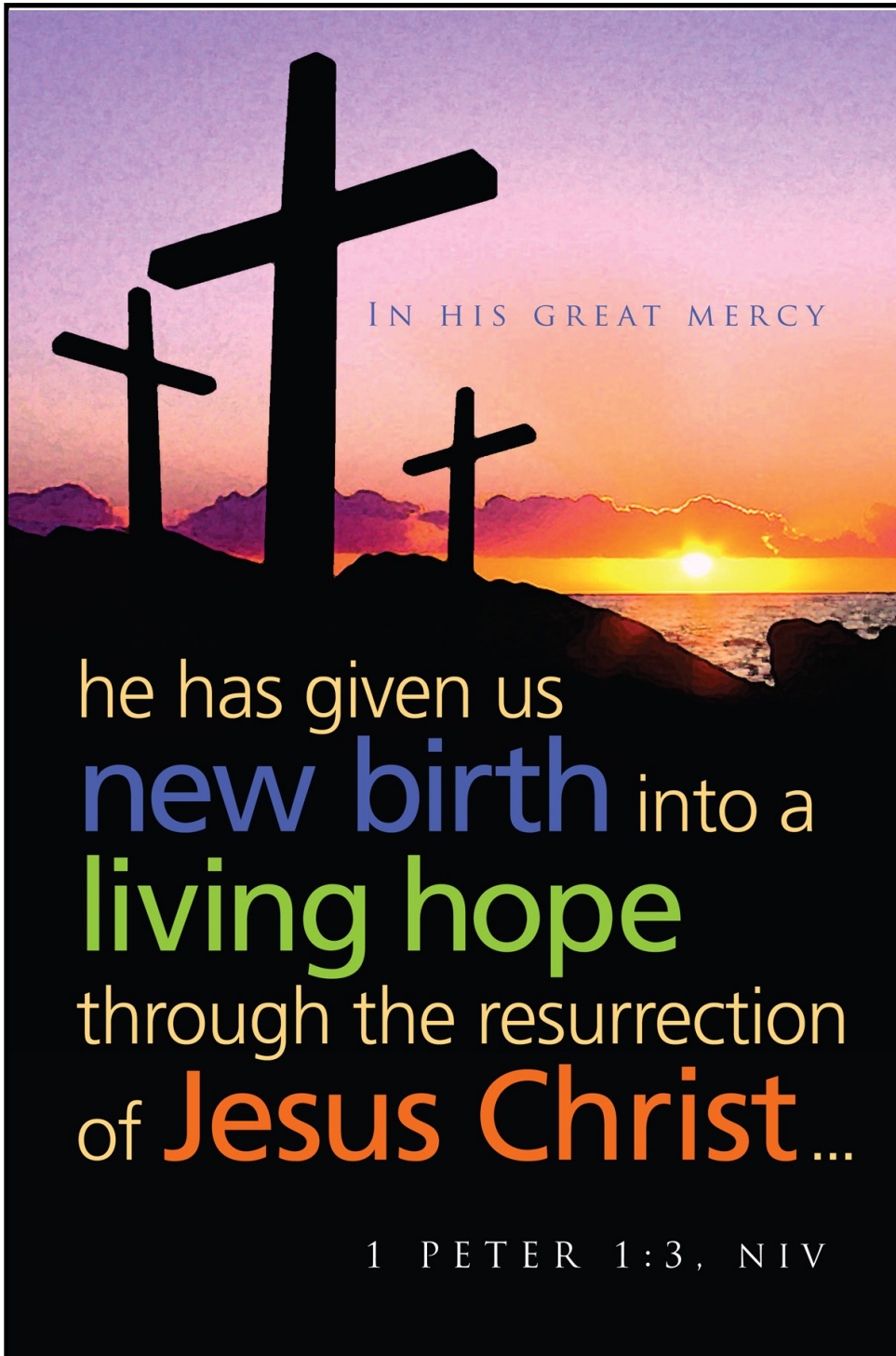




**AQUIA**  
EPISCOPAL CHURCH

# Cross Section

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



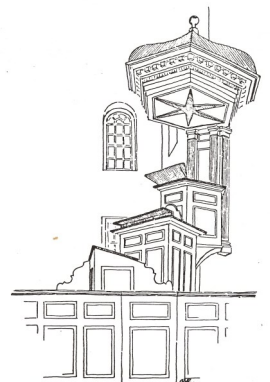
IN HIS GREAT MERCY

he has given us  
**new birth** into a  
**living hope**  
through the resurrection  
of **Jesus Christ...**

