



[www.gracealex.org](http://www.gracealex.org)

July/August 2023

# GRACE NOTES

*A Monthly Magazine Published by Grace Episcopal Church*

*3601 Russell Road | Alexandria, Virginia 22305*

July/August Theme:  
“Growth in Ordinary Time”



# From Our Rector



Dear Friends in Christ—

I am thinking this month about attachment and what things are made possible by healthy attachment.

Attachment theory was developed in the mid-twentieth century by British psychologist John Bowlby, who first posited the idea that human flourishing depended on the relationship between an infant and its caregivers. A baby who learned that its caregivers could be relied on developed what is called a secure attachment. From that solid basis a healthy human life could be built.

There's a claim made by attachment theory that is both paradoxical and obvious: once a child is attached to its parents, it is free to explore. The more secure we feel, the more we can venture forth in confidence.

Attachment theory explains more than just the development of infants. It explains important dynamics of our whole lives, including our relationships with one another and with God. Here's the heart of it all: connection matters. And connection gives us freedom to grow.

We have all been through a difficult few years—as a human family and as a church family. A lot of important things became unreliable during the pandemic, from the opportunity to receive the eucharist to the very air we were breathing. With that difficulty came some damage to our attachments.

This summer feels like a moment of promise to me, however, because I see healing from that damage. Grace Church is in a healthy place and, as a result, it is a reliable object for our trust in a renewed way. We can be secure in our attachment to this place, where we can expect loving community, beautiful liturgy, and spiritual sustenance. While our recovery from Covid will continue for a long time, there is a new trustworthiness to our life at this moment.

And what does that trustworthiness mean? We are free to grow.

The theme of this month's issue is "Growth in Ordinary Time," acknowledging that the long, green days of the summer season are when change often happens. I encourage you to think about what it means that you are free to grow, and that this church is free to grow.

Knowing the security of your base, what can you reach for? What can you dream about? Who might we want to become together as a parish, as the people of God?

Your vestry is doing some of that work right now, with the goal of having a vision for our future by September. I encourage you to do your own dreaming. And I encourage you to share it—with me, with vestry members, with one another.

We are grounded in God's love, the most fundamental attachment there is. We can trust God, and we can trust one another. And from that, a whole new life can grow.

Yours in Christ,

A handwritten signature in blue ink that reads "Anne +".

The Rev. Dr. Anne M. Turner



## In This Issue

<u>From Our Rector .....</u>	<u>2</u>
<u>New Adult Faith Formation and Faith-Sharing Series.....</u>	<u>4</u>
<u>New Staff @ Grace.....</u>	<u>5</u>
<u>On the Mind of Father Santi.....</u>	<u>6</u>
<u>Keeping Up with Summer Pledges.....</u>	<u>7</u>
<u>Grace Episcopal School.....</u>	<u>8</u>
<u>Behind the Scenes.....</u>	<u>9</u>
<u>Farewell to Our Music Director.....</u>	<u>9</u>
<u>Campus Matters .....</u>	<u>10</u>
<u>Diocesan News.....</u>	<u>11</u>
<u>National Church News Spotlight .....</u>	<u>12</u>
<u>Peregrinaje: Un Santo Caminar Con Dios.....</u>	<u>13</u>
<u>Vestry View.....</u>	<u>14</u>
<u>Opinion: Youth Perspective.....</u>	<u>15</u>
<u>Shrine Mont 2023.....</u>	<u>16</u>
<u>A Sunday in the Life of Amorita Quintanilla, Sunday Sexton.....</u>	<u>17</u>
<u>Mission Focus.....</u>	<u>18</u>
<u>Grace-ful Worship.....</u>	<u>19</u>
<u>Why Grace?.....</u>	<u>20</u>
<u>An Occasional Word.....</u>	<u>21</u>
<u>Family Fun Coloring Page .....</u>	<u>22</u>
<u>Our Mission / Nuestra Misión.....</u>	<u>23</u>
<u>Grace Leadership .....</u>	<u>24</u>

### Grace Notes Submissions and Publication Schedule

Grace Notes is published ten times a year by Grace Episcopal Church, Alexandria, Virginia. All parishioners are encouraged to contribute articles and photos. The deadline is the fifteenth of the preceding month. Articles and photos should be emailed to [grace.notes@gracealex.org](mailto:grace.notes@gracealex.org) and will be subject to editing. The Grace Notes team includes Joyce Ames, Kevin Hamilton, Diana Jarrett, and Liz Rugaber.



# **New Adult Formation and Faith-Sharing Series Coming This Fall**

**By Julia McClung**

As we continue to seek opportunities to grow and learn together, to share our faith experience, and to build community, we've got a concept for a new adult formation offering coming in the new program year. Anne Boris and I, in conversation with Father Santi, reached out to hear from parishioners about the kinds of activities they would enjoy, and we've incorporated that feedback into this new concept.

Instead of offering Education for Ministry, with its rich and rigorous thirty-six-week program each year, we're going to offer two six-week programs that we hope will draw together a wider group of participants.

## **Fall 2023 - Reflecting on Remembrance, Gratitude, and Thanksgiving**

Offered 10/16 through 11/20

## **Spring 2024 - Reflecting on our Spiritual and Physical Journeys**

Offered 4/8 through 5/13

The format of each six-week program will involve a weekly two-and-a-half-hour session (day and time to be determined) to be conducted in person at Grace, with the option for virtual attendance if needed. We may be able to offer both an evening and a daytime option based on the number of people who express interest.

Any reading will be light such that it can be done the night before or the day of each session. Activities related to these series might include exploring relevant scripture and biblical traditions, sharing our own stories and how our faith has sustained us, asking our questions, learning about various traditions from other cultures, sampling related spiritual practices (prayers, meditations, movements), and reflecting on where God is and how Jesus is with us in these experiences.

Please reach out to Anne Boris or me if you have interest in these new offerings. We'll also work with the communications team to advertise them more broadly closer to the dates.

Thanks so much. Can't wait to see you there!

# New Staff @ Grace

## Emma Brice, New Assistant Rector for Family Ministries, Starts on July 25



I was born and raised just down the road in Arlington and have been a life-long Episcopalian. I studied cultural anthropology at Duke and recently graduated with my Master's of Divinity from Yale. Prior to seminary, I lived in Muscat, Oman, where I worked at an interfaith peace and reconciliation center, and I remain passionate about building ecumenical and interfaith relationships. I also love connecting with God through nature and aim to spend as much time outside as possible. In my spare time, I enjoy hiking, playing guitar, doing crossword puzzles, reading, and spending time with my wife Crichelle (she/ella) and our puppy Tetiana! I am so excited to return to the area as I begin this next chapter of ministry, and I look forward to getting to know the Grace, La Gracia, and Grace School communities!

Hola, me llamo Emma. Nací y me crié cerca, en Arlington, y he sido episcopal toda mi vida. Estudié antropología cultural en la Universidad Duke y recientemente me gradué con mi Maestría en Divinidad de la Universidad Yale. Antes del seminario, viví en Muscat, Omán, donde trabajé en un centro interreligioso de reconciliación y paz. Yo sigo apasionada por formar relaciones ecuménicas e interreligiosas. También me encanta conectarme con Dios a través de la naturaleza y trato de pasar el mayor tiempo posible al aire libre. En mi tiempo libre, disfruto las caminatas, tocar la guitarra, hacer crucigramas, leer y pasar tiempo con mi esposa Crichelle (she/ella) y nuestra perrita Tetiana. ¡Estoy muy emocionada de volver a esta región y comenzar este nuevo capítulo en ministerio. ¡Tengo muchas ganas de conocer las comunidades de Grace, La Gracia y Grace School!

