plus cart (weekdays only)

**Fire Pit Dinner for Four at Potomac Point Winery**

**Guided Fishing Trip** offered by **Bill Hoffman:** Up to 8 hours of fishing on Aquia Creek with an experienced angler on his 21-foot bass boat that can take you to the best spots on Aquia Creek

**Kids’ Fishing Trip** offered by **Bill Hoffman:** a 4-hour fishing trip on Aquia Creek for 1 child & 2 adults OR 2 children & 1 adult (age 8 & above)

**Labrador and Butterfly Glass and Cast Aluminum Side Table**

**A Scrumptious Dinner Party for 8 Guests** with the theme **South Pacific Luau**, prepared and served at his home, prepared by **Father Jay Morris**



**Timeshare at the Greensprings Vacation Resort in Williamsburg, Virginia**, for the week of Dec. 8-15, 2023. Come and see the Grand Illumination during your stay on Dec. 9 [Grand Illumination \(colonialwilliamsburg.org\)](https://colonialwilliamsburg.org)

**Saturday Morning Chores:**

- **Publix Super Market:** \$100 gift card
- **Meadows Farm:** \$20 gift card
- **Pets Plus:** TWO \$50 gift cards
- **Car Wash:** 5 deluxe wash tickets

*Fall Auction Items continued on next page ...*



... *Fall Auction Items continued*

**University of Virginia Cavaliers vs. Georgia Tech Yellow Jackets football game** on Nov. 4, 2023:  
**4 tickets (great seats) plus parking pass**

**Made in Virginia Basket:** an antique milk crate filled with foods and beverages  
from across the commonwealth

**A Feast**

- **Slow Roasted Pork Butt** from the **Fall Fest Kitchen**
- **Wegmans:** \$100 gift card
- **Icing Baking Company:** \$25 gift card

**Hiker's Hideaway Romantic Cabin:** a two-night stay in Airbnb near the Shenandoah National Park

**Framed Print of Aquia Church** by Capt. Mark Meredith, USN (Retired), signed and numbered

**Let's Eat Out!**

- **Zibibbo 73 Trattoria:** \$25 gift card
- **Sake:** \$25 gift certificate
- **Outback Steakhouse** on Worth Ave: \$100 in gift cards
- **El Gran Charro:** \$25 gift card
- **Robiolina Italian Restaurant:** \$50 gift card
- **Buffalo Wild Wings:** \$40 in gift cards

**Happy Halloween!** A basket featuring PartyLite Pumpkin Cottage House Tealight Candle Holder, a happy large ceramic Pumpkin and three hand-strung gumball garlands

**Lap Quilt** handmade by Patricia Springer

**Antique Imperial Russian Brass Samovar** (makers mark 1884)

**Enjoy the Fine Arts**

- **Gari Melchers Home and Studio:** 2 guest passes to Belmont, plus the book *Selected Works* by Gari Melchers
- **Riverside Center for the Performing Arts:** Two tickets for dinner and a fabulous musical

**The Essex Inn at Tappahannock:**

One night stay and superb breakfast at a charming historic B&B inn built in 1851

**Chocolate Lover's Basket:** filled to the brim!

**Tour of Washington National Cathedral** for three or four people plus lunch or dinner nearby offered by **Father Jay Morris**

At Fall Fest on Saturday, Oct. 7, the Auction will begin at 11 a.m. in the great hall of our Christian Formation and Fellowship Building. Shields Jones will have us on the edge of our seats. Share the news! Bring your friends. For further information, reach out to Shields or to Mary Jane Cole ([maryjane@cfsw.biz](mailto:maryjane@cfsw.biz)). Happy Bidding!



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## VESTRY HIGHLIGHTS

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August 22, 2023

### Dinner and Fellowship

In attendance: Fr. Jay Morris, Rector; Fr. James Rickenbaker, Assistant Rector; Bill Hoffmann, Senior Warden; Sarah Kirby, Michael Golasz, Carolyn Hendrickson, Penny Stevens, Lisa Schwartz, Chris Bowie, and Walt Peterson

### Business Session

### Opening Prayer and Lord's Prayer

### Treasurer's Report

The treasurer, Chris Arey, led the Vestry through the Treasurer's Report. There was nothing significant to report for the month of August.

### Minutes from Previous Meeting

- **R-2023-07: Authorization of Church Credit Card for Kim Bamber** (approved 7/25)
- **R-2023-08: Transfer Money from Vestry Reserve** (approved 7/25)
- **R-2023-09: Adjustments to 2023 Budget** (approved 7/25)

The minutes were unanimously approved without amendment.

### Continuing Business

- **R-2023-10: Door Replacement Project in Parish House (B&G)**

Fr. Morris explained the bid for replacing the exterior doors and all but one of the frames for the doors in the 1960 parish house. The doors will be all metal, as opposed to wood. There will be a small amount of aesthetic work to be done by Aquia (paint, caulk, etc.). The resolution was approved unanimously.

