

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Late Summer 2023

Inside this issue:

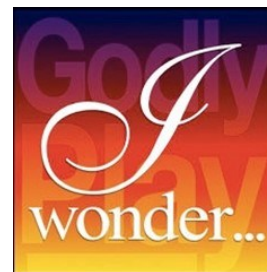
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High Notes Submissions

Please submit your articles for the September *High Notes* to [Janie](#) by Friday, August 25.

Heartfelt greetings to the people of Emmanuel! It is with great joy and excitement that I am able to share with you the new Children's Ministry curriculum that will be utilized beginning in October: Godly Play.

Children aged Pre-K through 5th grade are invited to participate in Godly Play during the 10:00 am worship service. Participating children will depart the nave following the Collect of the Day, and return at The Peace (as has been the tradition). This will allow approximately 30 minutes for the children to engage in Christian Education programming.



In order to lay a strong foundation upon which children can build and layer their understanding, analysis, and synthesis, we must start with the teaching of "the basics" – the central stories of the Christian faith, and a general understanding of liturgical practices. These stories and practices define who we are as Christians, and Episcopalians, and act as reminders that we are all a part of the on-going Christian narrative. By presenting Bible stories and liturgical action in a format that is both engaging and fun, children will learn these stories and practices by heart, creating a firm foundation on which they can build a deeper understanding of what it means to be a Christian in their hearts, in their lives, and within the larger context of our diverse world.

Godly Play is a Montessori-based Christian Education curriculum that uses play and wondering as the basis of learning and growing in faith. The following are a few brief excerpts from the Godly Play website (godlyplayfoundation.org) that can hopefully provide a clearer theological and educational understanding of the curriculum:

Godly Play Mission Statement: Making meaning through story, wonder, and play. Nurturing spiritual lives by honoring the centrality, competency, and capacity of children. Godly Play® method is a curriculum of spiritual practice exploring the mystery of God's presence in our lives. The Godly Play curriculum engages what is most exciting about religious education: God inviting us into—and pursuing us in the midst of—Scripture and spiritual experience. Godly Play® practice teaches us to listen for God and to make authentic and creative responses to God's call in our lives.

- ◆ **Godly Play** is a creative, imaginative approach to Christian formation and spiritual guidance.
- ◆ **Godly Play** has a Montessori foundation with 40+ years of research and practice.
- ◆ **Godly Play** values process, openness, discovery, community and relationships.
- ◆ **Godly Play** models the worship life, stories, symbols and rituals of Christian congregations.
- ◆ **Godly Play** allows practitioners to make relevant and personal theological meaning.

(Continued on page 2)

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

- ◆ *Godly Play nurtures participants to larger dimensions of belief and faith through wondering and play.*

Each week the children will hear a bible story, or story explaining our liturgical actions as an Episcopal community, told/presented by a “storyteller” via scripts and “stories” (props and pieces) purchased from the Godly Play Foundation. Following the story, children will have the opportunity to utilize a wide variety of art supplies in order to create something that reflects, or responds to, the story they just heard. The opportunities for this creative work are endless, and its relation to the story can be as tight or as loose as the child wishes. The point is not the outcome of creation, but the creative process of thinking about the story, making connections, and reflecting those connections in a creative way.

With differentiated learning in mind, children who do not respond well to open-ended creative expression will be given the opportunity to explore the story in other ways – for example, by writing a narrative or graphic novel based on the day’s story, journaling about the story, or making a list of questions the story raises, or utilizing research materials in order to gather more information about the story (Who are the characters? Where did the story happen? What book is it from and why does that matter?). Again, the point is not necessarily what is created during work time, but rather how the children engage with the story in their own, unique way.

Once children have moved through the Godly Play curriculum, the goal is they will possess a strong foundation in their faith, Episcopal liturgical practices, and know most (if not all) of it by heart. This is not memorization, but rather exposure to the stories and practices of the Christian faith and Episcopal tradition that results in an absorption of these elements into the child’s very being. This organic learning will allow children to seamlessly transition from the children’s program into to the tween and eventually teen programs where higher-order thinking about faith is introduced and fostered.