1 PETER 1:3, NIV

#### INSIDE:

- This Is What God Wanted
- Sabbatical Time
- ECW: Joy in Service
- Sts. Mary & Martha: Celebrating hope, resurrection and renewal at Easter
- Treasurer: Some Matters of Giving
- Vestry Highlights: Jan. 23 & Feb. 27
- From the Church Office: Burial, Future Baptism, Expectant Parents, Prayer List
- Easter Lilies Order Form
- Holy Week Schedule





## CROSS SECTION

### Aquia Episcopal Church

2938 Richmond Hwy.  
Stafford, Va.

*Mailing address:*

P.O. Box 275  
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

### This is What God Wanted

We readily understand how difficult life can be. Too much traffic, too many bills to pay, too many demands on us. There's never enough time or energy for anything anymore. Our bodies fail us, our relationships disappoint us, our world harms us. It's all so depressing.

But if you think you have it bad, then put yourself in Jesus' sandals for a moment or two. Everyone clamored for his attention, including the sick, the crowds, the despised, the disciples. Sometimes he tried to get away from other people in order to have some quiet time for prayer and meditation, but inevitably they hunted him down. He dealt with rivalries among his closest friends. As his enemies conspired to murder him, they succeeded in their plot with help from one of his own apostles who betrayed him; another apostle repeatedly denied even knowing him. After being tortured almost enough to kill him, in the end Jesus was left to hang naked on a tree in public one Friday afternoon, completely humiliated by soldiers and utterly abandoned by God.

God demanded from Jesus the ultimate, most costly sacrifice possible. Robbed of his youth and vigor, stripped of his clothing and dignity, Jesus offered God his bruised and beaten body, which became marred beyond all semblance of human life. With the world out to get him and without protection from anyone (not even from God), Jesus died for the sins of the world, for the sins of you and me, for the sins of everyone—all because of God.

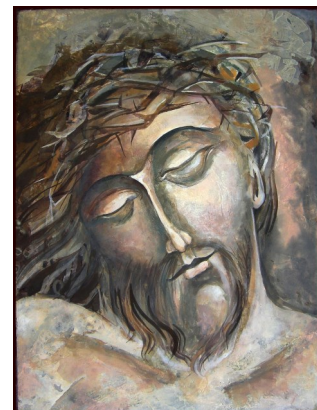
This is what God wanted: an acceptable, sufficient sacrifice—the offering of a pure and perfect gift that could atone for our sinfulness and thus make holy a most unholy people in a most unholy world. In order to save humanity, the sacrifice had to be fully human, yet also had to be as good as God himself. No mere animal would be adequate for the sins of the entire human race; no ordinary thing of this world could transform this sinful world into something extraordinarily good as God originally intended. That Jesus had to suffer and die

as the only satisfactory sacrifice was not simply what God wanted, but also what we truly needed because we could do nothing to save ourselves.

Yet Jesus' death, as powerful as it was, was not the last word. No, there was something still to come: the devastation of Good Friday would turn into the destruction of death on Easter Sunday, as Jesus' previously dead body burst forth from the grave and was raised back to life forever. We know very well about the 'no' God spoke to Jesus in requiring his death "for us and for our salvation" (Nicene Creed). Even so, we sometimes fail to remember that this was at the same time God's saying 'yes' to us in providing us with a way out of sinfulness and death, because the resurrection of Jesus on Easter Sunday is the true and only way to everlasting life. We deserve neither such life nor such a Savior, but Jesus' self-sacrifice has given us a reprieve from sin and death in the form of new life. We celebrate that resurrection and that new life every Easter, with each subsequent Sunday being a crucial reminder of that life-giving event.

When the difficulties of life make it depressing, think about what God did in Christ on Good Friday and on Easter. Nothing has been the same ever since. Those thoughts can fill our hearts with joy and gratitude and perhaps even wipe away all our tears. This, too, is what God wanted: our joyful gratitude for what he has done for us.

*Jay Morris*



## FROM THE ASSISTANT RECTOR

### Sabbatical Time

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 generous you are in caring for your clergy. The fact that you encouraged me to take a sabbatical this year was truly a gift. I wanted to share with you some of what I did and learned.