## Grace Welcomes Madeline Manaker, New Operations and Finance Assistant

Madeline Manaker has accepted the position of Operations and Finance Assistant here at Grace. In this part-time role, Madeline will report to Kevin Hamilton (and will also support Mary Cyrus), working approximately twenty hours per week.

Madeline recently graduated with a Master's of Music (Vocal Performance) from George Mason University and will split her time between Grace and her private music studio. With her undergraduate studies in mathematics and secondary education at Vanderbilt, Madeline brings a unique set of skills and experiences to her role, including school and non-profit administrative experience. Madeline has had several students over the years that were connected to Grace School and Church and was always left with a great impression of this community. She is excited to bring her love of spreadsheets and people together in this role.

Madeline Manaker ha aceptado el puesto de Asistente de Operaciones y Finanzas aquí en nuestra parroquia. En esta posición de medio tiempo, Madeline trabajará aproximadamente veinte horas por semana.

Madeline se graduó recientemente con una Maestría en Música (Interpretación Vocal) de la Universidad George Mason y dividirá su tiempo entre Grace y su estudio privado de grabación. Con sus estudios universitarios en matemáticas y educación secundaria en Vanderbilt, Madeline aporta un conjunto único de habilidades y experiencias a su función, incluida la experiencia administrativa en la escuela y en organizaciones sin fines de lucro. Madeline ha tenido varios estudiantes a lo largo de los años que estaban conectados con nuestra iglesia y con la escuela, y siempre ha tenido una gran impresión de esta comunidad. Madeline está emocionada de tener un empleo que une su amor por la contabilidad y por las personas.



# On the Mind of Father Santi



**THE REV. SANTI RODRIGUEZ,  
ASSOCIATE RECTOR**

Failing is an essential part of life. It is essential because we cannot flourish as human beings unless we fail and learn from our failures. When I started parenting, Mom once told me, "Don't be ashamed of failing. Fail. Learn from your failures. Try again. And don't be afraid to let your son fail." This hard-earned wisdom is difficult to follow. It is also one of the most important lessons Mom taught me because she puts her advice into practice over and over and over.

Over time, I have learned that the advice about failure also applies to ministry. God can use our failures to build the Church. While there are many reasons for failing, there are three general pathways to learn from our failures: detecting them, analyzing them, and proactively searching for opportunities to experiment and fail forward/upward. I strongly believe that one of the most important things we can do for our children--and our ministries--is to create opportunities for experimentation and "safe" spaces for struggling and failing.

In a vision-driven ministry world, failure has a negative ring to it. It does not have to. We need more failure in ministry, not less. Failure is a great teacher. One can learn as much or more from failure as from success. Failure helps us to test ideas, clarify vision, and get to know our context better. Failure improves our leadership and even inspires those around us.

Here are some ways that, in the last month, we have been experimenting, testing ideas, clarifying vision, and getting to know our context better at Grace.

In Adult Formation, as we continue to seek opportunities to share our faith experiences and build community, I've been working with Julia McClung and Anne Boris on a new adult formation offering coming in the new program year. You can learn about this new offering by reading Julia's article in this issue of Grace Notes on page four.

Another experiment in Adult Formation is the journey group that was naturally developed by the participants in this year's Inquirers' Class. The group is a space for fellowship and meaningful conversations about faith and our life in Jesus. Journey groups are a great way to have transformative encounters with God and one another. We are looking forward to expanding this ministry in the near future.

Our experiments in Evangelism continue. In mid-May, the Evangelism team organized a young adults reception following the Ascension Day service. We had just a handful of young adults (mostly seminarians), but the reception turned into a nice fellowship event and spruced up our celebration of the Ascension of the Lord. It was an experiment to meet young adults where they are, and we will continue to seek opportunities to serve and care for our young adults.

In our Outreach Ministries, we continue to seek new pathways to serve God's people and to expand our partnerships. In the past few months, we have been leaning with courage and curiosity into our partnership with VOICE (Virginians Organized for Interfaith Community Engagement). VOICE has a new co-lead organizer in Alexandria, Jessica Sarriot. Jessica is a wonderfully passionate and effective community organizer. We are supporting her new role by hosting caucus and core team meetings, and engaging with the two big initiatives VOICE will be working on for the next eighteen months: affordable housing and mental health. The Core Team at Grace will be participating in meetings and other events around these issues and encouraging parishioners to participate.

One final experiment in the past month--and perhaps the one that brought me the most joy--was our Pride Eucharist on June 10. It was a beautiful collaboration with fellowship, the altar guild, Mother Anne, and many of our LGBTQ+ parishioners. The liturgy was a consoling moment of prayer and solidarity. It was followed by a wonderful potluck outside; I am grateful the air quality improved in time for us to hold the service outside.

Please keep all our joyful experimentation in your prayers. I humbly ask you for prayers for La Gracia as we seek and find opportunities to reengage La Gracia congregants who have not returned since the onset of the pandemic. One of these opportunities is a cookout on July 15 to create and celebrate joyful community. I am looking forward to it.

I am grateful for the ways failure teaches us about our purpose and our vision. Failure does not mean that God is not in the vision. Failure can be a necessary step that God uses to shape and develop the vision to be fruitful. If you feel inspired to lean into holy experimentation, share your vision with clergy, staff, and fellow parishioners. Building a culture of sacred risks and holy experimentation will help our ministries be healthy, fruitful, and transformative.



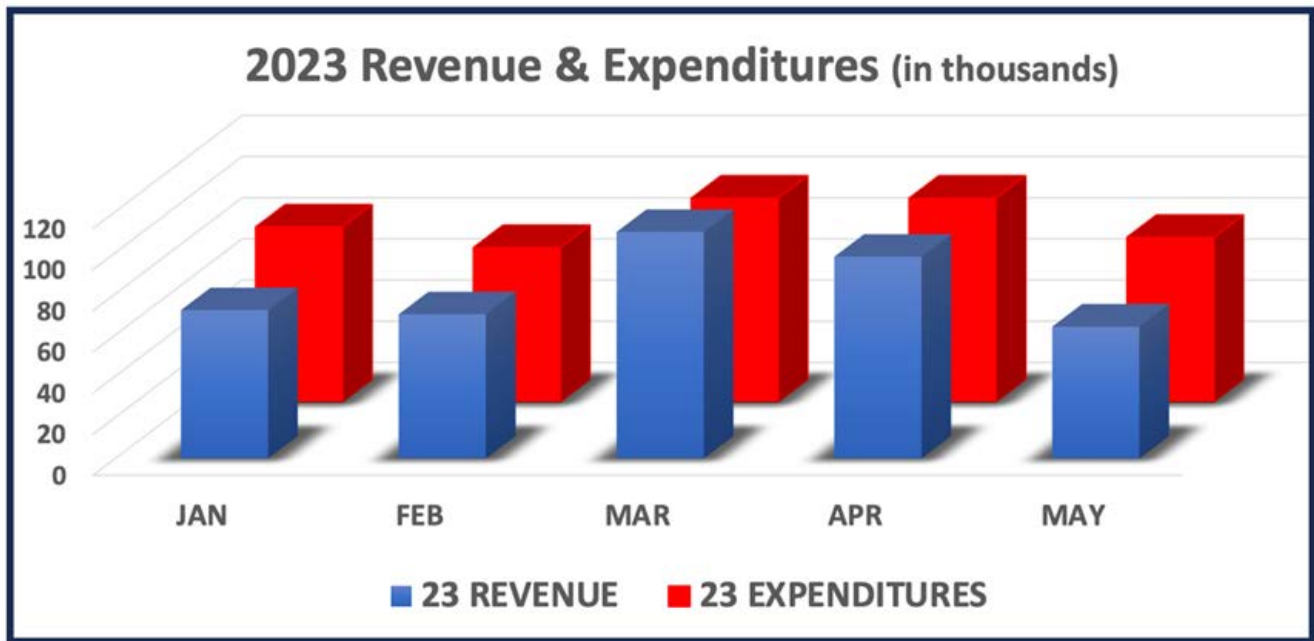
# Keeping Up with Summer Pledges

EVAN ROBINSON, *TREASURER*

Grace Church has had an exciting two years, as we return from Covid, welcome new families, refine our mission, and develop a vision for the future. Enthusiasm for our parish is evident. We need our giving to keep pace with this enthusiasm.

