

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Holidays 2023

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High Notes Submissions

Please submit your articles for the January/February *High Notes* to [Janie](#) by Wednesday, December 20.

'Tis the Season! Advent & Christmas Worship at EEC

'Tis the season for All Saints, Thanksgiving, Advent, Christmas, and the New Year!! As joyful Christians, we will celebrate with gusto: traditionally and creatively! The prayers, music, and adornments all reflecting the spirit of the season.



November 26, 8:00 am & 10:00 am

The Feast of Christ the King & Thanksgiving - On this concluding Sunday of Ordinary Time, the Feast of Christ the King, our prayers, and music will strike a chord of heartfelt gratitude to God.

December 3 - December 24, 8:00 am & 10:00 am

Advent I - Advent IV – In this season of Christian solstice, as the dark recedes to light, blue hangings will go up and the Advent Wreath appears. **Since Advent IV is also Christmas Eve, there will be a single service in the morning on December 24 at 9:00 am ONLY.**

December 3, 10:00 am

St. Nicholas Youth Sunday—Kids will read and kids will sing, carry the cross and ring bells. The jolly old saint will make a visit followed by Breakfast with Saint Nick in the Parish Hall.

December 17, 11:00 am

Cocoa & Carols Coffee Hour—This popular music filled tradition moves to Sunday morning. Following the 10:00 am service, the Bell Choir will ring in the season. We'll sing the likes of *Joy to the World* and *Rudolf, the Red Nose Reindeer*. Wear your craziest Christmas attire. And there will cocoa and cookies, of course!

December 24 - Christmas Eve

4:00 pm - Christmas Pageant & Holy Eucharist

The BIGGEST CAN'T MISS SERVICE OF THE YEAR! No rehearsal required, festive, fun, and unique pageant organized by Rev. Jen. Carols sung throughout!

9:00 pm - Christmas Eve Vigil & Holy Eucharist

Candlelit traditional Holy Eucharist with full choir and special music.

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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](#)

Assistant Rector 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

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December 25 – Christmas Day 10:00 am

A mid-morning celebration of the Savior’s birth. Music provided by the Guitar Circle.

December 31—New Year’s Eve, 8:00 am & 10:00 am

Yes! New Year's Eve is on a Sunday this year. The music and prayers will uplift our hopes for the coming year for our parish, community, and the world.

Make a Joyful Noise

Attention Emmanuel Instrumentalists!

November 19 is “Be Thankful Sunday” and we will be forming an instrumental ensemble to play along with the hymns and provide special music with a Thanksgiving theme. If you are interested in joining our guests from the Alexandria Citizens Band, we would love to have you! Please contact [Ryan](#) if you are willing and interested.



Do You Hear What I Hear?

Please mark your calendar for our annual handbell concert. This is happening on Sunday, December 17 right after church during coffee hour. Come have a light snack, coffee, and hear the music. Following the 30 minute concert, we will sing your favorite carols!



Attention Singers!

December 24 is quickly approaching and our Adult Choir will be singing at the 9:00 pm Christmas Eve Service. Many of you might be hosting some of your family for Christmas who enjoy singing! We would love to have them join us for Christmas Eve worship. A large choir is such fun, so please consider inviting them. If interested, please contact [Ryan](#) and he will send music and a practice track. We will rehearse the music at our regular choir rehearsal on Thursday, December 21 at 6:00 pm and also one hour before the service starts on December 24. If your out of town guests cannot attend the December 21 rehearsal, then we will catch them up on December 24.





What do these pictures say to you?

Until I became a teacher, I thought accommodations referred to lodgings – as in room and board, or a hotel. I wasn't wrong, but there is another definition of the word accommodation that I was previously unfamiliar with: accommodation as an adjustment, or something that meets a need. It was this definition that became well-known to me as a teacher through the use of my students' IEPs, or Individualized Education Programs. An IEP is a written document for students with special needs that outlines their unique educational requirements and program of special educational instruction, supports, and services the students requires to make progress and thrive in school. These special instructions, supports, and services are collectively referred to as "accommodations" that allow a student to succeed and thrive in their learning environment.

By providing accommodations in an educational environment, teachers and administrators are creating an **inclusive** environment, simply meaning that they are creating a space in which every student can participate and thrive as their full self. After years of teaching, this concept of individualized learning, accommodations, and inclusivity became very personal to me when my daughter, Katie, was diagnosed as autistic. Katie just turned six years old and attends the Citywide Autism Program through the Alexandria City Public School System; she is essentially nonverbal (in that she does not utilize recognizable words in order to communicate her needs and wants), and her receptive language is at the function level of a two-year-old.

