

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Spring 2023

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High Notes Submissions

Please submit your articles for the *Summer High Notes* to [Janie](#) by Wednesday, May 10.



We welcome all to join us in celebrating the solemn yet beautiful season of Lent, Holy Week and Easter Sunday. Throughout the centuries lots of people love and appreciate these upcoming liturgical seasons, please invite your family and friends to join us in person.

Sundays in Lent: The Penitential Order & Holy Eucharist

February 26 thru March 26, 8:00 & 10:00 am

During Lent you'll discover, not surprisingly, the prayer of confession comes first. This prayerful litany at the beginning of the service is called the Penitential Order, a call and response form of the Ten Commandments, it encourages us to "*incline our hearts to keep God's law.*"

The Sunday of the Passion: Palm Sunday

April 2, 8:00 & 10:00 am

On this Sunday we celebrate Jesus' triumphant entry into Jerusalem with the Liturgy of Palms and bear witness to his sacrifice on the cross as we listen to the Passion of Christ according to Matthew.

Maundy Thursday

April 6, 7:00 pm— in person

The Maundy is the act of humility, repentance, and renewal which reminds worshippers of their Baptism, and of the identification with Jesus Christ in his death, of which the Passion is the solemn commemoration. It brings to its conclusion the penitential discipline of Lent and prepares for the celebration of new life at Easter. Please join us for this Eucharistic celebration and *optional* foot washing.

Good Friday: The Way of the Cross

April 7, 7:00 pm— in person

Walk with Jesus the Via Dolorosa, following the traditional 14 Stations of the Cross. This gathering is a devotion to the Passion of Christ which recalls the series of events

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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
The Rt. Rev. Ted Gulick
The Rt. Rev. David Jones

Emmanuel Church Staff

Rector

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

Associate for Worship

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

Seminarian

[Stephen Bragaw](#)

Director of Youth Ministry

Organist/Choir Director

[Ryan Fitch](#)

Parish Administrator

[Janie Piemonte](#)

Administrative Assistant

[Karen O'Hern](#)

Sexton

Carlos Guzman

Nursery Caregivers

Lillian Urrea
Natalie De Leon Santizo
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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at the end of Jesus' life from his condemnation to his burial. Intentionally solemn in nature, we will have no music during this liturgy.

Easter Sunday: Festival Holy Eucharist

April 9, 8:00 & 10:00 am

A celebration of the Feast of the Resurrection with great fanfare, music & flowers. Faith in Jesus' resurrection on the Sunday or third day following his crucifixion is at the heart of Christian belief. Join us. Come one, come all.



Two sessions of the annual parish meeting were held on Sunday, January 29 after the 8:00 am and 10:00 am services. Attendees were given the opportunity to hear about the state of our parish from the Rector, Senior Warden, and Finance Committee Chair. Several topics were discussed including highlights from 2022, the status of our search for a new Director of Children and Youth Ministry and the financial outlook for 2023 and beyond for Emmanuel. Questions from the congregation were solicited and heard. If you missed this snapshot of Emmanuel, you can read about the past year in our 2022 Annual Report which can be accessed [here](#). Please feel free to reach out

Have you noticed?

As we enter this season of Lent and begin to emerge from the darkness of winter, new banners depicting the seasonal cold and snow have brightened our altar area. Thank you to Ryan Fitch for the idea of winter banners in the same style as the Fall and Spring ones we enjoy. Thank you to Image 360 Fairfax for again making our vision come to life. A special thank you to our former parishioner Eleanor Engh who passed away in September and left a bequest to the church. Some of this bequest was used to purchase these banners and they have been dedicated in her memory. We hope you have enjoyed seeing them behind the altar.

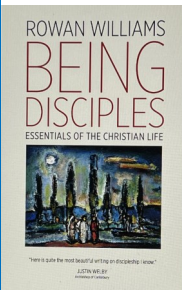


Save the Date!

Our spring work day to spruce up the building will be held Saturday, **March 25, 9:00 am to 12:00 pm**. Wear your overall and bring your tools. Projects for all skill levels!

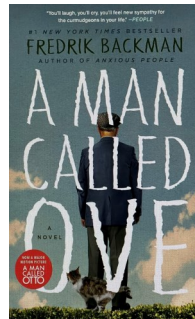
Adult Spiritual Formation

Adult Spiritual Formation has been busy working on several fronts to bring you interesting topics, a variety of formats, and good conversation. We hope you have been able to attend one of our First Sunday discussions in person on Sunday mornings or Paperback Spirituality book nights via Zoom. This past week we were able to resume our popular Popcorn Theology in person. If you haven't yet been able to make it to our programming, it is never too late! Here is what is coming up in the next two months.



Lent is an opportunity for us to set aside time to reflect on our spiritual journey and for us to try to understand new and deeper ways God is working in our lives and community. Join us in the Memorial Room on Sunday mornings at **9:00 am on March 5, 19, and 26** where we will discuss Rowan Williams's *Being Disciples* and reflect on God's call for our lives and for this beloved community here at Emmanuel. Seminarian Steve Bragaw will lead this Lenten series.

