



AQUIA
EPISCOPAL CHURCH

Cross Section

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

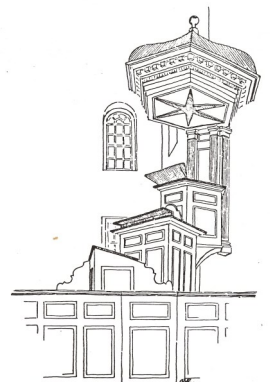


*He is
Risen*

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Easter Sunday at Aquia Church





CROSS SECTION

Aquia Episcopal Church

2938 Richmond Hwy.
Stafford, Va.

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Contact us:

(540) 659-4007
office@aquiachurch.org
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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

The Feast of the Ascension

Roughly twenty-five percent of the New Testament was written by Luke the Evangelist. About half of that material focuses on the life, death, and resurrection of Jesus Christ in the Gospel that bears Luke's name. The other half focuses on what comes after Jesus' resurrection in the ministry of his followers and in the growth of the early church; this material together is called the Acts of the Apostles. The hinge-point between Luke and Acts is an important event that unfortunately does not receive enough attention: Jesus' ascension.

The last chapter of Luke's Gospel ends right where the Book of Acts begins: by reporting about the time when the risen Lord departs from the earth and returns to his heavenly home. Having been raised from the grave, Jesus gives some parting instructions to his disciples about how they should continue the ministry that he began, and then he leaves them and goes up into the heavens. From there he is restored to his rightful throne at the right hand of God. With that ascension completed, the apostles and other followers of Jesus spread the Good News about all that he has done for us. They teach how Christians should live, they heal the sick and comfort the afflicted, they promote Christian worship and fellowship, they settle disputes that inevitably arose, and they wait expectantly for the Lord's return. You can trace in the Acts of the Apostles how they build upon the foundation that Jesus laid from his conception and incarnation, through his life and ministry, to his death and resurrection.

Week after week we affirm in the creed that Jesus ascended into Heaven, but we do not give that fact the consideration it deserves. Perhaps that is understandable, at least to the extent that it is admittedly difficult for us to speculate

about what Jesus is doing now in his physical absence from the earth. Neither of Luke's writings really address that question, and indeed the answer to it comes from the Epistle to the Hebrews as much as it comes from any other source. While I shall reserve exploration about that topic for another occasion, we should note here that discussion about Jesus would be incomplete without at least some acknowledgement that he is alive in Heaven now—albeit no longer here among us in bodily form, and yet without there being any possibility that archaeologists will someday discover the bones of Jesus.

Even so, Jesus' physical absence from the earth does not entail that he is absolutely altogether no longer here. For starters, think of how we receive wafers at communion: they are for us the Body of Christ. Think also about how Jesus has called us to be his continuing Body in the world, keeping his mission going as we are sustained by his Holy Spirit to do so. In addition, think about all the preaching, teaching, acts of service, and other forms of ministry that reflect and echo his desire to draw the whole world to himself. We Christians are privileged to bear that responsibility and that opportunity, so that we may carry Christ to the rest of the world that so desperately needs him.

When we celebrate the Feast of the Ascension on Thursday, May 29 of this year—on the fortieth day from this Easter, along the lines of Jesus' bodily ascension forty days after his resurrection on the very first Easter—all of these matters will come to mind. Please join us on that day for our online broadcast of Morning Prayer at 8:00 a.m., and on that evening for our worship service in person at 7:00 p.m.

Jay Morris

FROM THE ASSISTANT RECTOR

1700 Years after Nicaea

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 your interest in the history of the church and our theology as well. As Episcopalians/Anglicans, we have a theological system to which we belong. Our heritage is in the Protestant Reformation, specifically the English branch of the Reformation. This means that we are theologically Protestant in orientation, setting us apart from the Roman Catholic Church and the Eastern Orthodox Churches. We have clear differences with Rome and Constantinople, that is for sure. For one, we believe that God has saved us in Jesus Christ by grace alone, through faith alone (as St. Paul explains throughout his letters). But one important thing that we have in common with the Roman Church and the Eastern Church are the beliefs espoused in the Nicene Creed.