Katie has taught me so much about disability, life, the world, myself, and what inclusion looks like outside of educational environments. This new awareness quickly bled into my work and ministry at seminary. I quickly realized how broad the concept of inclusion truly is in the world at large, and how many people benefit from accommodations in their everyday lives.

In considering accommodation outside of an educational environment and in a worship setting, I began thinking about what accommodations might allow congregants to "participate and thrive as their full self." Accommodations could be something as simple as providing earplugs to ease the volume of the organ, offering magnifying pieces to aid with printed bulletins, or ensuring an elevator makes each level of the church building accessible to all. Accommodation could also look like providing sensory objects, or a quiet space where people can take a break.

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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 Leahy](#)

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

Preschool: [Nicole Crochet](#)

Service

Team Coordinator: [Jen Leahy](#)

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: [Jen Leahy](#)

Haiti: TBD

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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Since arriving at Emmanuel, I have been so inspired by your interpretation of radical, Christian hospitality, and believe worship accommodation is an organic branch of that welcoming spirit. The clergy and staff have gotten right on board with this idea, and it is on their behalf that I share a new idea and addition to Emmanuel's Worship Experience, "The Accommodation Station"! This station will consist of two baskets, located on the back pew of the nave – one containing earplugs and magnifying devices; the other, sensory-based items such as sunglasses, noise-cancelling headphones, and picture schedules for Holy Eucharist. In addition, my office will be offered during our worship services and special events as a "Quiet Space," where people experiencing sensory overload can recover.

But this idea does not end here! Let us hear from you, and your loved ones, about what accommodations might make your worship experience more personalized – something that might allow you to participate in worship more fully as your complete self. While you might think you are the only person that might benefit from X or Y, you would be surprised how many people might benefit from the same accommodation! Any and all ideas are welcomed, and I can be contacted via email, youthministry@emmanuelonhigh.org, in my office Monday-Thursday from 8:15 am -2:15 pm, or before/after any worship service.

Jen Leahey



New Communion Procedures: In case you missed this announcement in the e-news or Sunday bulletin

Our Diocesan Bishop, Rt. Rev. Mark Stevenson, has recently released a new customary (guidebook) on many processes, procedures, and practices. One of these new guidelines specifies how the wine may be received during the distribution of Holy Communion. You may recall, immediately following our return post-COVID, there was some scientific

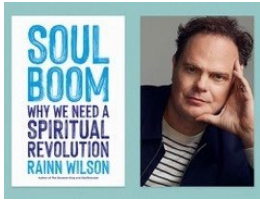
discussion of the health implications of "sipping" versus "dipping" or intinction. Based on these findings, and perhaps additional factors, within the Diocese of Virginia, there has been a change to how intinction will now be offered. If you prefer the host to be "dipped" versus drinking from the cup, simply say "dip" to the clergy distributing Communion. The clergy will dip, or intinct, your host and place it in your hand. Worshippers may continue to drink directly from the cup if desired, or receive Communion in the single host form by returning to your seat once you have been given the host. In the Episcopal Church, reception in one form is considered to be in Full Communion with Christ. **This change began on All Saints Sunday, November 5.** Change can be challenging for us all. If you have any questions, please do not hesitate to reach out to either Chuck or Joani.

The Collection Basket has Returned

As most of you remember, prior to the pandemic, offertory bags were passed by the ushers to collect your weekly donations. Replaced by the Collection Box on the back table during the height of COVID, the bags were missed and so they are back in a new form. The picture here shows the newer and updated baskets that will be passed by the ushers during the offertory. We recognize many of you choose to give online and will not require the basket but for those of you who prefer to give in person, we hope the new baskets make it easy for you to donate.



Adult Spiritual Formation



Soul Boom: Why We Need a Spiritual Revolution, Rainn Wilson

Sunday, November 19, 7:00 pm on Zoom

"Comedic actor, producer, and writer Rainn Wilson, cofounder of the media company SoulPancake, writes about the spiritual journey as a serious and essential pursuit, and he brings great humor and his own unique perspective to the conversation. He feels that, culturally, we've discounted spirituality—faith and the sacred—and we need profound healing and a unifying understanding of the world that the great spiritual traditions provide. Wilson's approach to spirituality—the non-physical, eternal aspects of ourselves—is relatable and applies to people of all beliefs, even the skeptics. Filled with genuine insight—not to mention enlightening Kung Fu and Star Trek references—Soul Boom delves into ancient wisdom to seek out practical, transformative answers to life's biggest questions." Click [here](#) to join the conversation. Meeting ID: 848 2275 8519

