



AQUIA
EPISCOPAL CHURCH

Cross Section

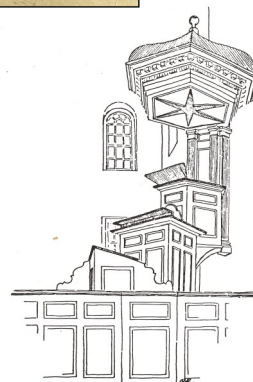
All of you are Christ's body, and each one is a part of it. 1 Corinthians 12:27

Fall Fest 2025



INSIDE:

- Assistant Rector: Thanksgiving in a Time of Grief
- ECW
- Fall Fest Auction 'After Action' and More Fall Fest Photos
- Cow Ministry Outreach
- Aquia's Pantry
- Sts. Mary and Martha Guild
- Planning Our Response
- November Prayer List





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

Nursery Supervisor

Dawna Spaulding

FROM THE RECTOR

We look forward to the return of Father Jay Morris' column when he is able to return to work following his recent health concerns. In the meantime, please do keep him in your prayers.

FROM THE ASSISTANT RECTOR

Thanksgiving in a Time of Grief

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 you are able to give thanks to God even in the toughest of times. And we have certainly experienced some tough times of late as a parish. No one could have foreseen all that has happened over the last month; yet, as Thanksgiving approaches, we still have much to be thankful for.

Our hearts have been heavy as we have walked through a season of both grief and uncertainty. Fr. Morris' sudden illness shook us deeply. We were all very concerned for him and for his health. Thanks be to God, the surgery was successful, and he is now on the road to recovery. We continue to pray for his healing, for strength each day, and for Elizabeth who is supporting him.

Then, before we had a chance to process all of that, we received the heartbreaking news of Judy's death. For this parish, she was more than "the rector's mother." She was a friend, a mentor, a surrogate mother, and a steady presence in our life together. Her faithfulness, her smile, and her generosity of spirit affected countless lives. We grieve her loss deeply, and we give thanks for the witness of her life—a life lived fully in the love of Christ.

In moments like these, we are reminded that the Church is more than a building or a schedule of services. It is the Body of Christ, knit together in love, holding one another up when we cannot stand on our own. Over these past weeks, I have seen the strength of this community in ways that humble and inspire me: people stepping up to help things run smoothly not to

mention constant prayers for Fr. Morris as he heals and me as I lead in his absence. This is at the heart of our life together as the Church.

As we approach Thanksgiving, it might feel difficult to find gratitude amid sorrow. And yet, Scripture reminds us that giving thanks is not dependent on our circumstances but on the steadfast love of God. The Apostle Paul wrote to the Thesalonians (5:18), "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Paul did not say *for* all circumstances, but *in* them. Even in the valley, we can find reasons to give thanks: for love that binds us together, for faith that endures, for hope that refuses to die.

This November, I ask you to take a look around and see the many ways God's grace continues to sustain us at Aquia Church. Give thanks with me for Fr. Morris' improving health. Give thanks with me also for Judy's life and witness. Give thanks for the many hands and hearts that have carried this parish forward in their absence. Give thanks that, through it all, Christ is still in our midst: comforting, healing, and renewing us day by day. There is indeed much to be thankful for.

May this season of Thanksgiving draw us closer not only to gratitude but also to one another. May it renew in us a spirit of compassion, patience, and faith. And may we continue to be a people who shine with the light of Christ, even in (especially in!) the darkness. 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*

FALL FEST

Fall Fest 2025 Auction “After Action”

A huge “Thank you” goes to all parishioners and merchants who contributed to the 2025 Fall Fest Auction! This year, we offered 36 grouped or individual items for bidding. Twenty-nine of these were gifts of time, talent and donations from our own parish family. The Auction accounted for one-half of the profits of Fall Fest 2025.

The merchants and business owners who contributed to the Auction are listed below. Please remember them when you do your holiday shopping and please thank them for donating to your church’s major outreach fund raiser.

I would also like to thank our awesome auctioneer Shields Jones, Wendy Osborn who helped immeasurably with the soliciting again this year, our own “Vanna White” a.k.a. Maria Britton, and Joy Jones who is the Auction’s quintessential professional support staff. Thanks to their combined efforts, we had a fabulous auction!