On May 20 in the year A.D. 325, bishops from across the Roman-occupied world gathered in the city of Nicaea (in modern-day Turkey) for what would become one of the most significant church councils in Christian history. The Roman emperor Constantine called for the council to be convened in order to address and resolve deep divisions in the early Church, especially around a pressing theological question: Who is Jesus Christ? The heart of the debate centered on a priest named Arius (from Alexandria, Egypt), who taught that Jesus Christ, while remarkable, was in fact a created being—not fully divine, not co-eternal with the Father. Arius’s catch phrase was, “There was a time when he [Jesus] was not.” The council sought to deal with this question through prayer and searching the Scriptures. After debate and discernment, the council rejected Arius’s teaching and affirmed that Christ is “begotten, not

made, being of one substance with the Father.” This was important! If Jesus was not fully God, then he was a demigod like Hercules. If Jesus was not fully God, then he could not have made the perfect sacrifice and atonement for our sins. Thank God the church rejected Arius’s beliefs!

The Council of Nicaea teaches us that **the Church does not shy away from hard questions**. (We certainly learned this during Lent in our lively discussion of C.S. Lewis’s *The Great Divorce*, specifically regarding the topic of free will.) Holy Scripture does not give us easy answers. Rather, it gives us the God of all creation, who loves us and whose only-begotten Son Jesus Christ died for us and our salvation. That is what the Nicene Creed teaches us.

The Council of Nicaea also teaches us that there are **some beliefs that are out of bounds**. Not everything that you hear a fellow Christian say is true. Again, we go back to the well of the Scriptures to “test the spirits to see whether they are from God, for many false prophets have gone out into the world” (1 John 4:1). When you hear someone say that something might seem somewhat good and godly at first but you know the Scriptures actually oppose that belief or action, then hold fast to the Scriptures. They are God’s word given to you as God’s people.

I thank God for 1700 years of Nicaea and for its continuing effects today. In the Nicene Creed, we have a beautiful condensing of the truth of the Scriptures and the core of the faith that we hold dear. It shows us the Gospel of God’s grace and mercy for us. 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*



AQUA CHURCH VESTRY

Rick Bryant

Finance Committee

Chris Dearing

Finance Committee

Michael Ferrantino

Administration Committee

Brad Hammer

*Junior Warden
Chairperson, Buildings &
Grounds Committee*

Dale Hendon

*Chairperson,
Finance Committee*

Bill Hoffman

Senior Warden

Joe Howard

*Register
Finance Committee*

Carol Korth

*Buildings & Grounds
Committee*

Walt Peterson

*Chairperson,
Administration Committee*

Pat Quinn

Administration Committee



CHRISTIAN EDUCATION



Photos courtesy of Kimberly Bamber



Children at Aquia Church celebrated Easter Sunday with the annual Easter Egg Hunt. Thank you for the many kind donations of filled eggs, and the Youth Group for hiding the eggs around the church grounds.

Pachomius the Great

Having walked across many of England's national trails, I have often come upon the ruins of former monasteries and abbeys. One of the hallmark events of the Protestant Reformation in the 16th century was the dissolution of the monasteries by Henry VIII, who established the Church of England and set himself as its head. Between 1536 and 1541, all formerly Roman Catholic monasteries, priories, convents, abbeys, and friaries in England, Wales, and Ireland were disbanded; their wealth was confiscated, their buildings and relics were wrecked, their libraries were ruined, and their people were pensioned off or dismissed. This upheaval in Christian life in the British Isles undid a tradition that stretched back nearly 1200 years to the mid-4th century. Though

one might think that communities of monastics began in Europe, the movement originated in Egypt. An offshoot of the tradition of eremites, it was the leadership of Pachomius, a former Egyptian conscript soldier in the Roman army, under which the culture of cenobitic monasticism began. Cenobitic monasticism entails living in community, sharing work and living conditions, maintaining discipline, and keeping regular worship.

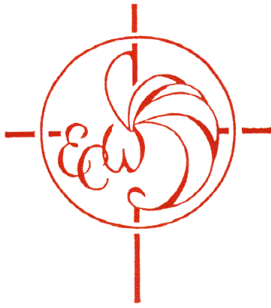
In 313, after his release from military service, Pachomius, who initially had sought out to imitate the example of hermits, had a divine revelation which instructed him to build a communal dwelling for the spiritually inclined. Finding some followers to help him, near Tabenissi in upper Egypt, which is

the geographic southern part of the country, and he built a mud and brick house for several hundred men—a *monasterium*, or a building for a 'community of the alone.' With the completion of their building, Pachomius became the 'father' (from *apa* or *abba*—from where we have the word 'abbot'), and his followers were the 'brothers.' They established a schedule of work, prayer, and worship, and soon they attracted more of the faithful from the rural poor in Egypt. Eventually, he established nine monasteries plus two communities for women throughout upper Egypt. One of the largest was near the village of Nag Hammadi, from where he supervised this extensive community.