A Very Musical (Advent)ure

This year's homegrown devotional takes a deep dive into 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, each accompanied by its opening verse. Click on the links to explore a rich treasure trove of info including representative lyrics (because lyrics vary), author, composer, tune, text, and more. Click on "Listen!" to do just that – listen to a contemporary performance of the hymn — be it ancient or modern. Each entry is also followed by a thumbnail sketch. A snippet of the biography of the composer or lyricist, or the history of the text or tune, such as Joani could find!

You can engage in three different ways. The devotional will be posted online at Emmanuel Voices; paper copies will be available in the narthex; and there is a playlist on Spotify to listen on the go. Check it out [here](#).

And don't miss **Emmanuel's First Sunday: A Very Musical (Advent)ure, a relaxed and interactive forum**. A great opportunity to connect and converse and learn more — between the services at 9:00 am on December 1 in the Memorial Room. Y'all come!



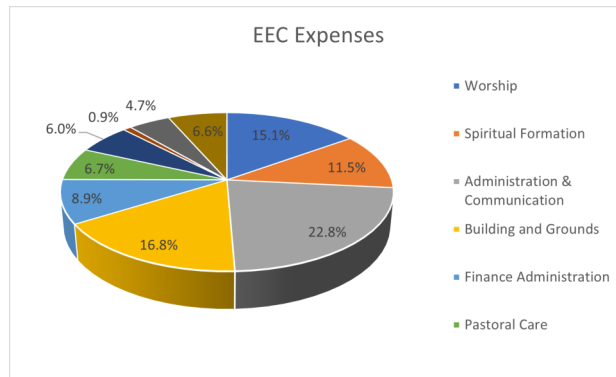
Every Tuesday, we in the office and preschool look forward to these ladies ringing the door bell at exactly 10:00 am. Their dedication to weekly study of the Bible and more importantly to each other is inspiring. One member continues to join via Zoom from Colorado while another remains part of the group despite deciding another parish was a better fit for her. It is not only an intellectual gathering but a spiritual community as well. New members are always welcome to join them in the Memorial Room for coffee, bible study and conversation.

2023 Annual Stewardship Campaign

Every year, we rally to support our church financially through pledging. We think of ourselves as members of Emmanuel, but we don't pay membership "fees." We pledge, so that our Vestry can know how much to plan on when crafting the next year's budget.

In the past several years, we have successfully updated our facilities due to your generosity toward our Capital Campaign. We have replaced 4 aging HVAC units, waterproofed areas of the lower level to prevent further damage and mold, and replaced gutters to better manage water flow around the building. After discerning that we needed to revitalize services for our children, youth, and families we hired Jennie Leahey, our wonderful assistant rector for children and youth ministry. Emmanuel's leadership--clergy, staff, and Vestry--have ideas on how we can continue improving. Maybe you do, too! Talk to a vestry member if you have some thoughts that you want to share. We would really like to hear from you and how we can address the expanding needs of parishioners, community, and the world!

Your support through pledging supplies about 80 percent of our budget. Spending on various categories through September of this year is shown below, with salaries allocated throughout. We hope this chart is enlightening for you and provides an understanding of how your donations dollars are at work here at Emmanuel.



If we can all give a gift that is meaningful to us, we will be able to achieve our goal. Pledging is personal, confidential, and an important part of belonging to the Emmanuel community. Pledging any amount is appreciated. We aim for 100 percent participation. Please make your pledge by November 15. If you have any questions about pledging, please contact Janie, our parish administrator, at administrator@emmanuelonhigh.org, or at 703-683-0798. Thank you to those who have already pledged!

The end of an era but not its legacy!



The Pat Burnham sewing room may now be the office of Rev. Jen Leahey, but the spirit of this group remains ever present at Emmanuel. At a recent lunch of the surviving members of this group, memories were shared, everyone caught up on each other's lives, and the remainder of their treasury was donated back to the church. It is clear what started as a working group who gathered and sewed items for the annual bazaar, also stitched a quilt of lifelong friendships. We recognize all of these women for their contributions to the Emmanuel community.

