SPIRITUAL LIFE

AT GOODWIN HOUSE BAILEY’S CROSSROADS

The story of Goodwin House is one that began in the faith tradition, with a group of Episcopal lay people who had a unique, forward-thinking, and pastoral vision of serving older adults in a rich living environment. Over the past 50 years, the Goodwin House story has continued to evolve. Goodwin House Bailey’s Crossroads is an important venue for that story, and its community of residents, families, friends and staff is an important contributor to that ever-evolving story. This making of new stories—story-making—continues into the future, with stories being made and told by residents as well as the people who care for them. We also know that no story is complete without looking at the present and its contribution to the unfolding vision that had roots in the past!
The stated mission of Goodwin House Incorporated is to “support, honor, and uplift the lives of older adults and the people who care for them.” In that regard, Goodwin House Incorporated, as well as its Alexandria and Bailey’s Crossroads communities, seeks to “create and sustain strong communities where those who live, work and visit will find places of welcome and belonging.” Thus, Goodwin House Incorporated seeks to offer opportunities for fostering social, educational, and physical wholeness and good health, where each person’s spiritual well-being is acknowledged as an important component of personal wellness. For that reason, both Goodwin House Alexandria and Goodwin House Bailey’s Crossroads always have had chaplains on staff and have provided regular opportunities for worship, as well as spiritual and religious activities, in several faith traditions.

As the years have passed, opportunities for spiritual growth have increased. Some of these--like the Clinical Pastoral Education program--have arisen from the management side. Other opportunities owe their origins to the residents themselves, who have started study and discussion groups as well as new opportunities for faith-related interaction. These opportunities range from Bible studies and discussions, to lecture series on a variety of faith and spirituality traditions, from quiet times for contemplative meditation, to joyous concerts and celebrations. This is a resident-driven community where the opportunities for spiritual inquiry and activity are limited only by human imagination and desire. Thus, this brochure is a representation of what exists at the moment that the ink hit these pages. The list of opportunities is subject to ever-flowing change as resident needs, support and interest change. So, the invitation to you is this: Explore, Imagine, and Indulge!
Goodwin House Bailey’s Crossroads
Regular Spiritual & Religious Opportunities

The Chapel of All Saints

**Sundays 10:30 a.m.**, Episcopal Holy Eucharist*
**Sundays 7:30 p.m.**, Compline
**Wednesdays 10:00 a.m.**, Holy Eucharist Service with Prayers for Healing*
**Thursdays 12:30 p.m.**, Roman Catholic Rosary Group
**Thursdays 4:30 p.m.**, Contemplative Worship
**Fourth Thursday 3:30 p.m.**, Roman Catholic Mass

Other Regular Gatherings & Services

**Sundays 10 a.m.**, Roman Catholic Communion, Top of the West
**Sundays 11:15 a.m. (Summer through Labor Day, 10:15 a.m.),** Unitarian Universalist Church of Arlington Service, Board Room; coffee hour 30 minutes before (streamed service)
**Sundays 1:15 p.m.**, Holy Communion, Health Care Center, Community Room
**Wednesdays 11 a.m.**, Contemplative Worship, Smith Study
**First Saturday 9:30 a.m.**, Jewish Shabbat, Formal Parlor

*A GHBC community coffee hour precedes Sunday service in the Formal Parlor at 9:45 a.m. GHBC community members also gather for conversation and coffee in the Bistro about 10:35, immediately after the Wednesday service. All are invited and welcomed.*
Regular Publicized Bible Studies and Discussion Groups*
(Contact Chaplain or Facilitator for Current Schedule)

**Mondays, 10:30 a.m.,** Bible Study/Discussion, Health Care Center Community Room (Theresa Brion, Chaplain, x-7224)

**Mondays, 11:15 a.m.,** Bible Study/Discussion, Assisted Living Community Room (Theresa Brion, Chaplain, x-7224)

**First and Third Mondays, 3:30 p.m.,** Intense Bible Study, Top of the West (Bill Sykes x-3148; Tony Tambasco, x-3174)

**Fourth Tuesdays, 11:00 a.m.,** St. Ignatius Group, Smith Study (Doris Beinhart, x-7683; Jean Bacon, x-7458)

**First and Third Thursdays, 3:30 p.m.** Spiritual Companions book study, Smith Study (Bill Sykes, x-3148)

All are welcome to attend any and all regular, publicized gatherings and services.

A variety of additional smaller groups meet in residents’ homes or gather less formally.
*Bible Studies and Discussion Groups*

The Intense Bible Study offers an in-depth study of Bible passages, with a thoughtful parsing and analysis of the passages. Currently taught by residents Bill Sykes and Tony Tambasco.