In the Fall, I will offer a “mock Godly Play session” at 9:00 am before worship, so that parents and children can experience a class together. Although this class is designed specifically for participants and their parents, all those interested are welcome to attend! I hope that experiencing this wonderful curriculum in action will give everyone a clearer understanding of what the children will be participating in week-in and week-out.

Of course, these programs cannot occur without volunteers – storytellers and “helpers” will be needed each week in order to keep the program running. NO experience or special skills are required to help with Godly Play! All you need is a love of children and a willingness to offer 30 minutes of your worship time approximately once every 4-6 weeks (depending on the size of our volunteer core). Helping with children’s ministry and building deeper relationships with these precious kiddos could not be easier, and I invite everyone to discern whether this might be an opportunity to serve God and Emmanuel in a new and fulfilling way. I promise, the gift of serving children is reciprocal.

If you are interested in volunteering, have any questions about Godly Play, or want to learn more, please do not hesitate to reach out – I would love the opportunity to chat with you!

Again, thank you for your kind and gracious welcome to Emmanuel, and for calling me into your beautiful church family. It is a gift and privilege to serve you, and with you, and I look forward to many years of joyful and fruitful ministry together!

In peace and grace, Jen+



2023 Vestry

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

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

[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: [Gretchen Walzl](#)

Fellowship

Coffee Hour Baristas: [Ann Wheaton](#)

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](#)

Mark your calendar for the annual Emmanuel Yard Sale on **Saturday, August 19**, from 8:00 am to 12:00 pm. (Early bird entrance at 7:30 am for a fee of \$20 per person.) This community-wide effort combines fundraising with outreach to provide serious housecleaning, a source of inexpensive items to our low-income families, Saturday foot-traffic in the Parish Hall, and lots of fun for everyone. We'd love to motivate all Emmanuel families to participate: start a pile of household cast-offs, consider donating unused furniture, and sign up to volunteer!

Volunteer to help with receiving donated items and/or helping the day of the sale by signing up with [this link](#) or on the volunteer sheet in the vestibule. Do you speak Spanish? Your assistance would be greatly appreciated on the day of the sale.

The schedule for accepting donations is below. All donations should be taken to the playground door.

8/6 Sunday 9:00 - 10:00 am & 11:30 am - 12:30 pm

8/7 Monday 6:00 - 8:00 pm

8/11 Friday 6:00 - 8:00 pm

8/12 Saturday 9:00 - 11:00 am

8/13 Sunday 9:00 - 10:00 am & 11:30 am - 12:30 pm

8/14 Monday 6:00 - 8:00 pm

8/15 Tuesday 6:00 - 8:00 pm

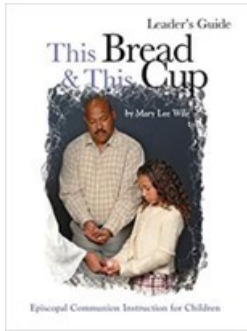
8/18 Friday 9:00 - 11:00 am & 6:00 - 8:00 pm

Items we will accept: housewares, sports equipment, toys, furniture, children's books, puzzles, kitchen wares, garden supplies, art supplies, holiday decorations. *Please be sure donations are clean, unbroken and working properly. We ask that you box them in categories to save time for the volunteers who will be sorting the donations.*

Items we will NOT accept: large entertainment centers, books not for children, TVs, VCRs, DVDs, tapes, clothing, vases, coffee mugs, water bottles, silver plated items.