Mary Jane Cole, Auction Chair

Sponsors of the 2025 Fall Fest Auction

610 Car Wash

Amy’s Café

Aquia Harbour Golf Club

Augustine Golf Club

Auto Zone at Embury Mills

Basilico New York Deli of North Stafford

Black Rifle Coffee Company

Brock’s Riverside Grill

Buffalo Wild Wings

Chick-fil-A Garrisonville

Cinnaholic

El Gran Charro

El Jimedor

Essex Inn at Tappahannock

Forest Greens Golf Club

Fredericksburg Tourism

Hunan Garden

Jabberwocky Children’s Books & Toys

Kobe Japanese Steak House

Manhattan Pizza

Marriot Fredericksburg Historic District

Mi Rancho

Olde Virginia Gourmet & Gifts

Outback Steakhouse of Stafford

Pets Plus

Potomac Point Vineyard & Winery

Publix Super Market

Sake Thai and Sushi Bar

Sammy T’s

Sight and Sound Theatre

Sol to Soul

Stafford County Tourism

Sunset Cruises of Stafford

The Card Cellar

Zibibbo 73 Italian Restaurant



AQUIA 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

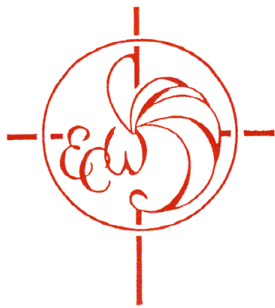
*Chairperson,
Administration Committee*

Pat Quinn

Administration Committee



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.

We started October with our annual Fall Fest. This year was the 68th Fall Fest, and I must congratulate and thank all participants for their hard work and dedication. The weather was perfect, and the day went smoothly. Thank you for all that you did for this important event.

On October 11th, ECW of Aquia Church traveled to Pohick Church for the regional fall meeting of ECW. We welcomed Bishop E. Mark Stevenson, our elected bishop, who gave a keynote address discussing his faith journey. Bishop Stevenson stated that in having a good foundation for faith, our job is to foster each other as we seek to strengthen our faith. His address was sprinkled with humor. After lunch, we celebrated the Holy Eucharist in that historic church. I could not help but think of the generations of parishioners, as in our church, who have strengthened each other's faith through trials and tribulations, and celebrations.

November finds us leaving behind more daylight, the leaves have fallen, and we begin our November with thoughts of gratitude for all our great God provides. We work our way toward Thanksgiving, but this year we have a special event in the form of Confirmation.

Bishop Mark Stevenson will be visiting Aquia Episcopal Church to administer this important step in faith on November 16th to confirm

those candidates from our church at the 10:30 a.m. service. Following the 10:30 a.m. service, ECW will host a reception for Confirmands, Bishop Stevenson, and all parishioners. All are welcome to attend. Congratulations to all Confirmation participants and their families. May God continue to bless you.

On the morning of December 14th from 9:30 - 10:15 a.m., Aquia's ECW will hold our annual meeting. Everyone is invited to attend. We hope you will join us in the Great Hall for this occasion as we recognize our Book of Life and Book of Remembrance honorees.

Episcopal Church Women's Prayer

Almighty God, we pray that you will bless our work in mission and ministry in the world.

Help us to pray fervently, labor diligently and give liberally to make known the power of your love given through your son Jesus.

Let us not forget the lessons from the past nor fear the challenges of the future.

Anoint us with your grace and shine in our hearts as we reflect your light throughout the world.

Amen.

As is customary, November and December find us looking back over our year. We remember the things we did, including giving our time and talents as we support God's mission, and fostering each other through prayer, study, and worship. I know I have witnessed your generosity throughout the year many times over. For that, I am very grateful and thankful.

Blessings for Thanksgiving,

Carol Korth

President, Aquia ECW



ECW OUTREACH

Cow Ministry

The last of our series of articles regarding ECW outreach will highlight the ministry of The Reverend Canon Katrarishangwa, formerly Archdeacon in the diocese of Kigezi, affectionately known to us as Father “Jack.”

Father Jack was ordained in Uganda in 1983. He is a priest in the Diocese of Kigezi, Church of Uganda. Father Jack first visited Aquia Church in 1992 while attending Virginia Theological Seminary. He attends Nyombe Church, located near the border of Uganda and Rwanda, and has a large congregation of 520 parishioners. Father Jack retired in 2019 but is still involved in church activities.

The Episcopal Church Women’s support of Father Jack’s “Cow Ministry” began in 2010. This ministry provides cows to the most needy families in the area as well as to parishioners of Nyombe Church. The emphasis of the ministry has been to give a cow to widows who are supporting their families. The milk produced by the cows feed the children which prevents malnutrition. In 2024 one cow costs \$1,273.00 and the price continues to increase.

