

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Fall 2023

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High Notes Submissions

Please submit your articles for the November *High Notes* to [Janie](#) by Wednesday, October 25.

Fall is a time of harvest and gathering and gratitude for our abundance. We too gather together to worship in community as the days grow shorter and the dark lengthens. We look forward to seeing you to share in these upcoming worship moments and thankfulness for the Emmanuel community.

September 24, 8:00 am & 10:00 am

Kickoff Sunday

At this special service we will kickoff into Fall with our children and youth schedules, stewardship information, and some new initiatives championed by our vestry. Come and here about all that is planned for the coming months!



October 1, 8:00 am & 10:00 am

Feast of St. Francis/Blessing of the Animals/Youth Sunday

At 10:00 am, the first Youth Sunday of the fall season, we will celebrate all creatures great and small on the Feast of St. Francis. Kids will read, sing, and lead the prayers. Thomas Cruz will be our preacher. Well behaved animals of all kinds are welcome in the pews! Donations of unopened pet food and treats, toys, and blankets will be collected for the Alexandria City Animal Shelter.

October 8, 10:00 am single service (NO 8:00 am)

Bishop's Visitation: Confirmation and Reception

The Right Rev. Dabney Smith, Assistant Bishop, will be our celebrant and preacher. Candidates of all ages will be presented for confirmation or reception into the Episcopal Church. We even have a baby waiting in the wings to be baptized that day! Join us for this special Holy Eucharist to celebrate the youth and adult members of our congregation who will be confirmed or received by Bishop Smith.

October 15, 8:00 am & 10:00 am

Instructed Eucharist

Everything you wanted to know about Holy Eucharist but were afraid to ask. What's the lectionary? Why are there two candles on the altar? Why do we stand to sing? Organized by Emmanuel's young confirmands, you won't want to miss this special service.

Questions? Contact [Joani](#).

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Our 10 -Year Vision for Emmanuel

Emmanuel Episcopal Church is a thriving, engaged and creative parish working to educate and meet the needs of children, youth and adults; live and demonstrate our Christian values; and create a more humane and just world through community service and outreach.

Diocesan Bishops

The Rt. Rev. E. Mark Stevenson
The Rt. Rev. Gayle Elizabeth Harris

Emmanuel Church Staff

Rector

[The Rev. Charles C. McCoart, Jr.](#)

Associate for Worship

[The Rev. Joan L. Peacock](#)

Director of Youth Ministry

[The Rev. Deacon Jennie M. Leahey](#)

Organist/Choir Director

[Ryan Fitch](#)

Parish Administrator

[Janie Piemonte](#)

Administrative Assistant

[Karen O'Hern](#)

Sexton

Carlos Guzman

Nursery Caregivers

Lillian Urrea
Jeni Rivera

Sunday Services

8:00 am, 10:00 am

Church Office Hours

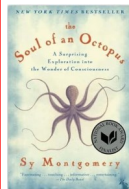
Monday—Friday
9:00 am—3:00 pm

Emmanuel Episcopal Church

1608 Russell Road
Alexandria, VA 22301
703-683-0798 (phone)

www.emmanuelonhigh.org

Adult Spiritual Formation



"Scientists have only recently accepted the intelligence of dogs, birds, and chimpanzees but now are watching octopuses solve problems and are trying to decipher the meaning of the animal's color-changing techniques. With her "joyful passion for these intelligent and fascinating creatures" (Library Journal Editors' Spring Pick), Sy Montgomery chronicles the growing appreciation of this mollusk as she tells a unique love story. By turns funny, entertaining, touching, and profound, *The Soul of an Octopus* reveals what octopuses can teach us about the meeting of two very different minds." Click [here](#) to join the conversation on Sunday, September 24 at 7:00 pm on Zoom. Meeting ID: 843 4655 6744

First Sundays Return!



Emmanuel's First Sunday programs return for the fall, beginning October 1. These are between-services discussions or other programs that take place on the first Sunday of each month at 9:00 am in the Memorial Room

October 1: "What's Happening at the Zoo?"