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EPISCOPAL CHURCH WOMEN



Mission Statement:

The Episcopal Church Women of Aquia Church, with the grace of the Holy Spirit, wish to know Christ and make him known through prayer, education, concern for others and joyful service.

ECW'S ANNE E. MONCURE SCHOLARSHIP APPLICATION 2025
(Applicant must be an enrolled member of Aquia Episcopal Church)

NAME: _____
ADDRESS: _____
PHONE/EMAIL: _____

Please list on a separate page your participation in the following areas during the past 4 years:

- Church ministries/activities
- School activities/honors
- Community Involvement/Services

Do you have any paid work experience? _____ If yes, please list.

What was your grade-point average at the end of your Junior year? _____

What is your current grade-point average? _____

Do you know where you are going to school next year? _____

If so, where? _____

If not, where have you been accepted? _____

Have you applied for any other scholarships? _____

If "Yes," please list them and their monetary value:

Please attach a separate piece of paper with your essay of less than 500 words, addressing the following: "How will I carry my faith forward as I graduate from high school."

Please list three references and attach 2 letters of recommendation, one from a teacher and the other from an employer or adult leader from a school or community service group in which you have been involved and who is not related to you.

All materials should be submitted to the church office or emailed to office@aquiachurch.org by May 31, 2025, Attention: Carol Korth, ECW.



AQUIA'S PANTRY

One of the main benefactors of Aquia's Pantry is the Fredericksburg Regional Food Bank (FRFB), and we thank God for this partnership which began in 2018. Not only do we receive food from FRFB, but the food bank also assigns us four grocery stores, two Sheetz stores, and two Panera locations from which we pick up donations each week. We also receive a food bank truck on Tuesdays that has just picked up produce, bread, and dairy products from several stores along Warrenton Road. On Wednesday three of our pickup drivers from the Pantry head to the food bank at noon to collect our small 'order' and to 'shop' for more perishable items, helping us fill our bags for 130 to 140 families.

In 2024, the FRFB shifted its emphasis from purchasing canned goods for pantries to distribute to purchasing fresh produce for pantries. FRFB collaborates with a network of more than 200 community partners to distribute food to hungry neighbors through several programs:

- The Feeding Families Program, which includes pantries such as ours, mobile pantries, pop-up distributions, and OrderAhead.
- The Feeding Children Program, which includes school pantries, after-



The "Fresh Market Place" at the Fredericksburg Regional Food Bank offers bread, desserts and some dairy items to help fill our bags on Wednesdays.

school snack programs, and summer feeding programs, located in school districts with higher participation in free or reduced-fee meal programs.

- The Feeding Seniors Program, which is primarily the Community Supplemental Food Program, providing USDA supplemental food to income-qualifying seniors.

The FRFB is a member of Feeding America and supports pantries in the city of Fredericksburg and the counties of Stafford, Spotsylvania, King George, and Caroline. This is a huge undertaking. To learn more about the Fredericksburg Regional Food Bank, visit their Website at <https://fredfood.org/>.

After receiving these gifts of food for our guests, much work remains in

sorting the food, filling the bags, and handing them out to the waiting vehicles. Please consider joining us on Tuesday mornings or any time on Wednesdays from 8:00 a.m. to 8:00 p.m. Our greatest need for extra hands is on Wednesday evenings from 5:30 to 7:30, when we pass out these gifts to our guests.

Food requests from the Pantry this month are boxes of pasta and cereal, jars of peanut butter, and cans of vegetables, plus egg cartons and brown-paper grocery bags. In order to learn more, please reach out to Barb Bingay, Ron Korth, or Mary Jane Cole (maryjane@cfsw.biz), or stop by the great hall any Wednesday between 8:00 a.m. and 8:00 p.m.

Mary Jane Cole

PACHOMIUS,

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Pachomius was the first to establish a written monastic rule. The first rule was composed of prayers generally known and in general use, such as the Lord's Prayer. The monks were to pray them every day. As the community evolved, the rules were enhanced incorporating biblical principles. He devised a rule which eased things for the less able, but did not check the most ex-

treme asceticism in the more able. This rule was designed to balance prayer with work, communal life with solitude. The day was organized around the liturgy, with time for manual work and devotional reading. Fasts and work were apportioned according to the individual's ability. Each brother received the same food and clothing.