Please contact Gretchen Walzl at kwalzl@yahoo.com if you have any questions. **A new event coordinator will be needed for 2024. Contact Gretchen if you're interested in and can shadow her this year to learn the ropes!**

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



Confirmation at Emmanuel , October 8

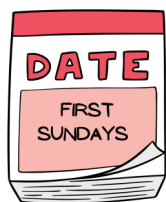
The Rt. Rev. Dabney Smith, Visiting Bishop of the Diocese of Virginia, is scheduled for a visit to Emmanuel on October 8. This is the liturgical day for confirmation — and also for reception and renewal — of our baptismal faith. It is a time for both youth and adults who would like to take this step on their spiritual journey to engage and prepare.

Janie Piemonte will be working with all youth looking to join the confirmation class. Typically, it is those entering 9th grade in the fall of 2023 or older, but if you and your youth feel they are ready for this next step, there are no hard and fast rules at Emmanuel. Contact [Janie](#) if interested.

For adults, Rev. Joani Peacock offers “Rabbi by Appointment”, one-on-one conversations with seekers at a convenient time and place. Contact [Joani](#) if interested.

Adult Spiritual Formation

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.

November 5, Mindful Sketching

Join Margaret Wohler at for a session of Mindful Sketching! How can drawing help to focus your attention, sharpen your observational skills, and help you to live in the moment? Come find out! We will be working through a series of exercises with doodle drawing and tactile exploration of a variety of natural objects and sketches. Mindful Sketching isn't about making a pretty picture or accurate drawing. It is designed for meditation and relaxation. You'll feel like you've had a nap! No experience or talent needed and all supplies to be provided.

December 3: A Very Musical Advent(ure)

On this Advent Sunday, we will gather to make a deep dive into this year's homegrown devotional and explore the musical mood of Advent. The four short weeks leading up to Christmas march to a different drummer than the Christmas carols to come. Advent is about *expectation*. The anticipation of both a vulnerable babe and a cosmic Christ. Advent's color is blue and the season's songs include soulful spirituals, rousing gospel, and tunes in a minor key. These songs — hidden in our hymnals — deserve a hearing this fleeting liturgical season. This experiential guide includes 24 hymns with a link to [Hymnary.com](https://www.hymnary.com), a rich treasure trove of info including lyrics, author, composer, tune, text, and more. All of the selections are taken from *The Hymnal 1982* and *Lift Every Voice & Sing II*. To preview [Check out this playlist on Spotify](#).

Outreach

ACPS School Supply Drive



Emmanuel is joining with Alexandria Public Schools to gather backpacks and school supplies for students in need. All supplies are due in by Sunday, August 13 in order to be ready for delivery the next day.

Collection items include:

****BACKPACKS** (Badly needed and can be purchased very affordably from Walmart!)

- standard wooden pencils
- kids' scissors
- 2" 3-ring binders
- jumbo pencils
- pocket folders
- large erasers
- headphones (no ear buds)
- composition books
- individual pencil sharpeners
- jumbo pencils
- packs of markers
- 24-packs of crayons
- highlighters
- jumbo crayons
- glue sticks
- Elmer's glue

For ease, feel free to visit [ACPS' Amazon Wish List](#) to purchase directly from Amazon and have the items delivered to church (Attn: Jen Leahey).

If you have questions or would like to volunteer for the Backpack Stuffing Marathon on Monday, August 14, please contact [Jen](#).

OUTREACH TEAM IS LOOKING AHEAD TO MISSION: POSSIBLE SUNDAY

Come one, come all! Mission: Possible Sunday will take place on **September 10**, the first Sunday after Labor Day. First and foremost, we will celebrate and welcome Chuck back from his well-earned sabbatical. In addition, and in place of our annual Ministry Fair, representatives from Emmanuel's numerous ministries will be in attendance and eager to enroll new volunteers.

Emmanuel's robust ministry outreach includes programs such as bag lunches, ALIVE! furniture delivery and food collection, Carpenter's Shelter breakfasts and dinners, and our ongoing commitment to new refugees settling in Alexandria. We hope you will consider joining one of these ongoing ministries to help carry out Christ's work in our community and the world.

We hope you will consider putting your faith to work for others in need! Join us on Mission Possible Sunday and speak with the ministry representatives who will be on hand to answer your questions and welcome your involvement.