As we celebrate the Feast of St. Francis and welcome well behaved pets into the pews to be blessed, we will take time out to consider our relationship with the animal kingdom in a 21st century world. As natural habitats erode away due to climate change, how do we faithfully live along side, conserve, and preserve the lives of all creatures great and small? In 2023, is it still okay to enjoy a trip to the zoo? [With this article as our guide](#), we'll explore the ethics of animals in captivity.

Popcorn Theology Also Returns!

Join us in the Memorial room at **6:00 pm, October 22** for a film screening of the documentary "My Beautiful Stutter". Refreshments will be provided.

My Beautiful Stutter follows five kids who stutter, ages 9 to 18, who, after experiencing a lifetime of bullying and stigmatization, meet other children who stutter at an interactive arts-based program, **The Stuttering Association for the Young**, based in New York City. Their journey to SAY find some close to suicide, others withdrawn and fearful, exhausted and defeated from failed fluency training, societal pressures to not stutter or the decision to remain silent. Over the course of a year we witness first hand the incredible transformation that happens when these young people experience for the first time the revolutionary idea: it's okay to stutter.

Confirmation at Emmanuel, October 8

The Rt. Rev. Dabney Smith, Visiting Bishop of the Diocese of Virginia, is scheduled for visit to Emmanuel on October 8. This is the liturgical day for confirmation — and also for reception and renewal— of our baptismal faith. It is a time for both youth and adults who would like to take this step on their spiritual journey to engage and prepare. 7 members of our congregation are preparing now for this day. Come and support them as well as renew your own Baptismal vows.



Children and Youth Formation and Fellowship

We are so excited to be bringing to our youngest congregants a new curriculum, new activities, and a renewed focus on their Christian Formation. See the schedule below for upcoming opportunities for both children and youth to share with each other in the coming weeks.

Children: Grades Pre-K to 5:

Sunday, September 17

9:30 am – Godly Play Baptism Story—Bring your child to the Memorial Room to hear the Godly Play baptism story told by Jen. This is a wonderful way for children to understand the meaning and actions within the sacrament of baptism.

10:00 am – Worship service (including a baptism) - Parents and caregivers are encouraged to sit in the front pews so your child can witness closely a real-life baptism after hearing the Godly Play story.

11:00 am – Parish Picnic—Childrens' games will be available for kids of all ages!

Sunday, September 24

9:15 am – Godly Play Open House—All are welcome to come and experience an EEC Godly Play session for yourself as we welcome it as Emmanuel's new Children's Formation curriculum!

Sunday, October 1 (St. Francis of Assisi/Blessing of the Animals)

10:00 am – Youth Sunday Eucharist—Animal-themed games and snacks at coffee hour! And of course blessing of our beloved pets.

Sunday, October 8 - Confirmation Day

10:00 am – Confirmation Day - Bishop Dabney Smith will be joining us during this service to confirm and receive the faith of Emmanuel's participating youth and adults. This is an important day for these members of our church family, and a wonderful opportunity for children to experience the presence of the bishop and the sacrament of confirmation.

Sunday, October 15

9:15 am – **Welcome to the Table**—Join Joani as she leads our youngest worshippers through the meaning of the Eucharist in preparation for "First Communion Sunday" on November 5

10:00 am – **Instructed Eucharist**—Emmanuel's newly confirmed youth and adults will be leading the congregation in an Instructed Eucharist. A wonderful opportunity for children to learn the parts of the service! Children are encouraged to take a dry erase service sheet from the back pew and follow along with the liturgy.

1:30-4:00 pm – **StepALIVE! Walkathon**—All ages are welcome to join Emmanuel's team for this important fundraising event. Strollers are welcome

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2023 Vestry

[Emily McNaughton](#) (Senior Warden) [Chuck Thomas](#) (Junior Warden)

[Bob Carragher](#); [Pauline Porter](#); [Ann Reinke](#); [Doris Rudolph](#); [Jonathan Sills](#); [Christian Simpson](#); [Gretchen Walz](#)

[Gene Lange](#) (Treasurer) [Sarah Kolo](#) (Clerk)

Contacts for Ministry Teams

Worship

Team Coordinator: [Nancy Dupree](#)

Acolytes: [Susan Cruz](#)

Altar Guild: [Nancy Dupree](#)

Bell Ringers: [Susan Cruz](#)

Guitar Circle: [Stewart Bartley](#)