Grace's overall finances remain solid, with strong support for our different ministries and designated funds. However, we're heading into summer when attendance and contributions take their annual dip.

Pledge income provides more than eighty percent of the revenue for our operating budget. Grace is very careful with expenses, and the vestry and finance committee look at our budget very closely. While it's normal for a burst of income at the end of the year to close out our budget in the black, it is worth noting that so far, our income has been lower than budgeted this year. As of the end of May, Grace's revenue from pledges is about \$80,000 lower than last year. In four out of the first five months this year, our expenditures exceeded our income:



Primary factors in these shortfalls were reduced revenues from pledge and “non-pledge” income (undesignated contributions from visitors or parishioners who haven't pledged are considered “non-pledge”): the average monthly revenue of pledges plus non-pledges this year through May was \$72,000, compared to \$87,000 in 2022 and \$77,000 in 2021.

Again, it's normal for churches to expect a larger share of income to arrive later in the year. Nevertheless, it's a good reminder of how we really do depend on the continuing generosity of our congregation in weekly and monthly contributions to sustain our operations.

So, dear friends, please keep up with your pledges, and make regular contributions, whether by cash, check, automatic bill pay, or stock donation. If you're new to Grace, please consider making a pledge; if you're an old hand and it's slipped your mind, please renew your pledge. If you have any questions about pledging, finances, or how you can become more involved—whether in time, talent, or treasure—please contact Evan Robinson ([Treasurer@gracealex.org](mailto:Treasurer@gracealex.org)).



# Grace Episcopal School



**PATTI CULBRETH,  
HEAD OF SCHOOL**

Let us run with perseverance the race that is set before us. (Hebrews 12:1) We have reached the finish line of another successful school year at Grace Episcopal! Now post-pandemic, we were able to celebrate a year where we could play together, eat together, share together, pray together, and learn together. We returned to treasured traditions and took great joy in the full community “feel” once again. From Field Day splashes to Petting Zoo joys to culminating presentations, we ended the year strong.

Our Grace graduates will matriculate to the following schools:

- Burgundy Farm Country Day School
- Charlotte Preparatory School
- Francis G. Hammond Middle School
- Holton Arms School
- Holy Trinity School
- Immanuel Lutheran School
- St. Stephens & St. Agnes School

We know our graduates have a strong foundation and will undoubtedly find great success in middle school. Congratulations, Class of 2023!



Now as we turn to summer, we look forward to hosting Baroody Camps at Grace. These are open for opportunities taking place through August 11. For more details and to register, visit the Baroody Camps website.

Although life will be a little quieter on the school side, our office will remain open through the summer. We still have limited spaces available for enrollment, so please send interested families our way ([admissions@graceschoolalex.org](mailto:admissions@graceschoolalex.org)). We begin the 2023-2024 school year after Labor Day on September 5.

Wishing the full Grace community a wonderful summer with time for relaxation and fun!

God bless Grace.





# BEHIND THE SCENES



**KEVIN HAMILTON,**  
*DIRECTOR OF OPERATIONS & COMMUNICATION*

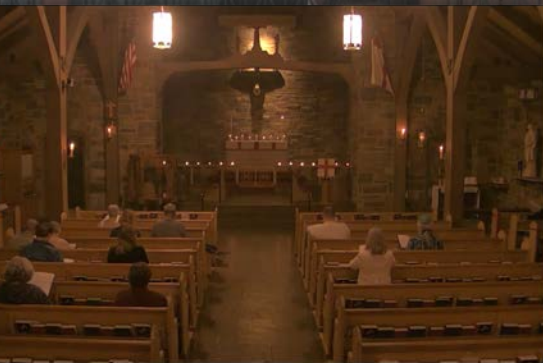
Summer is often a time when the pace of life slows a bit for most. Along with the warm temps and longer daylight hours, schools are now on their summer breaks, families are taking much-needed vacations, and the northern Virginia traffic has lightened (although not nearly as much as we'd like). This is the time of year when we can take a little more downtime and enjoy more adventures outdoors.

The annual summer slowdown can be felt here at Grace as well. Some of our programs are on summer break and the halls are somewhat quieter. However, there is still a lot going on at 3601 Russell Road! For instance, we are taking advantage of the summer months to spearhead some projects and process updates.

Over the summer we are tackling a number of projects that have been in the works, like doing the behind-the-scenes work required for our fall website refresh, updating processes to help streamline information sharing and service planning for funerals and weddings, updating the building-use policies and procedures, doing a major update of our digital records within Breeze (our parishioner database), and completing several campus facilities upgrades including—but not limited to—elevator work, space/office organization, and needed repairs.

We truly appreciate the patience of the Grace community during the summer as we tackle these and other important projects, help new staff get acclimated to their roles and life at Grace, and maintain our physical plant and grounds. We look forward to a fantastic kick-off to the program year in September and know that the work for that to happen begins now.

## Farewell to Our Music Director, Samantha Scheff



**Thank You for Sharing  
Your Gifts with the  
Grace Church Community.**



**Godspeed.**

Photos Credit: Grace Church Archive





# Campus Matters



ROBBY SCHRUM,  
JUNIOR WARDEN

The calendar year is halfway through, so I thought I'd offer a few reflections on my experience as junior warden thus far.

First off, we are blessed with a beautiful physical plant and grounds, hard-working staff, and conscientious parishioners. So many people help keep the building operating smoothly and step in to fix or improve things without even being asked. Thank you for helping take care of this place. This junior warden sees your work and appreciates it.

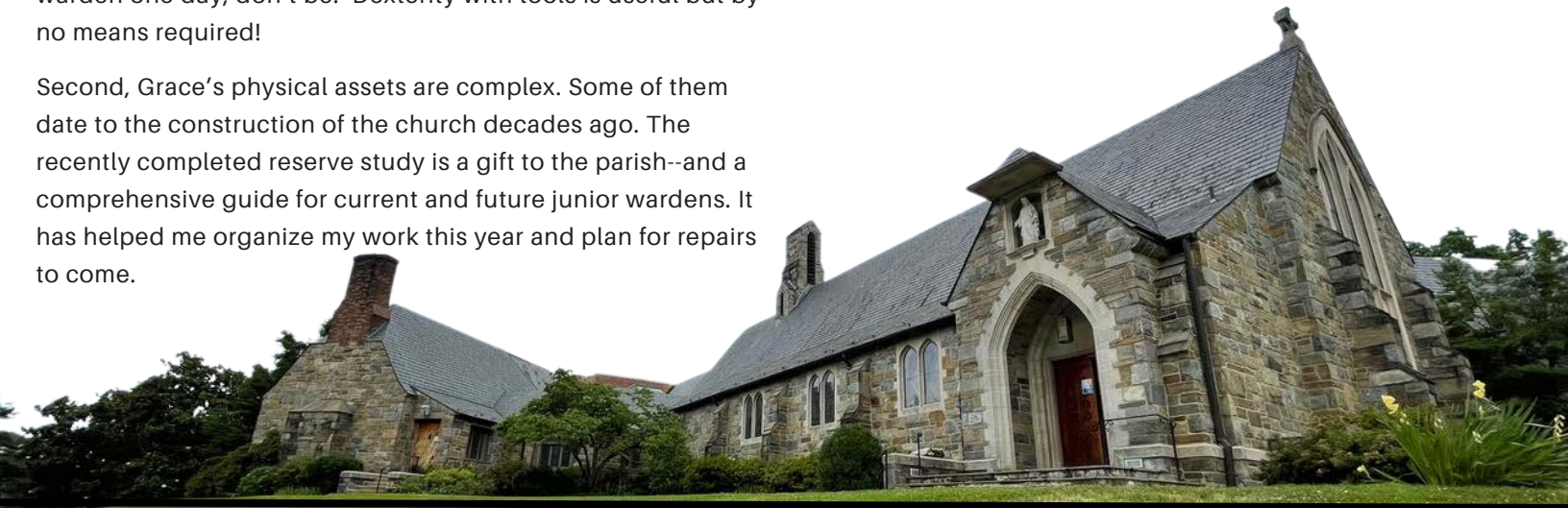
Consequently, the junior warden's job today strikes me as much more of a project manager than handyman. For those of you apprehensive about the prospect of serving as junior warden one day, don't be. Dexterity with tools is useful but by no means required!