- **Matching Challenge Opportunity for CFFB**

Fr. Morris mentioned that we have roughly \$30,000 received for the \$100,000 matching challenge grant. He

expressed some concern that we will not meet the goal by October 31, which is the current deadline. Fr. Morris asked the vestry if they wanted to consider extending the deadline to the end of the year. The vestry voted unanimously to move the deadline to December 31, subject to clear approval from the donors.

### New Business

- **Options for Stained-Glass Artwork in Great Hall as Fall Fest Live Auction Item**

Fr. Morris explained the options for a possible stained-glass project by Ellen Brandon to supplement the current stained glass in the CFFB. It would be an auction item at Fall Fest this year. The vestry decided unanimously to thank Ellen Brandon for the offer, but not to put forward a second possible window at the Fall Fest auction this year.

- **Seating Restrictions in Historic Church (facemasks from COVID-19 pandemic)**

Fr. Morris explained the history of the reserved seating section for mask wearers during the COVID-19 pandemic. Fr. Morris asked the vestry to consider whether or not Aquia should still have a reserved section now that the pandemic is over. The vestry directed Fr. Morris to speak to those who might be affected by any change.

- **Vestry Nut/Candy Sales at Fall Fest and Afterward**

### Reports from Committees, Senior Warden, and Rector

The *Finance Committee* did not meet in August.

The *Administration Committee* met and discussed some possibilities for Fr. Rickenbaker to have a sabbatical. The



### Vestry Highlights

Administration Committee thinks that Aquia can support a two-month sabbatical. Fr. Morris and Fr. Rickenbaker will continue to speak about the possibilities.

The *Building and Grounds Committee* dealt with questions pertaining to the bid for the doors in the 1960 parish house. They also spoke about the fire marshal report, especially about the requirement to remove the flammable detritus from the mechanical utility rooms in the CFFB.

The senior warden, Bill Hoffmann, had nothing else to add.

### Upcoming Dates

- 9/26 Vestry meeting (7 p.m. via Zoom)
- 10/7 Fall Fest (8 a.m.–2 p.m.)

Fr. Morris will be out of town for Fall Fest by permission of the vestry, as he will be attending the priestly ordination of our former seminarian, The Rev. Deacon Stephen Pecot, in Florida.

- 10/22 Confirmation with Bishop Dabney Smith (10:30 a.m. worship service; followed by reception and then meeting with bishop and vestry)
- 10/24 Vestry meeting (7 p.m. in person, with dinner at 6:15 p.m.)

### Good of the Order, Closing Prayer, and Adjournment

*Respectfully submitted,  
(The Rev.) James Rickenbaker*





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## AQUIA'S TABLE

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**H**ow do you sustain a ministry whose budget and need has more than tripled in less than one year? With the budget and need increasing so dramatically, it brings other changes, too, such as additional need for volunteers, food, serving supplies, volunteer hours, storage space, and preparation space.

As we approach the last quarter of this year, I am reflecting on the many ways Aquia's Table has been sustained since January 2023. The annual golf tournament in May is intended to support our ministry throughout the year. Donations from private groups and public entities are a blessing and continue to highlight the need for private and

community support. Time and effort from all our volunteers are essential as well for each week's tasks, including preparing menus and meals, the purchase and procurement of food, receiving and organizing supplies, work for plating and serving meals, baking desserts, and coordinating e-mails, calendars, Facebook posts, cooks, clean-up, and laundry.

Do you have a talent for any of these ministry needs? We are happy to mentor. We begin our preparations on Tuesdays, then we cook and serve weekly on Wednesday. If you want to help, simply contact any member of Aquia's Table core team, headed by



Briget Kane (bkwings\_n\_wings@yahoo.com).

We hope you will think of Aquia's Table as the year ends and you begin your planned donations. What starts as small gifts of coins and paper currency turns into a blessing of sustenance!

*Briget Kane*

## Aquia's Pantry Celebrates Six Years of Service

**R**ecently Aquia's Pantry celebrated its 6th birthday. The vision of Michael Golasz in 2017, Aquia's Pantry began when a few bags of rice and the bagels from Panera's Day-End Dough-Nation were offered to our guests to take home after they enjoyed a meal at Aquia's Table. The Pantry now offers about 40 pounds of food for more than 120 families every Wednesday evening from 6–7 p.m. We are so grateful to God for all our volunteers who gather, bag, and distribute the groceries. We are also grateful to God for all the food He provides each week for the Pantry to give to our guests. For these and all His many blessings, we give thanks and praise!

### WOULD YOU LIKE TO HELP?

The long lines of guest coming for food likely reflect the ongoing financial need among so many neighbors around

us. Our high level of outreach has been possible because of the generosity of support from faithful volunteers and donations from many different people and groups—from among our parishioners and beyond our church membership. If you can offer some support to these ministries, with your time or financial contributions, then please contact us (see below).



As we continue to prepare the groceries for 125 families each week, our need for brown paper bags from the grocery stores, boxes of both cereal and mac-and-cheese, and jars of peanut butter continues. Store brands are always welcome.