The St. Ignatius Study Group’s intent is for its participants to be introduced to ways of praying and seeing the present moment, as encouraged by St. Ignatius, and to deepen the participants’ awareness of God’s presence in their lives. Role of facilitator circulates among members.

The Spiritual Companions Study Group chooses a book for meditation and discussion, with leadership responsibility circulating among its participants.

**Clinical Pastoral Education**

Goodwin House Bailey’s Crossroads is an accredited site for Clinical Pastoral Education (CPE), in which persons of various faiths are trained for pastoral ministry. Students in the program include seminarians (fulfilling their denomination’s requirement for ordination), lay people (broadening their education for ministry), and ordained ministers (seeking further education in geriatric and end-of-life issues).

The CPE students engage in activities involving ongoing pastoral support, crisis intervention, group leadership, public worship, and pastoral administration. Seminars cover depression, dementia, Alzheimer’s disease, and the care of frail elders.

CPE interns provide leadership in study groups and in worship, as well as pastoral care.
Special Programs, Services, and Series

Senior Quest for Meaning Lectures
Senior Quest is an annual series of quarterly lectures on matters involving spiritual considerations with an annual theme. The series has continued each year since 2010, with themes of contemplation, community, crises, and life as a journey. These lectures are designed to introduce people to the various faith traditions within which we live. Dates and times are announced in the weekly West Winds publication.

Lenten Programs
The Season of Lent is marked by special biweekly programs featuring guest speakers. On Holy Thursday, residents are invited to gather for an observance of the Last Supper with Holy Communion and a catered “loaves and fishes” supper.

Advent and Christmas
Advent and Christmas programs include musical offerings and opportunities to share with the less fortunate through gifts of resources, time, and talent. Residents also gather for a special Christmas Eve service in The Chapel of All Saints.

Organ Recital Series
Quarterly organ recitals by regional and local concert organists also occur on Sundays at 3 p.m. in The Chapel of All Saints, followed by a reception to greet the artists over refreshments.
Support Groups
Various support groups exist for residents and their families. These include grief support, caregivers support, Parkinson’s Disease support, and dementia symptom support. These groups allow persons to meet with others experiencing similar circumstances. These offer opportunities to share deep feelings and advice on what has worked and what hasn’t within a confidential, safe environment. For more information, contact Elizabeth Dakin, Social Worker, Residential Living, x-7225.

Memorial and Other Services
The Chapel of All Saints is available by reservation through the Chaplain for use for appropriate gatherings as well as memorial (or other) services by residents and other members of the Goodwin House Bailey’s Crossroads community. The families of some residents and staff choose to have a memorial service at Goodwin House Bailey’s Crossroads, sometimes in conjunction with one or more other services. Family members, residents, and staff may request a religious service or may prefer a non-religious program held in The Chapel of All Saints or in another location within the Goodwin House Bailey’s Crossroads campus, such as the Formal Parlor, the Board Room, the Top of the West, or the Auditorium. The Chaplain, Theresa Brion, is available to consult with residents, staff, and families for planning services and frequently either leads or coordinates the service. She is available to assist family members as they make arrangements for catering, flowers, music, etc.
Area Church Transportation

Some local churches provide transportation from Goodwin House Bailey’s Crossroads to their services. The following is a partial listing of churches that offer transportation; please call the church for more information:

Fairlington United Methodist Church; 703-671-8557

Westminster Presbyterian Church; 703-359-0192

For services and clergy of other faiths and denominations, contact Theresa Brion, Chaplain, x-7224.

Additional Resources

The Goodwin House Bailey’s Crossroads Chaplain is the Rev. Theresa M. Brion. She can be reached at x-7224.

The Rev. Daniel R. Duggan is the Director of Clinical Pastoral Education. He can be reached at x-7576.

Chaplain Liz Pomerleau is a Supervisory Candidate and co-supervises the clinical pastoral education students’ training. She can be reached at x-7195.

The Clinical Pastoral Education Resident Chaplain is a one-year position that changes each August. The 2016-17 Resident Chaplain at GHBC is the Rev. Marcos Castillo, who can be reached at x-7112. The interns in the Clinical Pastoral Education Program can be reached at x-7328 and x-7544. Chaplains Duggan, Pomerleau, Castillo, and Brion, along with the chaplain student interns, are available for pastoral care for residents, staff, and families. Chaplain Theresa Brion maintains a list of local church congregations and other gatherings for use by residents, staff, and family members.