Second, Grace's physical assets are complex. Some of them date to the construction of the church decades ago. The recently completed reserve study is a gift to the parish--and a comprehensive guide for current and future junior wardens. It has helped me organize my work this year and plan for repairs to come.

This year, capital assets like the elevator and the refrigerator merit attention. In the not-too-distant future, the roof will be on the junior warden's to-do list.

I encourage you to begin thinking now about how we might prepare our physical plant for the future. The reserve study tells us when we may need to think about addressing the health of some of our physical assets, but it doesn't tell us how. That requires a bit of imagination.

If you have some of that imagination, please feel free to reach out: [robby.schrum@gracealex.org](mailto:robby.schrum@gracealex.org).



## Get Social with Grace!

Instagram



@graceepisalexva

facebook



facebook.com/  
GraceEpiscopalChurchAlexandriaVa

Facebook Group



Grace Episcopal Church:  
Members and Friends  
(Alexandria, Virginia)

YouTube



Search for Grace Episcopal Church  
Alexandria Virginia on YouTube.

Twitter



@graceepisalexva



## ***Diocesan Giving: Why Does It Matter and What Is R-1a?***

In 2021, the Virginia diocesan Annual Convention adopted the [Virginia Plan for Covenantal Giving](#) (the “Covenantal Giving Plan”). It was passed as Resolution-1a at the Annual Convention that year (“R-1a”). This new Covenantal Giving Plan provides for a three-year transition, at the end of which all congregations in the Diocese will be essentially required to tithe ten percent of a church’s “plate offerings, pledge payments and regular support” (the “Church Funds”) to the Diocese of Virginia.

The Church Funds are more specifically defined in the Parochial Report. What is a Parochial Report, you ask? Well, those are annual statements of giving, attendance, and other items that clergy and staff prepare and submit to the Diocese and to the National Episcopal Church. If you were ever wondering why the Altar Guild crew leaders use a click meter to keep tabs on how many persons receive communion during services, the Parochial Report is part of the answer!

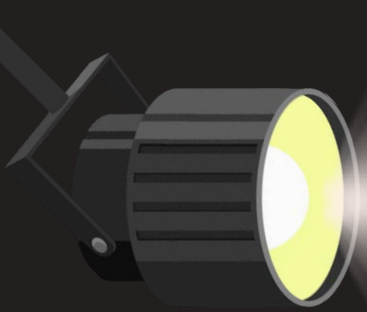
The Parochial Report is designed by a committee of the national [House of Deputies](#). The report is approved by the [Executive Council of the General Convention](#). (Because The Episcopal Church is a Democracy, y’all!) It provides annual insights into the life, ministry, finances, and membership of The Episcopal Church.

Back to the Covenantal Giving Plan. I have been to many an annual meeting where folks have grumbled about our “Diocesan Pledge,” in the same manner that some folks complain about the “Tax Man.” I have come to recognize the benefit of collective giving, however, in the manner described in R-1a’s preamble. Collective Diocesan giving at a consistent, proportional level can “honor and recognize [...] the goals of our shared ministry,” including “our financially resourcing our diocese in order to grow in our relationship and covenant with Jesus and our diocesan community, thus enabling the Church to carry out and preach the Gospel, to make new disciples, and to raise up lay and ordained ministers.” We wouldn’t have Bishops or Shrine Mont or Conventions where we meet to debate and decide upon the policies and structure of this thing called the wider church if we kept to ourselves in little islands doing our own isolated things.

The ten percent will be calculated on the basis of the prior three-year averages of the Church Funds. R-1a does provide a process for waivers. A church is required to attend an area gathering hosted by the diocesan Executive Board to request an adjustment to its pledge.

Grace Church is currently in compliance with R-1a and giving about eight percent of its Church Funds to the Diocese. Our treasurer and senior warden were present at the June 17 area gathering, continuing Grace's close collaboration with the Diocese. Grace has a long tradition of contributions to the Diocese in many ways (for example, our current Rector and our current Associate Rector served/serve on the [Standing Committee](#)).

All the more reason to consider prayerfully what is possible for you in terms of giving to Grace. In other words, what is possible with God? Are your children growing to love and serve the Lord here? Do you consider this community of seekers part of your family? Is this a place where you will spend some of your most significant life moments--getting married, laying loved ones to rest? What does that mean to you, and how can you grow that love? With Covenantal Giving, bringing it home here at Grace means you are also sharing your financial support among the wider church, investing in both the health of our parish and the nourishment of the Diocese, ensuring that we all can Proclaim the Good News of Christ.



# National Church News Spotlight



by Liz Rugaber



## Festival of Renewal and Revival of the Episcopal Church - This July in Baltimore

All are welcome for a national churchwide gathering, festival, and revival in Baltimore, July 9 through 12!

Tracy Enger and Liz Rugaber will be among the Grace Church folks (and anyone is welcome to join them), joining with hundreds of other Episcopalians from across the country, seeking to Turn and Learn through daytime speakers, workshops, panels, and practice opportunities around the three “big tent” themes of Creation Care, Evangelism, and Racial Reconciliation. There will be a gathering specifically for Sacred Ground graduates on Sunday afternoon before the start of the festival.

Bishop Michael Curry, President of the House of Deputies Julia Ayala Harris, Brian McLaren, the Reverend Mariama White-Hammon, Dr. Kwok Pui-lan, Sarah Augustine, Lilly Lewin, Dr. Catherine Meeks, the Very Reverend Canon Kelly Brown Douglas, the Reverend Winnie Varghese, and Live Hymnal & Friends are among the featured speakers, preachers, and artists who will be sharing at the gathering.

You can register [here](#). And, even if you can't go, please share in this prayer for the Renewal and Revival of the Episcopal Branch of the Jesus Movement:

*O God of wondrous power and still more wondrous love, you who have borne us from chaos to creation, from dry bones to dancing flesh, from death to life: Renew and revive your Episcopal Church, especially as we gather this summer for worship, fellowship, learning, and action in Baltimore. Send your Spirit to set us, our ministries, and our communities ablaze, so that the world might come to see and know us as the Episcopal branch of the Jesus Movement – bold, open-hearted bearers of Good News, repairers of the breach, and stewards of creation who truly look, live, and love like Jesus. We make our prayer to him, to you, and to the Holy Spirit, our loving, liberating, and life-giving God. Amen.*



**THE REV. SANTI RODRIGUEZ,**  
ASSOCIATE RECTOR

# Peregrinaje: Un Santo Caminar Con Dios

En el momento en que me siento a escribir este artículo, queda una semana para nuestro peregrinaje a Alaska con los jóvenes de la iglesia. Dos de nuestros jóvenes en La Gracia van a ser parte de este peregrinaje, y pienso que sería bueno repasar qué es el significado de este viaje sagrado.