The Adult Spiritual Formation's next Paperback Spirituality book discussion will be about *A Man Called Ove* by Fredrik Backman. A rigid curmudgeon who's alienated his neighbors and whose grief has destroyed his desire to live surprises everyone, including himself, by learning to care about life and people again through reluctant interactions with radically friendly new neighbors and a stray cat. Join the discussion on Zoom, **Sunday, March 19 at 7:00 pm**: Meeting ID: 848 9645 3701, Passcode: 500963



Ashes to Easter: A Lenten Toolbox



Reverend Joani Peacock has again reimagined a creative way for us to embark on a journey through Lent. This year's homegrown seasonal devotional invites the people of God to the observance of a Holy Lent. Not a day by day, but instead a toolbox of Lenten, Holy Week, and Easter traditions to scroll through, read, ponder, and practice as the Spirit moves; ever mindful of the graceful Anglican axiom: "*All may, some do, none must.*" Links to liturgies, music, and meditation included throughout. Click [here](#) to listen and read on Emmanuel Voices.

Popcorn Theology on Sunday, February 26 was well attended and enjoyed by all!



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: Peggy Conner

Guitar Circle: [Stewart Bartley](#)

Music & Choirs: [Ryan Fitch](#)

Readers (8:00): [Suji Kelly](#)

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

Ushers: [Frank Esquivel](#)

Education

Team Coordinator: [Joani Peacock](#)

Adult Spiritual Formation: [Beth Boland](#)

Sunday School: TBD

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 Walz](#)

Fellowship

Coffee Hour Baristas: [Ann Wheaton](#)

Prime Timers: [Meredith Wade](#)

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

Emmanuel Social Club: [Lauren Maxey](#)

Stewardship

Annual Giving:

Finance: [Aaron Flaaen](#)

Foundation: [Mike Piemonte](#)

Outreach



Thank you to all who contributed to our 60 pounds of cereal donations over the past two months!! The ALIVE! food pantry is feeding more people than ever and is so grateful for your support.

For the months of March and April, we're focusing on **FRUITS AND VEGETABLES!**

ALIVE!'s "most wanted" food list includes: Canned fruits & vegetables, Fruit or vegetable juice, Applesauce, Fruit cups, Jelly & Jam. Please pick up an extra can of vegetables or fruit, or a pack of plastic fruit cups, when you are shopping and drop it into the basket in the narthex. As always, remember that ALIVE! can't accept expired goods or anything packed in glass.

Haiti Ministry

Our partner parish , Ste. Croix, in Leogane, Haiti continues to benefit from our support as they navigate the difficult political environment in Haiti. Father Seme recently sent this message with some new photos of the school and its students.

Good evening my brothers and sisters of the Emmanuel Church. It is always a pleasure to inform you that all the activities of the Sainte-Croix school are operating normally. Currently the students are preparing for the second test. So the students will evaluate next week. The Christian community of Ste-Croix continues to pray for you. May the Great God fill you with joy and blessing in your fields of work. We are proud of you.



Children and Youth Formation

Bridges to Worship

Commonly referred to as BTW, our Bridges to Worship program for students ages Pre-K to 5th grade continues to engage our children during the 10:00 am service. The activities are fun and engaging for the children, a Bible Story or prayer gets them thinking, and thanks to Amy Schildge and Bridget Flaaen, we always have a little music thrown in as well. We are grateful to Ministry Architects for supplying a coordinator as we continue our search for a Director of Children and Youth Ministry. We also cannot say enough about the volunteers who give of their time each week to guide these activities for our youngest congregants.

More Volunteers Needed:

None of this would be possible without our volunteers and we need more to finish out the school year. If you have been thinking about joining this dedicated group, you can sign up for just one week, a half hour of your time, and the reward is great. Sign up [here](#) if you can give us just a bit of your time on a Sunday morning.

Youth Formation

Retreat:

Our winter weekend at Shrine Mont in January was once again a fun time for all! Fives students in grades 6—10 spent time getting to know one another through games and activities, enjoying meals together, spending some down time outdoors, and engaging in some thought provoking activities around the theme “Who Am I”.



New Name for Youth Group:

One activity during the retreat in January was to explore if this new group of youth wanted to move on from the God and Donuts name coined by the students who are now in college or graduated. After brainstorming over the course of a day and a half, all of the ideas came together into one new and exciting choice:

C.H.A.O.S. (Christ, Hope, and Occasional Snacks)

While paying tribute to the food connection precedent set by the founders of God and Donuts, our youth felt this new moniker truly encompasses who they are and where they are in their lives and their spiritual journeys. It is an acknowledgement that this time of life is one of exploration and sometimes chaos.

The youth will continue to meet regularly twice a month through the spring as they explore who they are and how God works in their lives.



Music Ministry

Attention Young Musicians!