Pachomius led his community until his death in May 348. The church recognizes him annually on May 15. The contemporary collect for the feast day

of Pachomius of Tabenissi is:

Set us free, O God, from all false desires, vain ambitions, and everything that would separate us from your love; that, like your servant Pachomius, we might give ourselves fully to a life of discipleship, seeking you alone and serving those whom you have given us to serve; through Jesus Christ, our only mediator and advocate. *Amen.* [*Lesser Feasts and Fasts 2024, page 233*]

Chris Arey



VESTRY

VESTRY MEETING NOTES

25 March 2025

In Attendance: Fr. Jay Morris, Rector; Fr. James Rickenbaker, Assistant Rector; Chris Arey, Treasurer; Walt Peterson, Rick Bryant, Carol Korth, Brad Hammer, and Joe Howard, Register.

Rector Jay Morris gave a blessing, after which those in attendance enjoyed a sumptuous meal, courtesy of the Rector.

Due to the lack of a quorum, the scheduled regular meeting could not be held, and no business could be conducted.

After dinner, Father Morris updated the members present on the only item scheduled for action on the meeting agenda: R-2025-04: Contract for Glazing Windows and Exterior Painting of Historic Church. The bid is for a total of \$11,500, and payment would not impact the operating budget.

The Rector also updated those present about the duties of the bookkeeper and responded to questions and comments about the matter from Vestry members.

Father Morris reported that the bylaws had not been completed but planned to have a clean copy sent out to all Vestry members soon.

Treasurer Chris Arey summarized some of the matters discussed in the finance committee meeting. He mentioned that Aquia Church needs to begin paying more bills electronically for convenience and to avoid delay issues with the postal service. He will prepare the necessary resolution to have signatories identified by the Vestry.

Father Rickenbaker provided the benediction.

[SUBSEQUENT ACTIONS:

Thereafter Father Morris sent an e-mail message to all Vestry members calling for an electronic vote on R-2025-04: Contract for Glazing Windows



Vestry Highlights

and Exterior Painting of Historic Church. All members of the Vestry were provided with a copy of the resolution, together with the bid from the contractor. In response, the Vestry approved R-2025-04.

He also sent an e-mail to all Vestry members calling for an electronic vote on R-2025-05: Approval of Cemetery Mowing Contract. All members of the Vestry were provided with a copy of the resolution, together with the terms of the bid from the contractor. In response, the Vestry approved R-2025-05.]

*Respectfully submitted,
Joe Howard
Register*

VESTRY MEETING (Via Zoom) MINUTES

22 April 2025

In Attendance: Fr. Jay Morris, Rector; Bill Hoffman, Sr. Warden; Chris Arey, Treasurer; Rick Bryant, Pat Quinn, Walt Peterson, Carol Korth, Michael Ferrantino, Dale Hendon, and Joe Howard, Register.

Business Session (Starting at 7 p.m.)

Opening Prayer and Lord's Prayer, led by the rector.

Treasurer's Report, provided by treasurer Chris Arey.

Minutes from Previous Meetings:

Motion by Pat Quinn, second by Bill Hoffman, to approve the minutes of the regular Vestry meeting February 25, 2025, approved unanimously. Motion by Bill Hoffman, second by Pat Quinn, to approve the minutes of the special Vestry meeting on March 18, 2025, as amended to include Carol Korth as an attendee, approved unanimously. Notes of the gathering of vestry members on March 25, 2025 provided for information only.

New Business

R-2025-06: Authorize Bank Signatories, approved unanimously.

Continuing Business

Duties of Bookkeeper: Fr. Jay Morris updated the vestry on the health issues of Gloria Reyes, who is still hospitalized, and advised that he intended to speak with her after she is released in order to get a sense of a possible date for her to be able to return to work. Vestry members made comments and asked questions, to which the rector responded.

Bylaws: Fr. Morris updated the Vestry on the progress with finalizing the Bylaws, projecting that he would be able to distribute a clean edited copy soon, now that Lent and Holy Week have concluded.

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STS. MARY AND MARTHA GUILD

The Season of Easter: A Time of Renewal and Hope

As we journey through the Easter season, from the glorious morning of Christ's resurrection to the outpouring of the Holy Spirit at Pentecost, we are reminded that Easter is not just a day but a season of transformation and renewal. The joy of the empty tomb continues to echo in our hearts, calling us to embrace the hope and new life that Christ offers.

In the Church, during the weeks between Easter and Pentecost, we have the time to reflect on the power of the Resurrection. Jesus appeared to His disciples, bringing peace, encouragement, and a renewed sense of mission. Just as He reassured them, He also reassures us: no darkness, doubt, or despair is greater than His victory over death.