Chief among the things that I did was *rest*. I intentionally put away church-related work in order to spend time with Rachel and the girls. We did some fun things here and there. But mainly we just enjoyed spending time together. Another part of that rest and recuperation was that I spent a lot of time walking outside. It was cold, to be sure, but I wanted to get back into a regular regimen of exercise. This sabbatical was the right time to do that. I did a fair amount of listening to audiobooks while I walked. I was able to finish 27 books in January and February!

Another important aspect of my sabbatical was the project that I undertook. I interviewed eight Episcopal/Anglican clergy from around the United States about why their churches are growing. Their churches range from a small church plant to the largest Episcopal church in America. Some of these parishes are in urban locations, others in exurban areas. These congregations represent a mixture of high-church and low-church styles. It is a good cross-section of the church today. What I found out was very interesting.

The number one thing that all of the clergy in these churches said was that it is of paramount importance to *keep Sunday as the number one day*. Put differently, Sunday is gameday. If any other day is gameday, so to speak, it can compete with the first thing: worship. Doing Sunday well is essential to all of those churches and to their growth. Second, *hospitality is key*. Hospitality to newcomers is just as important as hospitality to parishioners. Each of the clergy I interviewed made it clear that they spend time before Sunday services connecting with parishioners and

newcomers. When they meet a newcomer, they will invite that newcomer out for coffee or lunch within the first week of their attending the church. This way, they know that they are valued and that they have a home at that church. Thirdly, *ministry with children and youth is important*. Each of the clergy I interviewed said that having a strong foundation for their children and youth ministry is incredibly important for their growth. This means making sure that people who are passionate about children and youth ministry are involved in teaching and leading in that area.

There is a lot more that I learned from these interviews. I plan to share that with you in a Morning Call series this summer. I cordially invite you all to join me as we look in-depth at what these interviews taught me and about how we might be able to engage with some of these best practices here at Aquia. I know you are just as interested and invested in seeing Aquia Church grow and be healthy so that Aquia Church in 2050 looks even more beautiful than Aquia Church in 2024 (and that's saying something!). We all want Aquia to shine the light of the Gospel in our area for years to come. I truly hope you can join us this summer for some good conversation around this topic.

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*



*Fr. James's*  
**SABBATICAL**



### AQUIA CHURCH VESTRY

**Michael Ferrantino**

*Administration Committee*

**Brad Hammer**

*Junior Warden*

*Chairperson, Buildings &  
Grounds Committee*

**Dale Hendon**

*Finance Committee*

**Carolyn Hendrickson**

*Administration Committee*

**Bill Hoffman**

*Senior Warden*

**Sarah Kirby**

*Administration Committee  
Buildings & Grounds Committee*

**Walt Peterson**

*Chairperson, Administration  
Committee*

**Pat Quinn**

*Administration Committee*

**Anna Rall**

*Register  
Chairperson, Finance Committee*

**Penny Stevens**

*Buildings & Grounds Committee*



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## EPISCOPAL CHURCH WOMEN

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It doesn't take much to notice that spring is creeping into our days ever so quietly. Then as March rushes to April we celebrate the most holy day on our Christian calendar, Easter.

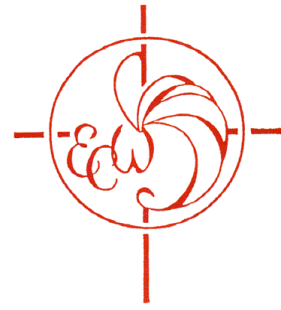


IN YOUR  
**PRESENCE**  
THERE IS  
**FULLNESS of JOY.**  
PSALM 16:11

I often write about prayer as a central part of an Episcopal Church Woman's daily life. We have the opportunity to pray often, together or individually by ourselves, long or short, detailed, complex or simple.

It has become my mantra: I have lots of work to do personally this Lenten season. It shouldn't take a newsletter article or the season of Lent to remind me of that fact. I am thankful that I know God's love, and he will help and forgive me when I slip back in old habits.

As we think about "Joy in Service," our Lenten cross can provide an opportunity for each of us to serve.



Service doesn't have to mean arduous tasks. Service in our Lord's name, service to the ministries of Aquia, and service to others—the time you give in service will bring you joy!

*Yours In Christ,  
Briget Kane  
President, Aquia ECW*

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## STS. MARY AND MARTHA

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### Worship, Service, and Fellowship

Our days are getting longer. We have already begun the season of Lent and our examination of our individual relationship with God and our relationship with one another. We celebrated the emergence of Ash Wednesday and Lent by splurging on pancakes and other goodies during our pancake breakfast on the Sunday prior to Ash Wednesday. We had an opportunity to experience and enjoy fellowship with one another.