Una peregrinación o peregrinaje es un viaje que hacen los peregrinos a un lugar que se considera sagrado. Para nosotros los cristianos, una peregrinación es más que viajar a lugares históricos y contemplar reliquias y templos religiosos. Un peregrinaje es un viaje con un significado más profundo y espiritual.

La palabra peregrino proviene de la palabra latina "peregrinus o peregre" que transmite la idea de andar a lo lejos. Su etimología es *per* - desde - y *agri o ager* - país o tierra extranjera. Literalmente es "desde el extranjero." Una peregrinación no es un deambular sin propósito. Es un viaje con un propósito superior y ese propósito es honrar a Dios. Honramos a Dios cuando viajamos para acercarnos más a Dios y conocerlo mejor.

Uno de los primeros usos de la palabra se puede encontrar en las obras de San Agustín de Hipona. En su texto *Peregrinatio*, describe un camino espiritual cristiano como peregrino en busca de Dios. Las peregrinaciones están impregnadas de historia religiosa. Todo comenzó alrededor del año 957 a.C. cuando se construyó el templo en Jerusalén y debido a esto, todos los judíos estaban obligados a presentarse allí para las tres fiestas principales. Hoy los judíos llaman a estas fiestas las "Fiestas de Peregrinación".

## Estas fiestas incluyen:

- **Pesach** - La Fiesta de los Panes sin Levadura
- **Shavu'ot** - La Fiesta de las Semanas o Pentecostés
- **Sukkot** - La Fiesta de los Tabernáculos o Fiesta de la Recolección

Después de la muerte y resurrección de Jesús, y de la expansión del cristianismo, los cristianos fueron inspirados a seguir los pasos de su Salvador, de la Santa Madre y de los Apóstoles. Las peregrinaciones se convirtieron en una parte importante de la tradición cristiana en el cuarto siglo cuando los cristianos viajaban a diferentes lugares que formaban parte de la vida de Jesús o en las tumbas de mártires y santos.

Muchos devotos visitarían estos sitios y tumbas incluso durante una época de persecución religiosa. Este acto sirvió como una expresión profunda de su reverencia por Dios. Al honrar a los santos, los peregrinos también honraban a Dios.

Hoy en día, no tenemos que viajar lejos para ser santos peregrinos. En diciembre, cuando celebramos las posadas, experimentamos algo del poder espiritual de un peregrinaje: "Entren, santos peregrinos, peregrinos, reciban este rincón, no de esta pobre morada, sino de mi corazón." Esto también lo podemos hacer con caminatas largas en las que buscamos a Dios en nuestro entorno y nos entregamos al silencio y la oración. El cinematógrafo y escritor Phil Cousineau, quien escribió *El Arte del Peregrinaje*, dice que "el peregrinaje es un acto de devoción, para buscar una fuente de sanidad, siempre un viaje de riesgo y renovación."

Posiblemente podamos encontrar oportunidades este verano para hacer un santo peregrinaje. Podemos visitar templos o santuarios que nunca hemos visitado. Podemos apartar momentos para una caminata larga en la que nos entreguemos a Dios y a su santo silencio. La peregrinación tiene que ver con estar en un espacio apartado. Dejando lo ordinario de la vida y los llamados de la vida y las presiones de la vida, para simplemente caminar allí con poco o nada. No tiene mucho que ver con empezar o terminar, sino que es un camino entre dos lugares. Lo que importa es la marcha, el caminar. Es un santo caminar con Dios.

# Vestry View

BILL MALONE,  
SENIOR WARDEN



## Extraordinary Life in Ordinary Times

*"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."* (Matthew 11:28-30)

God calls us to abundant life. But how often does life feel anything but abundant? Our busy days often leave us feeling more exhausted than blessed.

That's a big reason people look forward to summer--it means some vacation time for adults and free time out of school for the kids.

Jesus also tells us we can find rest in him. Oddly, it has something to do with a yoke. A yoke keeps animals in line. It's a type of harness. This does not sound like the kind of rest I usually imagine.

I think you could also call a yoke a sort of tool for obedience. I don't know if they track which words people like the least, but I would guess obedience is not one of the most loved words in the world today. Obedience sounds either like we are children who, not knowing better, need to follow orders. Or perhaps, as adults, something an authority might require.

But obeying Jesus means something radically different than we expect. He says it's easy and light. That it's about learning from him. And what does Jesus have to teach us? Love. Humility. Sacrifice. Forgiveness. Hope. New life. Freedom.

It sounds like Jesus' way of love and service to others somehow is the rest our souls need.

While I encourage everyone to please take that vacation time this summer, I also hope we'll avoid too much of a "summer slump" when it comes to church. The deeper rest that God promises us doesn't require us to give up or shut down. It requires that we respond to how God has loved us and has shown his love to us in Christ, by loving one another and giving of ourselves generously.

Might there be new ways we can show that love to our fellow parishioners this summer? To our neighborhood? There are plenty of opportunities to volunteer and get involved in the summer, just like in the fall. You can also make a commitment now to join us at Shrine Mont September 8-10.

Please make sure to get your "soul rest" this summer here at Grace, too.

Yours in Christ,

A handwritten signature in cursive that reads "Bill".

Bill Malone

[malone.bill@gmail.com](mailto:malone.bill@gmail.com)

# Opinion: Youth Perspective

## Finding Time to Relax

Annie Eason



Time to relax is often hard to come by. We're always trying to get something done--work, school, etc. However, time to relax is important for many reasons, especially in our busy lives, and something that should be enjoyed, not just pushed to the side. With the end of school and its related activities comes summer vacation, which becomes more important to me every year because it offers a period of rest, which is very rare for me. After people graduate college and/or get a job, the reality of three months of summer vacation becomes obsolete. The ability to relax and not do any work for that period of time just isn't there once most people finish high school, or even before. Arguably, time to rest slowly diminishes after most people get a job, as people become busier and busier; often, time to rest only becomes more common once people retire, which, for most people, is forty or fifty years after high school.

It's always important to cherish the time to relax, no matter how long that time is. This time can be spent hanging out with friends or just doing mundane things. Appreciating the mundane can be especially good to remind ourselves of the many blessings we have, including just our existence in this world; however, that is a topic for another article. Maybe the time can be spent on journaling, hobbies, reflecting--even reflecting about our relationship with Christianity. This can include brushing up on the bible and analyzing some verses and trying to apply them to our own lives. Oftentimes, in our busy lives, we do not have time to do these things because, well, we're just too busy! This can take us away from actually applying Christian philosophies to our own lives, such as sharing and being kind to other people. Likewise, it may be equally fulfilling just to rest and reflect and find peace that way.

Spending time simply doing something that we genuinely enjoy can be very therapeutic and helpful for our mental health. This can be especially true if we don't often get to do that thing. For me, that something is art. I don't get to do art a lot because I don't have the time for it; also, it just does not seem to be as valued by our society as things like computer science or mathematics, which means I don't take art classes in school. When I have periods of rest, I often spend my time drawing and, for me, that's therapeutic. I personally believe that should be the point of rest: it should be therapeutic. Whether that's playing a sport, making art, just reflecting, or even just being on our phone with friends--as long as it's helpful and therapeutic, then it's time well spent.