Music & Choirs: [Ryan Fitch](#)

Readers (8:00): [David Newcomb](#)

Readers (10:00): [Jennifer Jones](#)

Ushers: [Frank Esquivel](#)

Education

Team Coordinator: [Joani Peacock](#)

Adult Spiritual Formation: [Beth Boland](#)

Children & Youth Ministry: [Jen Leahey](#)

C.H.A.O.S: [Janie Piemonte](#)

Preschool: [Nicole Crochet](#)

Service

Team Coordinator: [Jane Kolson](#)

ALIVE!: [Vonda Delawie](#)

Bag Lunch Program: [Karen Coda](#)

Carpenter's Shelter Breakfast: [Jennifer Jones](#)

Carpenter's Shelter Dinner: [John Read](#)

Compassionate Care: [Nancy Dupree](#)

Giving Tree:

Haiti: [Sean Ellis](#)

Refugee Family: [Kim Scott](#)

Yard Sale: TBD

Fellowship

Coffee Hour Baristas: [Maile Johnson](#)

Prime Timers: [Meredith Wade](#)

Shrine Mont Parish Retreat: [Joe Scott](#)

Emmanuel Social Club: [Lauren Maxey](#)

Stewardship

Annual Giving: [Joe Dresen](#)

Finance: [Aaron Flaagen](#)

Foundation: [Mike Piemonte](#)

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(Jen will have one too!). A great outreach opportunity for the entire family! Registration information can be found in the weekly E-News.

Sunday, October 22

9:15 am – Welcome to the Table—Join Joani as she leads our youngest worshippers through the meaning of the Eucharist in preparation for “First Communion Sunday” on November 5.

10:00 am – Weekly Children’s Formation begins! - Children will leave the service after the Collect and return at the Peace to participate in 30 minutes of Godly Play.

Today’s Story: The Holy Bible

Sunday, October 29

10:00 am – Godly Play

Today’s Story: The Holy Family

C.H.A.O.S. - Youth Grades 6—12

Saturday, September 30 (8:00 am-12:00 pm) – Pohick Bay Putt-Putt Fall Clean Up

Middle and High Schoolers, and their families

6501 Pohick Bay Drive, Lorton 22079

Lend a hand in beautifying the Pohick Bay Putt-Putt Course! Weeding, planting, mulching – all the outside goodness! All ages and abilities are welcome to help out, so parents and younger siblings can join in the fun.

Sunday, October 15 (1:30 pm -4:00 pm) – StepALIVE! Walkathon

Middle and High Schoolers... and ALL their families and friends!

First Christian Church, 2723 King St. 22302

Join Team Emmanuel and the people of Alexandria to support ALIVE!’s work in the fight against poverty and hunger.

Important information:

1:30 team arrival

2:00 Kickoff

3:30 Post-walk celebration

Registration information and fees can be found in the weekly E-News.

Sunday, October 22 (6:30-8:00 pm) – Kickoff Day!

Middle and High Schoolers

EEC Parish Hall

All members of CHAOS are invited to kick off the new program year with a joint gathering of food and fellowship. Bring something to share and enjoy the company of other parish youth as we get to know each other and brainstorm about the year ahead!

Sunday, October 29 (6:00 pm -8:00 pm) – Regional EYC Ghost Tour of Old Town

Middle and High Schoolers

Old Town Alexandria

*Join other youth in the area as celebrate Halloween Old Town Alexandria style! We will meet at Market Square at 6:00 pm for a 90-minute Ghost Tour of OTX. The tour will end in the cemetery of Christ Church (this is also the pickup location) at 8:00 pm. \$5 person. **Please RSVP to Jen by October 28***



Your Capital \$\$\$ at Work

Last Fall we gave you a detailed accounting of how your generous donations to the Capital Campaign over the past 4 years allowed us to replace 4 HVAC units, install a new fire alarm, paint the interior and exterior of the church, install new carpet in the sanctuary, and make some repairs to the retaining wall on High Street, and the sanctuary roof.

In 2023, we have completed or begun these additional projects:

- Install the Live Streaming system—completed through donations and capital funds
- Waterproofing and refinishing the walls and floor in the former sewing room to address long standing water issues and create an office for Rev. Deacon Jen Leahey.