We welcome new volunteers! Come by Tuesday morning or anytime



**Aquia's Pantry's 6th Anniversary! And how best to celebrate? With a cake of course!**

on a Wednesday between 8 a.m.–8 p.m. and see how you can bless us with your help; or reach out to Michael Golasz ([golaszmichael@yahoo.com](mailto:golaszmichael@yahoo.com)) or Mary Jane Cole ([maryjane@cfsw.biz](mailto:maryjane@cfsw.biz)).

*For I was hungry and you gave me food, I was thirsty and you gave me drink,  
I was a stranger and you welcomed me ...*

Matthew 25:35, ESV





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## St. Francis of Assisi

When the Argentinian Jorge Mario Bergoglio—who before entering the priesthood, episcopacy, and eventually the College of Cardinals, once worked as a janitor and bouncer—was elevated to the papacy, it surprised some that he took the name of Francis as his papal name. By honoring St. Francis of Assisi, he reaffirmed his lifelong dedication to the poor, the down-trodden, and the need for humility in life. The legacy of St. Francis, who is honored by the church on October 4, is quite broad, and his impact reverberates today around the world.

Faith and secular culture often associate St. Francis with a concern for animals. In many Roman Catholic and Episcopal churches (including our own in some years), a service for the blessing of the animals is held in conjunction with his feast day. Most all creatures are welcome, albeit in carriers or on leashes, but none are forbidden.

The life of St. Francis captures the impact of repentance and redemption from someone who received the work of Christ, which unleashed a commitment to living the gospel every day. The earliest biography of Francis was completed in 1230 by Thomas of Celano at the behest of Pope Gregory IX—only four years before Francis's death and two years after his canonization. Born Giovanni di Pietro di Bernardone in late 1181, he was the son of a prosperous cloth merchant who called him Francesco—perhaps a nod to successful business dealings in France, or in deference to his wife, Lady Pica, who was from the French region of Provence. Francis's journey took him from a life of privilege and wealth into military service and, after an illness, eventually into a time of solitude and prayer, so that he might know God's will for him.

Francis had several other mystical encounters, renounced his family and former life, and embraced a new life of poverty and service. At Assisi, he worked to repair churches, and there, on the feast of St. Matthias (February 24)

in 1208, he listened at mass to the account of the Christ's commission to the apostles from the Gospel according to Matthew (10:7, 9–11):

“And as you go, preach the message, ‘The kingdom is at hand!’ [...] Take no gold, nor silver, nor money in your belts, no bag for your journey, nor two tunics, nor sandals, nor a staff; for the laborer deserves his food. And whatever town or villa you enter, find out who is worthy in it, and stay with him until you depart.”

Francis dedicated his life to imitating Christ. Devoting himself to a life of poverty, he donned a rough woolen tunic, and (without any official approval) he encouraged peasants in the Umbrian countryside to practice repentance, peace, and brotherly love. Eventually, he attracted adherents, and in 1209 he went to Rome and appealed to the Pope to start a religious order. Thus, the Franciscans were started, consisting of three main orders: the Order of Friars Minor (for men), orders for nuns such as the Order of Saint Clare (the “Poor Clares”), and the Third Order of Saint Francis, which is open to lay men and women. Today, other orders exist within these three main groups.

In 1219, he went to Egypt in an attempt to convert the sultan and put an end to the conflict of the Fifth Crusade. He was received by the sultan; while neither the sultan was converted nor the Crusade was ended, the visit enabled Francis to establish a presence, sanctioned by Muslim authorities, for Franciscans in the Holy Land. Today, the Franciscan order owns a great deal of property in the Holy Land, second only to the Orthodox Church of Jerusalem. In addition to the major shrines of the Church of the Holy Sepulchre in Jerusalem and the Basilica of the Nativity in Bethlehem, which the Franciscans own and administer in common with the Jerusalem Orthodox and Armenian Orthodox patriarchates, the Custodian of these important places also cares for 74 shrines and sanctuaries throughout the

Holy Land, including properties in Syria and Jordan.

The Book of Common Prayer (p. 833) contains a prayer attributed to St. Francis, one that echoes his life and which has been set to music (hymn #593). Scholars view the attribution as rather thin. Known as the “Peace Prayer,” it first appeared in France in 1912 in a small spiritual magazine called *La Clochette*. The prayer was sent to Pope Benedict XV in 1915, and in 1916 it appeared in the Vatican's daily newspaper. Around 1920, the prayer was printed by a French Franciscan priest on the back of an image of St. Francis with the title ‘*Prière pour la paix*’ (Prayer for Peace) but without being attributed to the saint. It appeared in English in 1936 in a book that clearly attributed the text to St. Francis of Assisi. During World War II and afterwards, this prayer for peace began circulating widely as the Prayer of St. Francis, particularly through Francis Cardinal Spellman's books, and since then it has remained popular throughout Christianity.

*Chris Arey*

### Prayer Attributed to St. Francis

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not  
so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to  
eternal life.

Amen.





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