# Shrine Mont 2023

"Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" Luke 24: 32



## Registration begins June 4th!

Come find Tracy ([tracy.enger@gracealex.org](mailto:tracy.enger@gracealex.org))  
and Chad ([chad.eckles@gracealex.org](mailto:chad.eckles@gracealex.org))  
after each service to answer any questions and help sign  
you up. )

8 - 10 September 2023  
Orkney Springs, VA

Come get your raffle tickets!!  
Grand prize of two Shrine Mont  
adirondack chairs!

- Proceeds go to Shrine Mont scholarship  
Fund



SHRINE MONT WEEKEND 2023  
GRACE & LA GRACIA

[Click here to access the registration form or, if reading a printed copy, scan the QR Code below with your smart phone.](#)





# *A Sunday in the Life of Amorita Quintanilla, Sunday Sexton*

By Kevin Hamilton

*A series inviting Grace parishioners into an average workday of Grace Church staff*

While our building gets plenty of use throughout the week, no other day quite compares to Sunday. During the regular program year there are Sunday School classrooms filled with children excited to learn about God's love, youth rooms where teenagers gather to explore faith as it relates to their current experience, Adult Forums where attendees engage in meaningful dialogue and faith formation, not to mention the five different services that are held, four in the nave and one in the amphitheater. That doesn't even begin to account for the nursery, Children's Chapel, and various spaces where preparation is taking place like vesting rooms, the choir room, and the bustling Sacristy. With so many people meeting in various ways, the building gets a lot of use and requires some extra TLC!

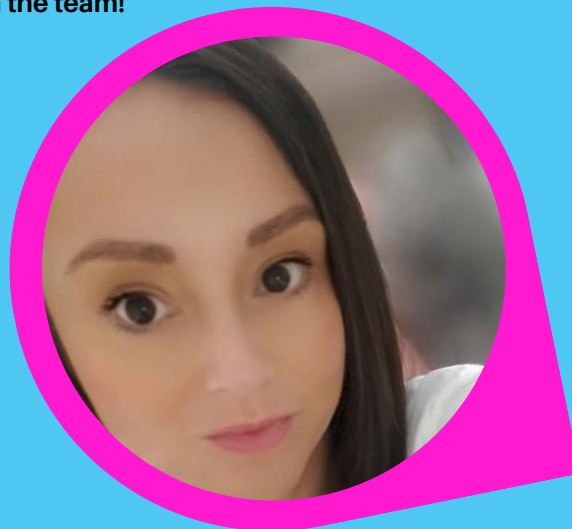
This is where Amorita Quintanilla comes in! Amorita is our part-time Sunday Sexton and she keeps 3601 Russell Road clean and in good shape on Sundays. Arriving at 8 am, Amorita jumps in by helping set up for our 9 am children's service. When the weather is nice, this happens in the Amphitheater. During inclement weather and the winter months, the Children's Service set-up takes place in the Merrow Hall Auditorium. Amorita will also tear down when the service is over.

During coffee hours, you can find Amorita helping with set-up and whatever else may be needed in support of this fellowship opportunity. Amorita also sets up an additional refreshment area during the program year outside of the Saint Mark room for those attending the Adult Forum.

Amorita provides additional set-up support for special events that take place on a Sunday, like the annual picnic, the back-to-school llamapalooza, and more. When set-up tasks are completed, Amorita can be found checking on the building to ensure things are in order and that basic supplies are fully stocked, like paper products in the restrooms, etc.

When the busyness of Sunday morning wanes and the afternoon finds empty halls and quiet spaces, you will find Amorita beginning the toughest part of her Sunday: the after church clean-up. After so much traffic around the campus, there is a lot to clean. Amorita ensures that floors are vacuumed, bathrooms are clean, the trash is pulled, furniture is as it should be, and much more. This cleaning prepares the building for the week to come. There will be another review of critical spaces after the 5 pm service (nave, bathrooms, office, etc.). Amorita also serves as a back-up for Pedro, our full-time Sexton, on occasion.

As good a job as Amorita does here at Grace, what stands out even more is the way in which she does her job. Amorita's positivity and her willingness to help wherever needed are a tremendous gift to the Grace community. Her heart for her community and her desire to be a shining light wherever she may go make Amorita a unique member of the staff and we are glad she's on the team!



# Mission Focus: Afghan Refugee Update

*By Ann Kerky and John Berry*



Twenty months ago, Grace embarked on an experiment. Could we, working with our partners at Christ Church Refugee Ministry (CCRM), help one or more of the Afghan refugee families who fled when the Taliban took Kabul in August 2021 resettle successfully in northern Virginia?

The scenes of the US evacuation of over 70,000 Afghans whose family members had worked with the American military or civilian agencies are indelible. Braving the chaos and danger that roiled outside the airport, those who made it inside were crowded onto US Air Force cargo planes and flown to interim facilities in the Persian Gulf and Europe before finally reaching the US. Having fled for their lives, these people left behind family, friends, and homes—all the elements of their existence. A number were resettled in northern Virginia where there is a sizable Afghan community.

Refugee resettlement agencies helped these families move into apartments with basic furnishings, but many challenges remained, such as finding jobs, enrolling kids in school, accessing health care and other forms of the federal assistance they qualified for. To meet those needs, CCRM devised the “care team” model that Grace participated in.

Our team of parish volunteers undertook to offer advice, support, and—above all—friendship to three families living in the City of Alexandria: the Qasimis, Shamses, and Ibrahimis. Parishioners Breen Byrnes, Dan Pattarini, and Blair Sokol each became the main point of contact for an individual family. Over the months that followed, the care team’s involvement took many forms: getting kids settled in the Alexandria public schools, providing job advice and financial counseling, navigating the process of getting drivers licenses, organizing a baby shower and other social events, helping with the purchase of new clothes and household necessities—the list goes on. Most important, perhaps, was making clear that these families had the friendly support of people who wanted to help them succeed in building new lives in the US.

The good news is that these three families have gained the experience and confidence to make major decisions, moving beyond their initial circumstances. Each has relocated outside the City of Alexandria to larger homes, better suited to their family size and work locations. Care team members remain in touch with them, but the families are navigating on their own, relying on the resilience and determination that have brought them so far.

While the progress achieved by the three Afghan families supported by the Grace care teams is real, many other families are still finding their way to our area, and more are arriving on their perilous journeys out of Afghanistan. Care for these families is centralized in the Christ Church Refugee Ministry. Perhaps, as you read this article, you feel called to be part of welcoming these strangers to our land. If so, here’s an option: members of the Grace care teams are eager to share their experience and connect you with the Christ Church Refugee Ministry. Any of the following parishioners would welcome your call or email: Dan Pattarini ([dan.pattarini@gmail.com](mailto:dan.pattarini@gmail.com)), Breen Byrnes ([breen.byrnes@gmail.com](mailto:breen.byrnes@gmail.com)), or John Berry ([kpbjab@yahoo.com](mailto:kpbjab@yahoo.com)).



JUNE HUBER

# Grace-ful Worship

## Growth in Ordinary Time

The Church year revolves around two cycles: the Christmas cycle (Advent, Christmas, Epiphany) and the Easter cycle (Lent, Holy Week, Easter, Pentecost). The rest of the year is called "Ordinary Time." The word "ordinary" comes from one of the two types of numbers: cardinal (e.g., one, two, three) and ordinal (e.g., first, second, third). During Ordinary Time we name each Sunday with an ordinal number, such as "Fourth Sunday after Pentecost."

The liturgical color for Ordinary Time is green. During the season after Pentecost, we focus on growth in the life of the Church. This makes sense to me because green is the color of most plants that grow during the long season between Pentecost and Advent. Growth takes time; it doesn't happen overnight. (I've heard more than one parishioner at Grace call it "the long green season.")