We are so grateful that we had the funds to complete these necessary and forward looking projects.

Welcome

Emmanuel's family continues to grow! We welcome all of the following children who have been baptized or are about to be baptized at Emmanuel this year.

Logan Beale	01/08/23	Ian Michael Walsh	6/4/23
Dawson Ziegler	1/8/23	Madeline Mae Brown	6/11/23
Jade Vakilzadeh	1/22/23	William Robert Courtney	6/18/23
Melva Ruth Clibon	3/26/23	Miles Henry Ellis Rowney	7/23/23
Elizabeth Anne Elsasser	4/1/23	Margot McGrath	9/17/23
Emily Sarah Varma	4/16/23	Thomas Peay	9/24/23
Nora Grey Walsh	6/4/23	Alex Stone	10/15/23

Thank You To all who contributed to a very successful yard sale. And a special thanks to Gretchen Walzl for her leadership and efforts this year again as chairperson . This year the yard sale netted over \$2700 to help support Emmanuel's outreach efforts.



Outreach



Did you know?

The bag lunch ministry has a long history of ecumenical cooperation towards a common goal. In a nutshell, it began in 1983 when the Old Presbyterian Meeting House learned from Hopkins House social workers that people were going hungry during the day. Its purpose is to feed the homeless, the unemployed, the underemployed, and anyone else in need of a simple meal. That need has ebbed and flowed over the years, hovering between 40 and 60 meals a day since team leader, Karen Coda, got involved in 2005. We are now one of 9 churches who jointly service this need in our community. Our dedicated group of volunteers make and pack sandwiches and accompanying snacks once a month and deliver them for distribution at Meade Memorial. It's a couple of hours time once a month but it's impact is so much more. If this is a n opportunity to that fits your schedule, please reach out to [Karen Coda](#) to learn more or be added to the list.

Highlight: Bagged Lunch Ministry

Current Opportunities to Help Serve Our Community

ALIVE! - Our partnership with ALIVE! has a few opportunities right now to get involved:

- ◇ Donate food to our collection basket on Sunday—through the fall we are collecting healthy lunch bag snacks. See the e-news for details.
- ◇ Donate paper bags for distributing the food. Simply place them in the basket as you enter the building on Sundays and we will get it to the right people!
- ◇ Join the Emmanuel Team for the StepALIVE! Walkathon on October 15. Click [here](#) for more information and to see our EEC team from last year featured on the website.

Carpenter's Shelter—Volunteers from Emmanuel help cook and serve breakfast and dinner at Carpenter's Shelter once a month. To see if this is right for you or if they can use additional volunteers, contact the team leads below:

Breakfast: [Jennifer Jones](#)

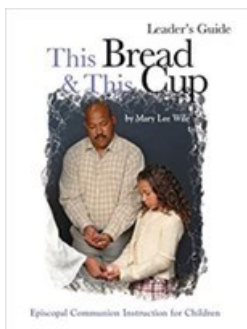
Dinner: [John Read](#)

We are so grateful to all who donated to our ACPS backpack drive! We donated 81 backpacks and enough items to fill many of them

Special thanks to those who took time to help the ACPS volunteers stuff the backpacks and have them ready for children the first day of school. Way to positively impact our community Emmanuel!!



Welcome to the Table



Every Sunday we celebrate the mystical meal of communion with Christ. Our Sunday bulletin in italics welcomes all to come forward.

"All who seek God and are drawn to Christ are welcome to Holy Communion."

Baptism is the only formal requirement to receive communion in the Episcopal Church. "Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers? I will, with God's help." There is no minimum age. There are no required classes. There is no test to pass. At Baptism, you become a Christian. And once a Christian there is a seat for you at the table.

It has not always been so. Many of us grew up with a different tradition. Many Episcopalians remember waiting until after their confirmation. The Methodists among us may remember no waiting line. Everyone present, baptized or not, is invited to communion in the Methodist Church. Former Catholics remember waiting until they reached the "age of reason" (second grade) to receive their first communion. We Episcopalians practice the Via Media, steering a middle way through these cherished catholic and protestant traditions.

"So, when should my child receive communion?"