Sheila Beattie*
 Pat Burnham*
 Gudrun Callahan
 Judy Carlson*
 Anita DeLuca*
 Nancy Dupree

Jeanne Feden *
 Mary Ann Frank
 Dottie Gibson*
 Evelyn Gould*
 Pat Hadley
 Dorothy Pitta*

Sally Raymond*
 Vi Saunders*
 Olga Thomas
 Mary Tinsley
 Meredith Wade

* Depicts original members whose photos decorate the top of the cigar box which held their treasury and other important documents.

Save the date! Breakfast with St. Nick , December 3!

An annual tradition at Emmanuel returns this year thanks to a dedicated group of people working together to make it happen. St. Nick will join us at the 10:00 am service and then greet the children in the parish hall afterwards. We welcome back this special event and thank those who volunteered to organize this year: Julie & Dave Berarducci, Mandy & Tyler Dorn, Sarah Hastings, and Courtney Keplinger.



Emmanuel Giving Tree

This Christmas, the Emmanuel Giving Tree will bless the children of the Shalom Orphans Rescue Center -- an orphanage within the Diocese of Bondo in Nyaguda, Kenya. Founded by recent Virginia Theological Seminary graduate, The Reverend Carolyn Adhola, Shalom cares for orphaned and vulnerable children within the Nyaguda community, providing food, shelter, clothing, education, and guidance. Tags in the tree will be in different monetary denominations to be used to purchase food, bedding and other essentials for these children. We are blessed by the opportunity to share our abundance with these children of God – thank you for your care and generosity! We hope to have

Rev. Adhola visit in December to share their story but in the meantime, you can get more information about Shalom by visiting their website at shalomrescuecenter.org.



Recent Happenings at Emmanuel!





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 Representative)
Caroline Burke (Resource Parent)
Casey Ulrich (Resource Parent)
Chuck McCoart (Ex Officio)
Nicole Crochet (Ex Officio)
Janie Piemonte (Ex Officio, Finance 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

A Day in the life of a 3 year-old at EPS!

Fall brings many wonderful things. Our favorite - a new school year filled with the infectious enthusiasm of our students. We always begin a new year learning our routines. Freezing and looking at our teacher when the bell rings, lining up, singing our song as we clean up, saying grace at snack and lunch. As 3s, everyone has a job every day. It helps to make us feel important and is great to share with our parents at the end of the day. This year we have three 3s classes. Below is a little blurb from each describing something their class has enjoyed.

Sky Blue 3's: The Sky Blue 3's have enjoyed and embraced the fall season and the exciting learning opportunities it offers. We began our fall adventures with a delicious apple tasting. The children had the opportunity to use all their sense to explore different types of apples. From sweet to sour, feel different textures, and observe their colors. It was a crunchy and juicy experience! To continue the fun and learning experience, our little ones rolled up their sleeves to be bakers. They used their fine motor skills to cut apples and enthusiastically mixed the ingredients. The kitchen was filled with the aroma of freshly baked pies that we couldn't resist eating. We also brought the outdoors inside with a fun leaf printing activity. The kids collected leaves of different colors and shapes. We used the leaves to create beautiful print. The excitement is building as we look forward to the holidays. We can't wait to explore the world of costumes and pumpkins and of course, express our gratitude during Thanksgiving.

Orange 3's: Every Orange 3 is a big fan of the fish tanks. Friends stop by to say hello command and going to school, on the way to music, time with Ms. Carmen, and it's the perfect place to take a quiet break for a few minutes. This has inspired "underwater projects" this fall. We decided to recreate our fish tank for our wall. We used water colors to paint the snails and fish, had fun with sponge rollers to make the water, and made the gravel bottom with a bubble wrap painting. We also spent a day "under the sea" in our classroom. We made a Friendship and a submarine out of large boxes, stacked seaweed towers (made from green plastic cups), listened to seashells, and hung our fish from the ceiling. The final touch was turning on our blue lights and playing whale sounds. Friends still ask to hear the whale sounds when they want to feel calm.

Purple 3's: The purple 3's have been having a blast getting to know our friends and teachers! We have had so much fun exploring apples and all that can be made with apples. We've sorted by color and size, we observed the texture and taste, we've counted and stamped to make paint prints, and even stacked them on our heads using paint dots on paper. The apple orchard & bakery sensory bin has been a huge hit as we use tweezers, spoons and measuring cups to scoop, mix, and create some yummy apple treats. We are using fine motor skills to make beaded bracelets and we even used scissors and glue to complete projects. We've enjoyed reading lots of great books like *Apple Farmer Annie* and *Ten Apples Up on Top* and we've even sung along to some apple songs! We sure are busy in the purple 3 room and we can't wait for more Fall fun ahead!