We have embarked on a pilgrimage to Easter by studying and examining Dietrich Bonhoeffer's book *Life Together* led by Father Jay at Aquia's Lenten Series, where we combine study and fellowship. We will celebrate the Christian gifts of hope, resurrection, and renewal at Easter at the end of this month.

Meanwhile, civil society has given us still more daylight, in the form of Daylight Savings time. The Sts. Mary and Martha guild has cleaned up and

organized the parish hall kitchen in order to prepare for a welcoming environment this spring.

Please join us in our fruitful meetings of the Sts. Mary and Martha Guild, where worship, service, and fellowship are the touchstones of our group's ministry.

If you have any questions e-mail one of our chairpersons, Carolyn Hendrickson ([docnpch@gmail.com](mailto:docnpch@gmail.com)) or Kathie League ([kleague6412@gmail.com](mailto:kleague6412@gmail.com)). Hope to see you!

Mary Jane Cole is organizing a craft with Joan Nebel. **S.O.S.:** they need some supplies, and you might be able to help. We plan to make a few porch ghosts (as shown in the photo) for the Fall Fest 2024 craft room. In order to clothe these 2-ft. ghosts, we need toddler-sized jeans or pants (boys' or girls') size 18 month to 2T, and child-size 4 flat shoes or sneakers. If you can contribute any of these items for our

ghosts, we would be most grateful.

Please e-mail [maryjanedexter-cole@gmail.com](mailto:maryjanedexter-cole@gmail.com) and you can arrange for a mutual time and place for pickup. Or email me (Carolyn Hendrickson), and I'll pass it along.



*Faithfully submitted,  
Carolyn Hendrickson*



### Some Matters of Giving

In 1 Chronicles 29:14 we hear King David acclaim, “But who am I, and what is my people, that we should be able thus to offer willingly? For all things come from thee, and of thy own have we given thee.” The second half of that verse lives in our liturgy, as we also acclaim the same thing when our offerings at the altar are lifted up to the Lord. In Genesis 3:19 we read that of man, God states: “In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; you are dust, and to dust you shall return.” The latter part of that verse is familiar to us from the liturgy for Ash Wednesday; it is also a part of the commendation at a burial. These verses inform us about our relationship to our possessions and our riches, as we enter this world with nothing, and take nothing with us to the grave.

The Church endorses a biblical standard, the tithe—an Old English word meaning ‘a tenth’—in consonance with the Old Testament practice of offering up one-tenth of the harvest to the Lord as an offering and sacrifice. It is also fitting to remember the words of Jesus, as recounted in Luke 21:1-4: “As Jesus looked up, he saw the rich putting their gifts into the temple treasury. He also saw a poor widow put in two very small copper coins. ‘Truly I tell you,’ he said, ‘this poor widow has put in more than all the others. All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on.’”

At Aquia Church we recognize that we are stewards, servants whose obligation is to care for and manage our Lord’s possessions. This is an important aspect of discipleship. We also acknowledge that we enter this world with nothing, and we take nothing with us when we leave. Though we no longer live in an agrarian or nomadic society, the notion of returning to God a mere

one-tenth of what he has given us and living on the remaining ninety percent should not seem that peculiar.

The Church is the Body of Christ; and since the earliest days of Christianity, groups of believers have banded together in common life to proclaim the gospel and to serve each other and the world around them. In order to remain viable, undertake our ministries, and share the gospel in word and deed, the Church offers opportunities for giving for our members. At Aquia Church the two primary vessels for giving are our annual pledge campaign and our Heritage Endowment Fund.

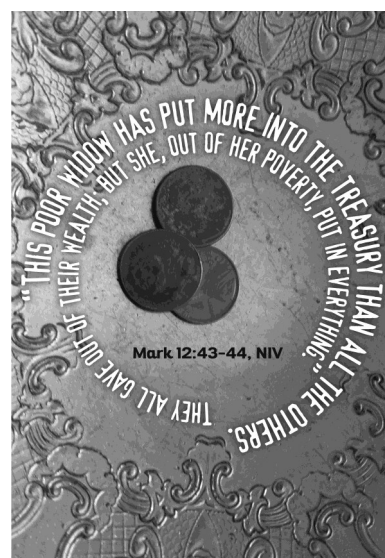
The annual pledge campaign funds the General Fund with pledges from parishioners; these pledges pay for unrestricted expenses the church incurs—including salaries, insurance, pensions, and allowances for our clergy and our lay staff. Additionally, these monies pay for the general property expenses, utilities, Christian education, parish administration costs, and so forth. Your periodic gifts towards your pledge are vital to ensuring cash flow is maintained. These funds are not used for the payment of the mortgage obligation we have for the Christian Formation and Fellowship Building, Aquia’s Table, Aquia’s Pantry, or certain other special purposes. The mortgage payment and designated ministries are funded by separate contributions.