Here at Emmanuel, I frequently get asked this question. The time and age for children's first communion is the parents' prerogative. I believe, not just as a priest but as a mom, that long before children understand the readings or the homily, they understand gathering for a family meal. So, it makes sense that God also feeds us each Sunday with holy bread and holy wine,

But this family meal is different than dinner at home. The table is an "altar." The cup is a "chalice." The plate is a "paten." And Jesus is with us just as he was with his disciples as he was the Last Supper. The sacrament raises a lot of questions of who, what, when, where, and why. So, how do we best respond to our children's spiritual curiosity? How do we get ready for "first communion"? And this applies to children who already receiving as well.

Worship together as a family. Grab a children's bag with crayons at the back of the church. Choose a pew up front, where your kids have a good view of the action. Quietly step through the parts of the service with them: reading, prayers, homily, communion. Talk about it after church.

Read the story of the Last Supper together from the bible or a children's bible.

Sign up for Welcome to the Table: Holy Communion for Children: October 15 & 22. Designed for 5 to 10-year-olds, including those who already take communion, this two-part interactive Sunday morning class takes place between the services at 9:15 am in the Memorial Room. Led by Joani, each participant receives a copy of "This Bread and This Cup: Episcopal Communion Instruction for Children." On All Saints Sunday (November 5), children will come forward to receive communion with their families, be presented with a certificate, and recognized in the bulletin.

Remember "ready" is a relative word. The Eucharist is a mystical supper, an outward and visible sign of Christ's presence in this simple meal of bread and wine. If we waited until we fully understood, none of us would ever get to come to the table; and all would go hungry! So, whatever the Sunday, may we eat this bread and drink this cup as if every communion were our first.

Faithfully, Joani



Emmanuel Episcopal Preschool

1608 Russell Road
Alexandria, VA 22301
703-683-0303 (phone)
703-683-6158 (fax)

Nicole Crochet, Director
director@epsonhigh.org

Board of Directors

Courtney Kamins (Co-Chair)
Amanda DeLong (Co-Chair)
Elizabeth Thottam (Treasurer)
Dorothy Arnold (Secretary)
Becca Brocato (Teacher Rep-
resentative)
Caroline Burke
(Resource Parent)
Casey Ulrich (Resource Parent)
Chuck McCoart (Ex Officio)
Nicole Crochet (Ex Officio)
Janie Piemonte (Ex Officio, Fi-
nance Manager)

Faculty

Becca Brocato
Meghan Cote
Amada DeLong
Amy Ernst
Marilu Escalante
Christy Finn
Mollee Hansen
Perrin Keeler
Sylvia Logiewa
Annie Reynolds
Stephanie Scott
Cappie Stiers
Anne Van Horn

School Hours

Monday—Friday
9:00 am—12:30 pm
September 11, 2023—
June 14, 2024

It's a new year at EPS!

Another summer has flown by and the teachers returned on August 28 to get ready for school to begin. They are excited to get to know their new students and are looking forward to a wonderful school year!

Our EPS family welcomed 30 new students this year. The Resource Parents organized three playdates in August for new and returning families and students to connect. In addition, we had a show, "Under the Sea" in July for all EEC and EPS families.

Back to School Night was on September 7 and the kids were able to meet their new teachers and see their classrooms at Meet and Greet Morning on September 8. Monday, September 11, was filled with excitement as the 3s and 4/5s had their first day of school. The 2s started with a shortened day on Thursday, September 14 to help their little bodies get acclimated to preschool. They will start regular hours on September 28.

EPS welcomed new Board members Elizabeth Thottam (Treasurer), Casey Ulrich (Resource Parent), Caroline Burke (Resource Parent) and Liz Schaefer (Marketing/ Grants) this year. Courtney Kamins, Amanda DeLong, and Dorothy Arnold will be serving another year on the Board. We are very grateful for all of their time and dedication to our school

We are thrilled to have the new Assistant Rector, Jen, working with us and overseeing Chapel. And we are very thankful to Beth Boland for playing and singing with our 3s in monthly "Guitar Time with Ms. Beth" again this year.

We are always creating masterpieces at EPS, so keep your eyes open for new artwork popping up in the hallways!

Jen welcomed our teachers with an apple and a smile on Day 1!



EPS Staff
2023-2024 School Year