I find it difficult to convey what a wonderful gift this ministry is to people, but I hope the following examples will achieve what I find difficult to put into words.

One recipient, Joy, was a woman whose husband died during the civil war in Rwanda. Another recipient, Jalia, a widow, with four children had her house swept away by rains and had no shelter. “She was very grateful and thankful for the help Aquia ECW gave her through the gift of a cow that she



Photos courtesy of
Dennise LaBarre

pledged to give thanks to the Lord and give testimony to the good works the Lord has done in her life.”

Although the purchase of cows and the milk they provide prevent malnutrition, another benefit Father Jack informs us, is that it enables the children to attend school. Two boys which benefited from the Cow ministry went to vocational school specializing in electrical and welding studies. Three girls have advanced to Senior two (secondary education).

Lives of women are transformed because of the Cow Ministry which

enables them to become empowered economically. As the original cow has a calf, the gift of one cow becomes two cows. The calf is given to another family and so on and on. As Father Jack conveyed to us “Lives of these women are being transformed, they now dream to live having been hopeless for a long time.”

And, as they say, a picture is worth a thousand words... so I end this article with these pictures of Father Jack, cows, and the women and children.

Dennise LaBarre



AQUIA'S PANTRY

Aquia's Pantry and its volunteers have been blessed, encouraged and uplifted in many ways this past year! With Thanksgiving just around the corner, now is the proper time to reflect upon these many blessings.

First, we have several new volunteers. One gentleman whom God has brought us came complete with a van! This was truly great timing because one of our stalwart volunteers who has always spearheaded the trip to the Fredericksburg Regional Food Bank to pick up our weekly order has been ill and unable to help.

Next, the Pantry is again receiving a grant from the Church of Jesus Christ of Latter-Day Saints for much-needed commodities, which will account for approximately 20% of our annual budget. Their grant will enable us to give each family both a jar of peanut butter and a can of black beans every other week, as well as a 2-lb bag of rice monthly. We are investing this grant in these food items because of their high nutritional values.

Also, we received a Farm-to-Pantry grant from Virginia Community



Food Connections which has provided ten crates of the most beautiful produce from C & A Produce in Montross, Virginia, each week throughout the Summer and Fall.

In addition, the generous monetary gifts from fellow parishioners and from The Fraternal Order of Eagles have allowed us to give each family a box of cereal virtually every week during the summer and now into the fall.

Lastly, this summer the Vacation Bible School students gifted the Pantry with 57 boxes of pasta!

The Rappahannock Area Food Bank gave us our end-of-fiscal-year accounting in July, letting us know that Aquia's Pantry was entrusted to distribute over \$420,000 worth of food from local grocery stores, restaurants, convenience stores and the food bank from July 2024 through June 2025. The food bank renewed our contract for another year.

We are indeed grateful to God for all these amazing gifts.

Vacations and medical appointments amongst the volunteers continue to create holes in our staffing, so if you have any hours to spare on any Tuesday from 8 AM to 12 PM or Wednesday from 8 AM to 8 PM, we would deeply appreciate your help.

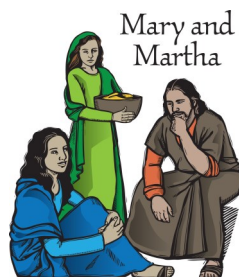
Food requests for the Pantry this month include boxes of pasta and cereal, cans of vegetables AND brown-paper grocery bags. We use up to 420 grocery bags each week and they cost about 20 cents each when we purchase them. To learn more, please reach out to Barb Bingay, Ron Korth or Mary Jane Cole (maryjane@cfsw.biz), or stop by the great hall any Wednesday.

STS. MARY AND MARTHA GUILD

Worship Service Fellowship

The guild members thank all who generously shared craft ideas, donated craft supplies & crafts, and donated jewelry. Thank you also to all the shoppers that visited our rooms at Fall Fest. Your generosity is greatly appreciated. As we start our preparations for next year, keep those craft ideas coming.

We are making preparations for our annual Advent Table. We plan to have it open on Sunday, Nov. 23rd, after the 7:30 and 10:30 services in the Great Hall. Look for a wide selection of ornaments, decorations and gifts for your holiday shopping.



We will be meeting on Nov. 6th at 9:30 in the old parish house, and will continue reading Twelve Ordinary Men, an interesting book about the apostles and how they were called. On Nov. 20th, we will gather in the Great Hall at 9:30 to work on the Advent Table.