On the 1st Sunday of the month, we celebrate our youth and children at Emmanuel! The youth and children take leadership on many parts of the liturgy and music is no different. The children’s music ensemble provides us with offertory and special music, but we would love to go even further and feature our Emmanuel young musicians. If your child takes piano lessons, plays in the band or orchestra, or is studying another instrument and would like to play a solo as special music or prelude, please let us know. Ryan can work with you to help pick music!



musicdirector@emmanuelonhigh.org



Attention Singers!

Sunday, April 9 is quickly approaching and our Adult Choir will be singing at the 10 am Easter Service. Many of you might be hosting some of your family for Easter who enjoy singing! We would love to have them join us for Easter 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 Wednesday, April 5 and also one hour before the service starts on April 9. If your out of town guests cannot attend the April 5 rehearsal we will catch them up on April 9.

Attention Emmanuel Instrumentalists!

Sunday, April 9 is Easter Sunday and we will be forming an instrumental ensemble to play along with the hymns and provide special music for our celebration! 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.



Attention Mothers and Children!

Looking forward to Mothers Day on Sunday, May 14 the women of our Adult Choir will be singing at the 10 am Mother’s Day Service with the Children’s Choir. Many of you might be hosting your Mothers or school aged nieces and nephews on Mother’s Day who enjoy singing! We would love to have them join us in singing this special piece of music called “My Mother’s Love” by Tom Shelton. 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 Wednesday, May 3 and also one hour before the service starts on May 14. If your out of town guests cannot attend the 05/03 rehearsal we will catch them up on the May 14.



Emmanuel 5 year Strategic Plan Update

As we enter our second year of the 5-year strategic plan, we look to build on the activities and tasks completed in 2022. A list of those completions is available in the annual report (see link on page 2). With new Vestry members, the people working on each specific goal changes as well. Below are the names of which Vestry members will focus where for the coming year. We would love to also have parishioners working towards achieving our goals so if you see something that interests you, please reach out to the Janie or Chuck and let them know.

Strategic Goal #1: Stewardship Education and Strategy: Chuck Thomas, Bob Carragher

Strategic Goal #2: Growth of the Parish: Jonathan Sills, Pauline Porter, Christian Simpson

Strategic Goal #3: Volunteer Engagement: Anne Reinke, Gretchen Walzl

Strategic Goal #4: Children & Youth Ministry: No Vestry member assigned as Ministry Architects continues to focus on this goal for now.

Strategic Goal #5: Systems upgrade and documentation: Doris Rudolph, Janie Piemonte

Shrine Mont Weekend 2023—May 5 to 7

If it's March then we know it is time to start talking about Shrine Mont. Registration will open this week so check your calendars and get ready to sign up for this weekend of renewal, comradery, and fun. New to Emmanuel or our annual retreat? Ask any parishioner about this EEC tradition. Register today via the Emmanuel App.



LET'S GET SOCIAL!

TnT has been rebranded as the Emmanuel Social Club and activities are open to all ages! Join us for the following events in March.

Our first event will be a **Zoom Trivia Night** on Saturday, **March 11** at 7:30 pm. Zoom Trivia was a successful event a couple of years ago and was so much fun we thought we'd do it again. RSVP to [Lauren Maxey](#) by March 8 and she will send you the link to join the Zoom.

For an in-person event, we're bringing back **brunch at Daniel O'Connell's** in Old Town. Save the date for Sunday, **March 26** at 12:00 noon! RSVP to [Lauren](#) by March 24.

Thanks to all who enjoyed our Pancake Supper on February 21!





EMMANUEL
PRESCHOOL

Emmanuel Preschool now accepting applications for the 2023-2024 school year with immediate openings in the 3's program!

EPS at a glance:

- * EPS is a half-day program from 9:00 am—12:30 pm with an option for extended care.
- * Students eat snack and lunch at school (brought from home).
- * Our curriculum is play-based for ages 2-5 years old.
- * We maintain small class sizes with low teacher to student ration (1:5 or lower).
- * Our teachers are creative, nurturing, and passionate about young children.
- * We offer unique enrichment activities during the school day: music and movement, guitar, and yoga!

The preschool is now accepting applications for limited openings on a rolling basis. If you are interested, please contact us today via email: Preschooladministrator@epsonhigh.org

The preschool returned to having celebrations around quarterly chapels this year. Our latest celebration theme was "People We Love". The students decorated wooden hearts with beautiful, bright colors. They told their teachers the names of the people they love and that information was printed on the back of the hearts.

During chapel, Chuck read *My Book of Thanks* by B.G. Hennesy, a book expressing thanks for people in our lives. Once he was finished, each of the kids brought up their hearts to Pastor Chuck. The kids had the biggest smiles while sharing their loved ones with him.

We have started a tradition of beginning and ending chapel with "This is the Day that the Lord has made", a traditional Christian hymn based on the words of Psalm 118:24. Parents have reported that many of the students sing the song at home now!

If you want to see the hearts created for chapel, they are hanging in the hallway downstairs. The preschool refers to it as the Hall of Hearts.