At the same time, in the secular world, we experience renewal in a different way. The extra daylight from

Daylight Savings Time brightens our days, warmer temperatures invite us outdoors, and the blooming flowers and trees remind us of the beauty of new life. These changes in nature mirror the spiritual renewal we experience in Christ. Just as the earth awakens from winter, our hearts are called to awaken to the joy and promise of Easter.

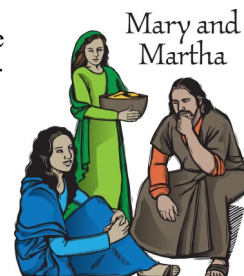
During this Easter season, let us embrace both the spiritual and natural signs of renewal. Let us, like the disciples, be open to recognizing Christ in our midst, whether in the breaking of bread, the kindness of others, or the beauty of God's creation. As we prepare for Pentecost, may we also open our hearts to the Holy Spirit, who continues to guide and empower us in our faith journey.

This month, take time to rejoice in the hope of Easter. Step outside and feel

the warmth of the sun as a reminder of our God, who shines His light on us. Let the longer days inspire acts of love and service. And most of all, carry

the joy of the Resurrection into every moment, knowing that Christ's victory is our greatest hope. *He is risen, He is risen indeed, Alleluia!*

As always, we at Sts. Mary and Martha warmly welcome you to join our meetings on the first and third Thursdays of the month, at 9:30 a.m. For more information, please contact Kathie League (kleague6412@gmail.com) or me (cvhendrickson35@gmail.com).



Carolyn Hendrickson

VESTRY,

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Reports from Committees, Wardens, and Clergy

Administration: Chair Walt Peterson advised that Michael Ferrantino and he are working on staff job descriptions, and that each position is unique, thus complicating the process.

Finance: Chair Dale Hendon said that the committee was reviewing the church's investment policy.

Building and Grounds: Bill Hoffman circulated a written report by e-mail and mentioned that the interior doors of the historic church had been painted, that the painting of the historic church windows should start in several weeks, and

that the mowing operations in the cemetery had been initiated.

Clergy: A written report was submitted by the clergy, which included information about upcoming vacation plans.

Upcoming Dates

- **5/19:** Aquia's Table Golf Tournament
- **5/27:** May Vestry meeting over Zoom (7:00 p.m.)
- **5/29:** Ascension Day worship service (7:00 p.m.)
- **6/1:** Heritage Sunday
- **6/24:** June Vestry meeting in person with meal (6:00 p.m.)

Good of the Order, Closing Prayer, and Adjournment

Rector Jay Morris asked for feedback from the vestry about Holy Week and Easter. Carol Korth described what a meaningful experience it was for her to participate in the Gethsemane Watch Prayer Vigil. Chris Arey expressed concern about the low attendance at the evening service on Good Friday. Michael Ferrantino suggested educating parish members on Holy Week in Morning Call or through other means in order to encourage more participation. Chris Arey mentioned the death of Pope Francis; Fr. Morris commented on his ministry and possible legacy.

The vestry meeting was adjourned with a prayer by the rector.

*Respectfully submitted,
Joe Howard
Register*



FROM THE CHURCH OFFICE

SPECIAL RECOGNITIONS AT AQUIA CHURCH

New Babies: Please call the church office (540-659-4007) after the birth of a child so that a red rose can be placed on the altar in thanksgiving.

Those Being Deployed: Please call the church office (540-659-4007) so that we can offer special prayers at a service prior to your departure. Also, we want to put you on our prayer list for all those who are deployed in the service of our country.

FUTURE BAPTISMS

The next scheduled date for a baptism is **June 8, 2025**. If you would like to arrange for yourself or someone in your family to be baptized, please contact the church office (540-659-4007) so that counseling with the clergy can be scheduled.

Aquia Church Prayer List

May 2025

Carol Bailey, the Banks family,
the Brandon family, Richard Chichester,
Paula Davis, Michael Golasz, Mary Hall,
Nanette Hoback, Tim Lacey, Lori,
Anne Luehrs, Ken Luehrs, Doug McGinity,
Pat Moncure, Rebecca Poole, John Pribble,
Rebecca Schaffer, Arnie Schwartz,
Scott Smith, Tom Tremper,
Nancy Wentworth, Elizabeth Yager.



How to reach us:



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

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



We, as Aquia Church, joyfully respond to the grace, love and fellowship
of God the Father, Son and Holy Spirit at work in our midst
by celebrating His presence, sharing His abundance,
and proclaiming His word throughout the world.





Aquia Episcopal Church
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Stafford, VA
22555

RETURN SERVICE REQUESTED