Please consider joining us. Should you have any questions or need additional information, contact Carolyn Hendrickson at docnpch@gmail.com.

-Kathie League



FALL FEST



Photos courtesy of Carol Korth



Planning our Response

ACTIVE SHOOTER EVENTS

When an Active Shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation.

You have three options:

1 RUN

- Have an escape route and plan in mind.
- Leave your belongings behind.
- Evacuate regardless of whether others agree to follow.
- Help others escape, if possible.
- Do not attempt to move the wounded.
- Prevent others from entering an area where the active shooter may be.
- Keep your hands visible.
- Call 911 when you are safe.

2 HIDE

- Hide in an area out of the shooter's view.
- Lock door or block entry to your hiding place.
- Silence your cell phone (including vibrate mode) and remain quiet.

FIGHT 3

- Fight as a last resort and only when your life is in imminent danger.
- Attempt to incapacitate the shooter.
- Act with as much physical aggression as possible.
- Improvise weapons or throw items at the active shooter.
- Commit to your actions...your life depends on it.

The first officers to arrive on scene will not stop to help the injured. Expect rescue teams to follow initial officers. These rescue teams will treat and remove the injured.

Once you have reached a safe location, you likely will be held in that area by law enforcement until the situation is under control and all witnesses have been identified and questioned. Do not leave the area until law enforcement authorities have instructed you to do so.

You may recall that the Vestry published a newsletter article about “hoping for the best but preparing for the worst” in the April 2025 Cross Section. The article described how best to handle an Active Shooter situation in the historic church, and we feel it is important to remind the Parish twice a year to keep this vital information fresh in our minds.

Sergeant Curtis of the Stafford County Sheriff's Office has shared these actions as the most current and relevant for any active shooter situation:

Avoid the danger zone:

- Leave your belongings behind.
- Have an escape route and plan in mind.
- Call or text 9-1-1 only when you are safe.

Deny the shooter access:

- Lock any door or block entry to deny access to your area.

- Silence your cell phone (including vibrate mode) and remain quiet.
- Close windows, shades and blinds, and avoid being seen from outside the room.

Defend against the danger:

- Fight only as a last resort and only if your life is in imminent danger.
- Attempt to incapacitate the attacker or disrupt his/her actions.
- Once you decide to fight, commit to your actions...your life depends on it!

Note that people at the back of the church might be able to text the Sheriff's Office quickly if someone is obviously armed and dangerous.

Ushers and Greeters: If someone is new and acting strangely, an usher or greeter should follow and sit behind him/her. That way, the greeter can silently convey to the Clergy that there may be a problem.

After the Incident: Any medical parishioners and others rendering first aid should remain in the church until EMS has arrived. All other parishioners who are ambulatory should exit by any of the three church doors and go directly to our Rally and Recovery Site: this is the great hall (Christian Formation and Education Building).

For safety, stay off the driveway pavement so law enforcement vehicles and ambulances can arrive without danger to the parishioners.

Note: NO ONE SHOULD LEAVE THE CAMPUS UNTIL THE POLICE NOTIFY US THAT IT IS SAFE TO GO.

For more good suggestions, re-view the “Active Shooter Event” flier included with this article.

The Clergy and the Vestry thank you for your anticipated contribution and cooperation.



FROM THE CHURCH OFFICE

SPECIAL RECOGNITIONS AT AQUIA CHURCH

*Baptisms: ... sealed by the Holy Spirit in Baptism
and marked as Christ's own forever"*

Clifford James Shaw and Jacob James Shaw

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
November 2, 2025. If you would like to have a
baptism on this date or if this date doesn't work for
you, and you would like to request another date,
please contact the church office (540-659-4007) so
that counseling with the clergy can be scheduled.

PRAYERS FOR EXPECTANT PARENTS

Joseph and Samantha Paris, (Steve and Margaret
Hedger's daughter and son-in-law)

Aquia Church Prayer List November 2025

Pam Allison, Carol Bailey, Richard Chichester,
Paula Davis, Craig Evans, Michael Ferrantino,
Michael Golasz, Jeanette Lempka, Lori, Ken Luehrs,
Doug McGinity, Pat Moncure, Brenda Monger,
Brett Moran, Father Jay Morris, Morris Family,
Rebecca Poole, Rebecca Schaffer, Arnie Schwartz,
Scott Smith, Tim Spaulding, Caroline Stringer,
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
Post Office Box 275
Stafford, VA
22555

RETURN SERVICE REQUESTED