Summer/Fall Worship 2023

The Blessings of *Ordinary Time*

Ordinary Time, the green season of Pentecost, is the longest season of the liturgical year. It stretches over 5 months – from June through November and concludes on the cusp of Advent (when the color turns blue!) Though “ordinary” it may be, there is still much to celebrate! Take a look at upcoming Sundays below and mark your calendars!

August 13, 8:00 & 10:00 am

Love Your Neighbor Sunday Holy Eucharist

In a call and response litany, we'll take a liturgical tour of our Alexandria neighborhood – giving thanks for our sister churches, government offices, banks, businesses, eateries, local schools, parks, and non-profits, and more! Parishioner Jennifer Jones will preach at both services.

August 27

Holy Eucharist 8:00 am

Janie Piemonte will preach at the early service in the Chapel.

Hymn Sing 10:00 am

Like a summertime Lessons & Carols, extra hymns will be interwoven with the scripture and prayers. Requests from the congregation will be taken. Music replaces the homily. Come make a joyful noise!

September 4, 10:00 am (ONE SERVICE ONLY, NO 8:00 am)

Labor Day Sunday Holy Eucharist

This late summer Sunday service will include special scripture, prayers, and music to celebrate our worldly vocations and all the ways we make our daily bread.

September 11, 8:00 & 10:00 am

Mission Possible Sunday Holy Eucharist

As summer ends and on the cusp of a new program year, we will bless and celebrate Emmanuel's many ministries in the parish, the community, and the world. Our rector, The Rev. Charles C. McCoart, Jr., just back from his sabbatical, will celebrate and preach.

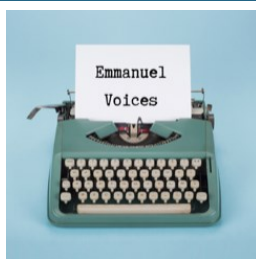
September 24, 8:00 & 10:00 am

Kickoff Sunday

This would include a Godly Play Open House between the services and promote upcoming children and youth events to the entire congregation. The 10:00 am liturgy, music, and prayers will be tailored to the day. Children and youth volunteers will be commissioned. This will also be the kickoff of Emmanuel's annual giving campaign.

Save the Date: Sunday, September 17!

The Annual Parish Picnic will again be held in the parish hall after the 10:00 am service. Watch the weekly e-news and Sunday bulletins for more details but expect food and fun for all including specific fun for kids.



350 Posts on Emmanuel Voices! If you haven't checked it out lately...take a look!

[Emmanuel Voices](#), our parish blog, published its 350th post in July! The honor goes to Maria Deasy's poem "[Bird Herding](#)". If you haven't yet, take a tour of some of this year's greatest hits: [Creation, I Am a Lady](#) (Margaret Wohler), [The Goddess of Song: Sabbatical Postcard #5](#) (Joani Peacock), [Gratitude: The Heart of Prayer](#) (Grace Pratt), [Sarah, Norah & Henry's Shrine Mont Playlist](#) (Sarah Hastings), [A Strange Kind of Faith](#) (Joani Pecock), [The Trinity is a Bit Like Costco](#) (Aaron Flaaen), and [Bibliomania, Summer 2023](#) (A DOZEN

parishioners!) Bloggers include clergy, staff, seminarians, parishioners, guests, and even a couple of bishops! To date Voices has been viewed 31,047 times by 13,712 visitors, and has 187 followers. And you can be one too!

Click [here](#), scroll to the bottom of the homepage, and enter your email address (Don't forget to check you inbox for a confirmation email from WordPress). **For every new follower who subscribes by August 13, Joani (the editor-in-chief:) will donate \$5 to Carpenter's Shelter.**

A Look Around Emmanuel!



Margaret Wohler caught in the creative act by another parishioner on a walk!

Extending a warm welcome to Jen Leahey, our new Assistant Rector!



Blessing of the Bikes, Sunday, June 6