The Aquia Church Heritage Endowment Fund (ACHEF) was created by the Vestry in 2022 as a vessel to accumulate funds in an endowment in order to build capital for future needs not already funded by a separate endowment (such as our cemetery funds or the Moncure Robinson Trust Fund, which was established for the upkeep and maintenance of the historic church building). The principal accumulated by ACHEF and the investment income that this fund generates may be used for general purposes supporting Aquia Church after an initial three-year period ending in the middle of 2025. Income from endowment funds used to support Aquia Church is excluded from consideration in the calculation of the diocesan assessment. The ACHEF is also the primary investment vessel for planned giving (such as making a bequest in one’s will or trust).

Questions and concerns about these matters are welcome. Feel free to speak with the Rector or the Treasurer ([treasurer@aquiachurch.org](mailto:treasurer@aquiachurch.org)).

*Chris Arey*



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## VESTRY HIGHLIGHTS

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January 23, 2024 (via Zoom)

NO Dinner and Fellowship

### Business Session

Attendees: Fr. Jay Morris, Rector; Chris Arey, Treasurer; Bill Hoffman (Sr. Warden), Brad Hammer (Jr. Warden), Michael Ferrantino, Dale Hendon, Carolyn Hendrickson, Sarah Kirby, Walt Peterson, Patricia Quinn, Anna Rall, Penny Stevens

### Opening Prayer and Lord's Prayer

### Treasurer's Report

- Matching grant from donor was received in December
- Reviewed budget vs. actuals and percentages of budget for 2023
  - ◊ A few updates will be needed for year-end 2023

### Minutes from Previous Meeting

- **R-2023-15: Designation of Parsonage Allowance for the Rector** (approved 12/19)
- **R-2023-16: Designation of Parsonage Allowance for the Assistant Rector** (approved 12/19)
- **R-2023-17: Adjustments to 2023 Budget** (approved 12/19)



PRAY FOR  
OUR VESTRY

- **R-2023-18: Adoption of 2024 Budget** (approved 12/19)
- **[Election of Brad Hammer to 3-Year Term at 2024 Parish Annual Meeting, 1/6/2024]\***
- **[R-2024-01: Appointment of Michael Ferrantino to the Vestry** (approved 1/13/2024)]\*
- **[R-2024-02: Replacement of HVAC System at Rectory** (approved 1/13/2024)]\*
- **[Election of Brad Hammer as Junior Warden at Vestry Retreat, 1/13/2024]\***
- **[R-2024-03: Appointment of Patricia Quinn to the Vestry** (approved 1/18/2024)]\*

### New Business

- **R-2024-04: Funding for Replacement of HVAC System at Rectory** (Finance Committee)
  - ◊ Approved unanimously
- **R-2024-05: Additional Payment on Principal of CFFB Construction Loan** (Finance Committee)
  - ◊ Approved unanimously

### Continuing Business

- **Annual Pledge Campaign** (as of 1/10/2024: \$312,198.00 from 67 pledges for general fund, plus \$101,210.00 from 24 pledges for Heritage Endowment Fund)
- **Organization of Vestry: Officers, Meeting Schedule, Etc.**

### Reports from Committees, Wardens, and Rector

#### *Buildings and Grounds Committee:*

- Will send a proposal for repairs to cracks in the ceiling of the great hall in the CFFB

#### *Finance Committee:*

- December meeting items were covered under resolutions and budget

#### *Administration Committee:*



## Vestry Highlights

- Conducted a review of completed goals and unfinished goals for 2023
- Reviewed request from our janitorial service for an increase in cost for 2024
- Christ Apostolic Church International no longer wishes to continue their monthly rental of the 1960 parish house

### Upcoming Dates

- 2/14: Ash Wednesday (worship services at noon and 7 p.m.)
- 2/15: Lenten dinner-and-discussion series begins
- 2/28: Tentative date for next vestry meeting (fourth Tuesday of the month)

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

\*Here and elsewhere in vestry records: Information presented in italics and inside brackets reflects news from outside a regular meeting of the vestry.