During this season Grace Church is focusing on several things that will help us grow as a parish, as a part of our community, and as a family. But I asked myself, "What can I do, as an individual, to help me grow in my spiritual life?" This led me to consider different ways that a person can grow—physically, mentally, emotionally, and socially.

Physical growth takes a lot of time and effort. I remember that Father Malm used to (and perhaps still does) jog on a regular basis and that he often used that time for prayer and meditation. I think I'll stick with building back my stamina after (mostly) recovering from long-Covid and a hip replacement, but I'll try using some of this time for prayer and see if it works for me.

Mental growth can be the result of many things, including life experiences, reading, listening to podcasts, attending formal classes, or being taught one-on-one by someone with the right kind of knowledge. I plan to continue my effort to read my way through the Bible, cover-to-cover, out loud to myself, on a daily basis. This includes highlighting passages that stand out to me, making notes, and even doing a bit of research. I've recently been bogged down reading the Book

of Jeremiah—not a very cheerful book—but it won't last forever (I keep telling myself).

Emotional growth can take many different forms because there are so many different emotions. But I think the principal nexus between emotion and spiritual life is love. In Matthew 22:36-40, we are taught this important lesson:

*"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments."*

Growth in a person's love of God is a highly individual thing, so I'm not going to try to tackle that subject here. But nurturing our love for one another has common elements, such as filling one another's basic needs (e.g., Food Pantry, Brown Bag lunches) and demonstrating care and kindness (e.g., Community of Hope International, knitting prayer shawls, the card ministry, Lay Eucharistic visitors, etc.).

To me, growth of the social kind means getting to know our fellow parishioners—more and better. Ways to do this include going to (or even hosting) coffee hour, becoming an usher (they meet everyone!), joining a foyer group or a bible study group, and/or serving on a committee of some kind (maybe even standing for the vestry!).

If you're interested in growing during the "long green season" and beyond, there are many kinds of activities at Grace Church that can help. There are also plenty of people who will be happy to help you get started. I hope that these "musings" of mine will encourage you get the ball rolling.

# Why Grace?



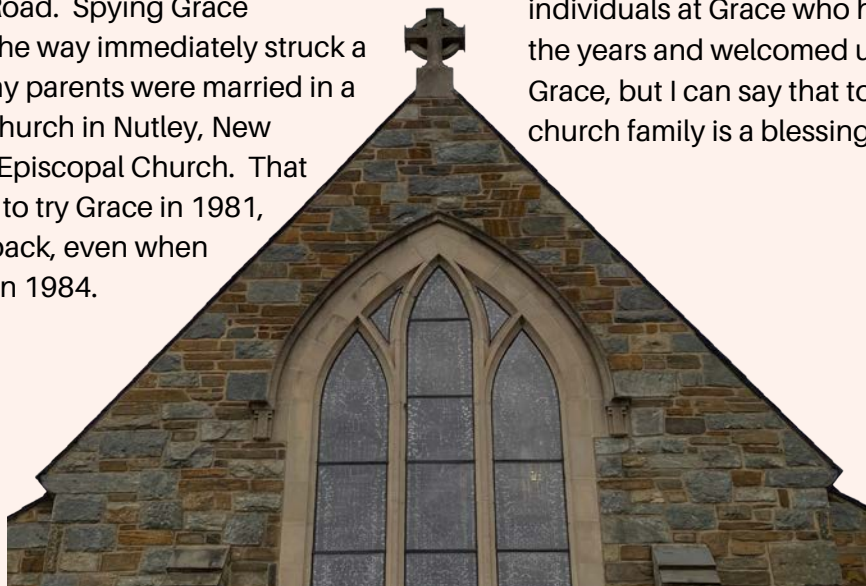
## *By Joyce Ames*

Travel back to 1980 when Nat and I married and rented our first apartment in Arlington. While it was a far cry from my life in Vermont where we met, there were some perks to enjoy. The newly opened Ballston metro line was within walking distance from our apartment, along with the still-standing IHOP and an Episcopal Church, all of which I sampled as part of my settling into northern Virginia. Our lives were filled with new jobs, making new friends, keeping up with Nat's family in the area, and spending weekends on the Northern Neck where his family had a farm.

Within just a year, we were saying goodbye to Arlington and moving into our new home in Jefferson Manor, Alexandria. Many, many trips of trucking our belongings between Arlington and Alexandria took us up and down Russell Road. Spying Grace Episcopal Church along the way immediately struck a nostalgic chord in me—my parents were married in a similarly beautiful stone church in Nutley, New Jersey, also called Grace Episcopal Church. That was enough to entice me to try Grace in 1981, and I have never looked back, even when we returned to Arlington in 1984.

I was heartily welcomed by both the clergy (Father Bob Moody and Reverend Dr. Roye Frye) and parishioners. Jumping into committee work, Education for Ministry, and vestry exposed me to so many gifted and devoted people. Cursillo, Shrine Mont, foyers, and the Women's Bible Study and Support Group provided joyful connections and learning. The Altar Guild is like a family to me and I continue to treasure the opportunity to work as a team with such dedicated members. My Methodist-raised, Eastern-thought-leaning husband was drawn to come to Grace as well, especially after the birth of our children, Justin in 1985 and Meghan in 1987. Nat was received in 1990 at Grace's Easter vigil and has his own story of fulfilling experiences here.

As a lifelong Episcopalian, I have experienced a spectrum of worship styles. The reverence and ritual of Grace's high church services appeal to me because they offer an added richness to the familiarity of the Episcopal tradition. Beyond that, Why Grace? The answer is a beautiful tapestry of reasons. Our parishioners are serious about their faith and worship—we learn so much from each other; Grace is welcoming to all and active in its outreach efforts; similarly, we care deeply for each other as we navigate through our lives; and, equally important, the people and programs of Grace are FUN—there is much joy in what we do. I can't begin to name all the individuals at Grace who have reached out to us over the years and welcomed us into the life and work of Grace, but I can say that to be a part of this Grace church family is a blessing indeed!





Barbara Morris

# An Occasional WORD



## Can the Amazon rain forest improve your health?

Recently an article in the Health Section of *The Washington Post* reported that listening to birds singing could relieve your anxieties so you could live a healthy, stress-free life. In fact, it continued, Nature in general can improve your quality of life. "Spend more time outdoors," it encouraged readers. "You'll be happier and healthier."

The story reminded me of Ward's and my longest, most profound experience with Nature—a week in an Amazon jungle camp. Was I happier and healthier from our Amazon adventure? It began with a three-hour, ninety-five-mile trip on the Amazon from the jungle-locked town of Iquitos, Peru, to our jungle camp on the Sucusari River—a tributary of the Amazon. Hunkered down in our frighteningly low-to-the-water motor launch, we shot over the café-au-lait waters of the Amazon, swerving and darting to avoid floating logs and rafts of debris and overhanging branches. Suddenly the rains came—in torrents! Crazy adventurers that we were, wind-blown and beaten, we were actually invigorated and laughing. Was this the start of Nature improving our health?

