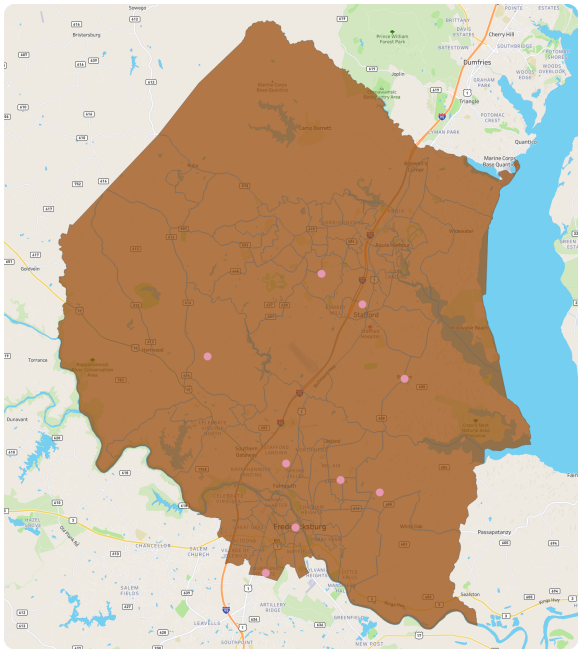
A MICRO-COMMUNITY PORTRAIT

Fredericksburg-Stafford Zone

Rapid suburban expansion meets historic river city



Micro-community shown with block group boundaries

200,119	9	1,065	11
residents in 2025 210,173 projected by 2030 (+5.0%)	UM churches	average in worship	appointed UM clergy

WE ALREADY KNOW MANY OF OUR NEIGHBORS

1,065 average in worship × **150** Dunbar's Number* = **159,750** Number of people within the Micro-community we may already know

That is 80% of everyone who lives here.

It can seem daunting to reach a community of 200,119. Yet as neighbors we are already within meaningful relationship with about 159,750 of our neighbors.

***Dunbar's number (150)** the number of meaningful relationships a person can sustain, per anthropologist Robin Dunbar — a conservative gauge of a community's existing relational reach.

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WHERE WE CALL HOME

We call home a place where rapid suburban expansion meets a historic river city. Stafford County serves as our fast-growing bedroom community for Northern Virginia and Washington, D.C., a stretch of subdivisions and courthouse neighborhoods sitting north of the Rappahannock. Just across the water, Fredericksburg gives us a walkable downtown rich with 18th- and 19th-century architecture, cultural institutions, and a college-town feel around the University of Mary Washington. Two very different textures, one shared river, and a shared identity as a place both making itself new and rooted in something old.

THE LIFE WE'VE BUILT

Most of us balance suburban lifestyles with professional careers tied to the D.C. metro region. Many of us commute north on I-95 or ride the Virginia Railway Express out of the Brooke and Fredericksburg stations; others work close to home in education, healthcare, and public service. Our life is family-oriented — expanding subdivisions like Embrey Mill, new shopping centers, and schools always trying to keep pace — while our weekends still pull us to Riverfront Park, the Hurkamp Park farmers' market, and Civil War-era landmarks along the Rappahannock.

CHALLENGES WE FACE

The I-95 stretch through Stafford was tabbed the single worst traffic hotspot in America in 2025, and every workday reminds us of it. Our schools are straining under a growth crisis of more than 6,000 additional students expected by 2034. Data centers are the fight of the moment — sixteen projects in the pipeline pushed the county to tighten setback and noise rules, while the Rappahannock landed on America's most-endangered-rivers list. Federal workforce cuts have hit our commuters, and Fredericksburg's median home price hit a record $490,000 last July.

THE FUTURE WE'RE BUILDING

Three new schools open this fall — Hartwood High and two elementaries — with more than $70 million in road-improvement dollars moving alongside them. Near the courthouse, Stafford County is laying out what could grow into a walkable downtown of roughly 3,000 apartments. Vantage announced a $2 billion data-center campus on Centreport Parkway last November, and VRE is adding Saturday service on the Fredericksburg Line for the first time. Mary Washington Hospital opened an expanded NICU and added thrombectomy stroke care. A Buc-ee's is now approved off I-95 at Courthouse Road.

SIGNS OF PROGRESS AND HOPE

Garden & Gun magazine named Caroline Street the Best Main Street in the South this spring, and Fredericksburg Main Street was recognized for drawing more than $40 million in private downtown investment. Stafford's Class of 2025 walked away with $10.1 million in scholarships between them. Micah Ecumenical Ministries and Loisann's Hope House drew more than $1.25 million in state homelessness-reduction grants this year. Riverfront Park keeps pulling us to the water, and Via Colori turned the Stafford Regional Airport tarmac into a chalk-art festival that drew thousands last September.

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THE CONNECTION

United Methodist Churches

9 congregations – our faithful presence within the micro-community

- **Andrew Chapel UMC (Stafford)**
  1732 Brooke Rd, Stafford, 22554-5524
  (540) 659-2461
- **Antioch UMC**
  138 Kellogg Mill Rd, Falmouth, 22406-4300
  (540) 752-7108
- **Ebenezer UMC**
  161 Embrey Mill Rd, Stafford, 22554-6811
  (540) 659-1349
- **Falmouth UMC**
  28 Pegs Ln, Fredericksburg, 22405-5611
  lylemorton@vaumc.org
- **Fredericksburg UMC**
  308 Hanover St, Fredericksburg, 22401-5935
  (540) 373-9021
- **Hillcrest UMC**
  2208 Lafayette Blvd, Fredericksburg, 22401-3908
  (540) 898-2180
- **New Hope UMC**
  164 New Hope Church Rd, Fredericksburg, 22405-3400
  (540) 370-4875
- **Regester Chapel UMC**
  106 Regester Chapel Rd, Stafford, 22554-5265
  (540) 659-2642
- **Saint Matthias UMC**
  426 Deacon Rd, Fredericksburg, 22405-1718
  (540) 373-8759

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