*Respectfully submitted,  
Anna Rall, register*



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## VESTRY HIGHLIGHTS

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**February 27, 2024 (via Zoom)**

NO Dinner and Fellowship

### Business Session

Attendees: Fr. Jay Morris, Rector;  
Chris Arey, Treasurer; Bill Hoffman  
(Sr. Warden), Brad Hammer (Jr. Warden), Dale Hendon, Carolyn Hendrickson, Sarah Kirby, Walt Peterson, Patricia Quinn, Anna Rall, Penny Stevens

### Opening Prayer and Lord's Prayer

#### Treasurer's Report

- Pledged income in January was less than anticipated.
- Reviewed budget-to-actuals.

#### Minutes from Previous Meeting

- **R-2024-04: Funding for Replacement of HVAC System at Rectory** (approved 1/23)
- **R-2024-05: Additional Payment on Principal of CFFB Construction Loan** (approved 1/23)

#### Continuing Business

- Organization of Vestry Committees: Meeting Schedule, Members, Goals, etc.

- ◇ Additional B&G goal needed pertaining to pest control.
- ◇ Provided updates to 2024 Finance Committee goals to include updated language for the stewardship portion of the Aquia Church website and adjusted investment policy to be an annual goal and not specific to 2024.

#### New Business

- **R-2024-06: Authorization of Short-Term Certificate of Deposit** (Finance Committee)
  - ◇ Approved unanimously
- **R-2024-07: Investment Policy** (Finance Committee)
  - ◇ Updated verbiage of sentence three under Principle 1
  - ◇ Amendments – 2/3s of Vestry members must approve
    - ◆ Amendment approved with a 5-to-4 vote
  - ◇ Resolution approved as amended with a 6-to-3 vote
- **Discussion about Starting-Times for Worship Services**

- ◇ Discussed impacts of moving 7:30 a.m. service to 7:45 a.m. or 8:00 a.m.

#### Reports from Committees, Wardens, and Rector

- B&G
  - ◇ Reviewed fuel levels
- Administration
  - ◇ No new updates
- Finance
  - ◇ No additional updates apart from the submitted resolutions

#### Upcoming Dates

- **3/16: Spring cleanup of cemetery and grounds** (8 a.m.—noon, with backup date of 3/23 in case of inclement weather)
- **3/24: Palm Sunday and start of Holy Week**
- **3/26: Next vestry meeting** (7 p.m. via Zoom)
- **3/31: Easter Sunday**

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

*Respectfully submitted,  
Anna Rall, register*







## Easter Lily Order Form

Enclosed is my donation of \$20 for Easter lilies  
to adorn the church on Easter Sunday.

I would like my donation to the Flower Guild to be:

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

I would like to take my Easter lily home after Easter.

(Circle One)      YES      NO

Please enclose a check for \$20.00 made out to:

Aquia Episcopal Church

And on the memo line: "Easter Lily"

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

**DEADLINE IS MARCH 27TH**





Aquia Episcopal Church  
Post Office Box 275  
Stafford, VA  
22555

RETURN SERVICE REQUESTED



## Holy Week Schedule

**March 24 — PALM SUNDAY WORSHIP:** 7:30 a.m., 10:30 a.m., 4 p.m.

**March 25-27 — WEEKDAYS IN HOLY WEEK:** Evening broadcasts online, starting at 7 p.m.

<https://www.facebook.com/AquiaEpiscopalChurch>

**March 28 — MAUNDY THURSDAY:** 7 p.m., Holy Eucharist with Foot-Washing and Stripping of the Altar, followed by the Gethsemane Watch Prayer Vigil — Reserve an hour of prayer in the Gethsemane Watch (located in the great hall, beginning after the Eucharist and continuing until noon on Good Friday)

**March 29 — GOOD FRIDAY:** Noon & 7 p.m., Stations of the Cross & Holy Communion

**March 31 — EASTER SUNDAY SERVICES**

**6:30 a.m.:** Holy Eucharist outdoors for a traditional sunrise service

**9 a.m.:** Holy Eucharist with childcare available in the nursery

**10:15 a.m.:** Children's Easter Egg Hunt

**11 a.m.:** Holy Eucharist with childcare available in the nursery

**4 p.m.:** Holy Eucharist