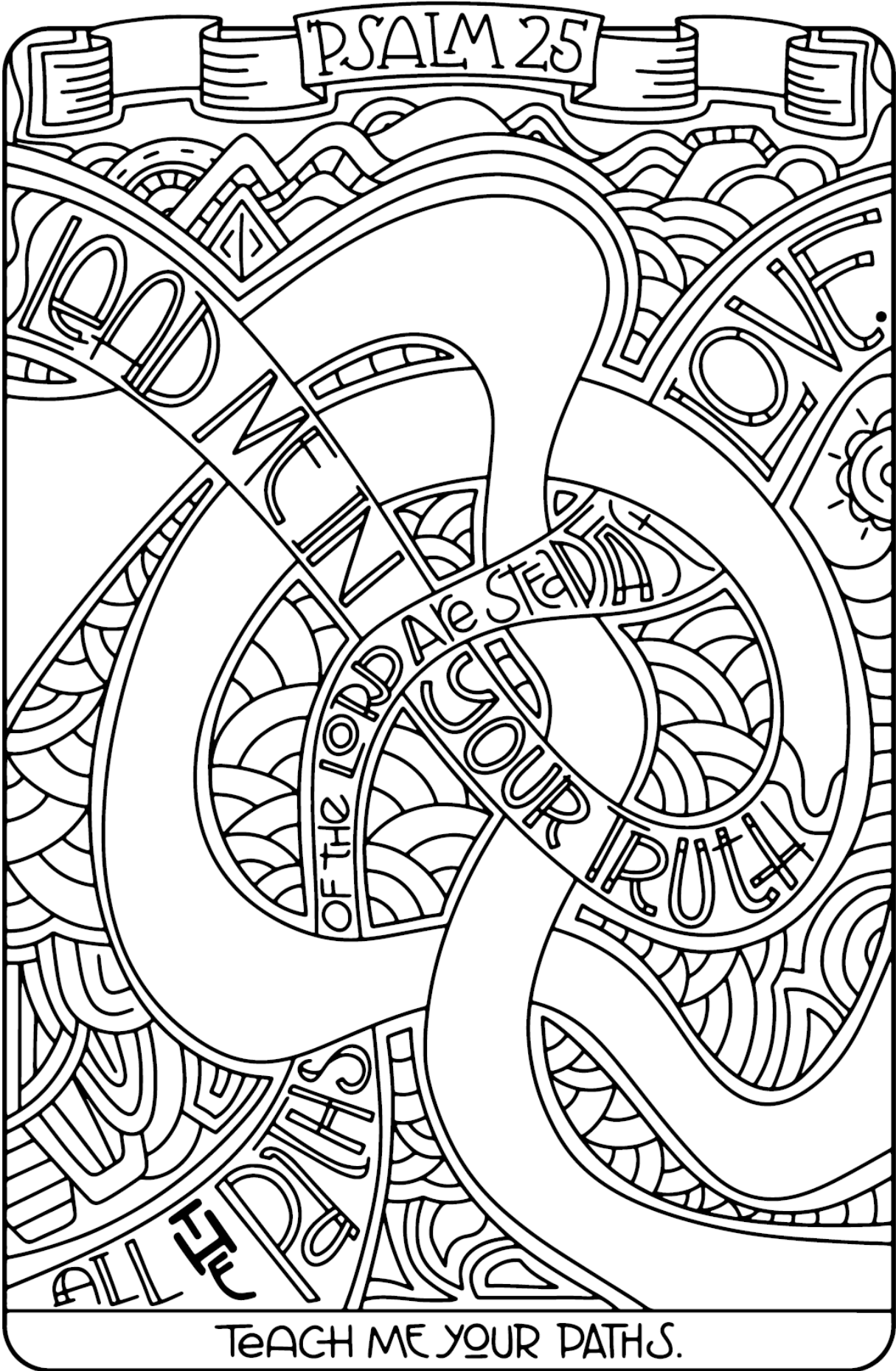
Or, that afternoon, was it healthy and calming to grab a crooked stick with strips of raw goat meat dangling from one end, to squat in a dingy dugout and fish for piranha, fierce and fighting but astonishingly beautiful

little fish with plump bellies that glow like sunlit rubies? Was it calming to see an enraged piranha snap his jagged teeth clean through our guide's fingernail? Providently, the fish provided a healthy and delicious meal at dinner that evening by the buttery light of oil lamps, torches, and starlight winking through the trees. This was relaxing at its best. I grinned. Here I was with lank, sweat-plastered hair, sticky with insect repellent, eating a toothy, bony fish—and loving every minute. Maybe it was the pisco sour that our guide had whipped up—the best pisco sour on the Sucusari, he said, and I drained the glass, notwithstanding the raw, unrefrigerated egg that it contained from who knows where.

For a week we engaged with Nature, trooping doggedly through the dripping rain forest, stumbling over gnarled tree roots, avoiding armadillo burrows and fierce, swarming ants. We gasped at neon blue butterflies as big as saucers, mud-colored termite nests like cancerous growth on trees, flies as big as bumble bees in party colors of red, blue, and green, and a centipede whose stroll across my palm was delightfully ticklish. On the world's longest suspension bridge, we swayed one hundred twenty feet above the forest floor. I laughed at the massed treetops of the jungle below me that resembled packed heads of fresh broccoli. Truly healthy Nature!

On our departure, our boat sped under snow-white clouds in a stunning blue sky. The sunlight flashed and danced so brilliantly on the water, it seemed that diamond dust was scattered on our bow wave. Although sad at leaving, we were healthy, happy, relaxed.

Please join me in a pisco sour toast to healthful Nature!



# Our Mission



To Love, Proclaim, and Serve God  
through  
† life-giving liturgical worship  
† joyful community  
† empowering others

# Nuestra Misión

Estamos llamados a amar,  
proclamar, y servir a Dios  
a través de  
† adoración que da vida  
† comunidad llena de alegría  
† ofreciendo una mano al prójimo





## Parish Staff

**The Rev. Amanda Bourne**  
Priest Associate

**Patti Culbreth**  
Head of Grace Episcopal School  
[pculbreth@graceschoolalex.org](mailto:pculbreth@graceschoolalex.org)

**Mary Cyrus**  
Financial Administrator  
[financial.admin@gracealex.org](mailto:financial.admin@gracealex.org)

**Kevin Hamilton**  
Director of Operations & Communication  
[kevin.hamilton@gracealex.org](mailto:kevin.hamilton@gracealex.org)

**Pedro Hernandez**  
Sexton

**Madeline Manaker**  
Operations & Finance Assistant  
[madeline.manaker@gracealex.org](mailto:madeline.manaker@gracealex.org)

**Amorita Quintanilla**  
Sunday Sexton

**The Rev. Santiago Rodriguez**  
Associate Rector  
[santiago.rodriguez@gracealex.org](mailto:santiago.rodriguez@gracealex.org)

**Samantha Scheff**  
Director of Music  
[samantha.scheff@gracealex.org](mailto:samantha.scheff@gracealex.org)

**The Rev. Dr. Anne Michele Turner**  
Rector  
[rector@gracealex.org](mailto:rector@gracealex.org)

## Vestry Class of 2023

Carlos Arboleda - Assistant Treasurer  
Khacki Berry - Worship Liaison  
Tracy Enger - Pastoral Care Liaison  
Evan Robinson - Treasurer  
Robby Schrum - Junior Warden

## Vestry Class of 2024

Lauren Gustafson - Youth Formation Liaison  
Mary Hix - Outreach & Justice Liaison  
Bill Malone - Senior Warden  
Dan Pattarini - Member-at-Large  
Rushad Thomas - Evangelism Liaison

## Vestry Class of 2025

Keith Davis - Stewardship Liaison  
Eleanor Reed - Register  
Jane Rosman - Fellowship Liaison  
Andrew Serke - Children's Formation Liaison  
Geoff Whitlock - Adult Formation Liaison

## Parish Team Leads

Lisa Bellantoni - Education  
John Boris - Pastoral Care  
Cindy MacIntyre - Evangelism  
Jen Pease - Outreach  
Lynn Rohrs - Fellowship  
Erin White - Youth  
Kemp Williams - Worship



**Reading a printed copy of Grace Notes?**  
Use your smartphone to scan the QR Code  
and view an online copy with clickable links.