

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Spring 2024

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High Notes Submissions

Please submit your articles for the *Summer High Notes* to [Janie](#) by Wednesday, May 8.

The Holiest of Seasons: Lent, Holy Week & Easter



March 17: The Fifth Sundays of Lent—8:00 & 10:00 am

Greens on the altar and purple hangings mark these last two Sundays of the penitential season.

March 24: The Sunday of the Passion: Palm Sunday — 8:00 am & 10:00 am

Holy Week begins with the blessing of the palms, Jesus' triumphant entry into Jerusalem, and the dramatic reading of The Passion.

March 28: Maundy Thursday: Foot Washing, Agape Supper & Holy Eucharist - 6:00 pm

A family friendly and down to earth service – emulating the worship of the early church in people's homes. There will be art materials at all the tables and a **WARM NEW SOCK DRIVE** for Carpenter's Shelter. Click [here](#) to sign up to bring soup, fruit, bread, cheese, wine or juice.

March 29: Good Friday: The Way of the Cross—6:00 pm

This contemplative liturgy, in the bare church, follows the fourteen traditional stations of the cross.

March 30: Holy Saturday: Children's Way of the Cross & Easter Egg Hunt—10:00 am

A family friendly Way of the Cross for the younger set followed by a very fun Easter Egg hunt on the church grounds. Pizza lunch to follow.

March 31: Easter Sunday: The Lord is Risen!! - 8:00 :00 am and 10:30 am

A grand and glorious celebration of the Resurrection of Our Lord, the holiest day on the Christian calendar. This festive Holy Eucharist, celebrated in a church bedecked with flowers, is marked by joyous music and the ringing of bells of all kinds.

*** Note the time change just for this Easter service.**

We have multitude of musicians playing during the service and time is needed for set up.

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 for Children and
Youth Ministry and Outreach

[Jen Leahy](#)

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
1:00 pm —4:00 pm

Emmanuel Episcopal Church

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

www.emmanuelonhigh.org

CHILDREN & YOUTH UPDATE

Children up to 5th grade



Godly play is held each Sunday during the 10:00 am service. The stories through March will be the Faces of Easter. All children pre-K to 5th grade are welcome.

Saturday, March 30, 10:00 am



Please join us for a special, age-appropriate Children's Way of the Cross and Easter Egg Hunt in the Parish Hall and on church grounds. A pizza lunch will follow. Open to all children up to 5th grade. Don't forget to bring your Easter basket!

C.H.A.O.S.—Youth Grades 6 –12



Sunday, March 17—5:30 pm—8:00 pm

Dinner and a movie with St. Patrick's Day themed foods for an evening of fun and fellowship.



Sunday, March 24—11:30 am—1:00 pm

Join Rev. Jen after church to assist in making altar bread for the Maundy Thursday agape supper.



Sunday, March 31—10:45am—11:00am

Assist Rev. Jen with Godly Play during the 10:30 service to help make this day special for our young ones.



Sunday, April 14—6:30 pm—8:00 pm

Formation begins with a beach themed dinner followed by breaking in to formation groups.



Sunday, April 21—TBD

Regional EYC-CHAOS fellowship event. Join other regional youth at Grace Episcopal for pizza and outdoor games.

Adult Spiritual Formation

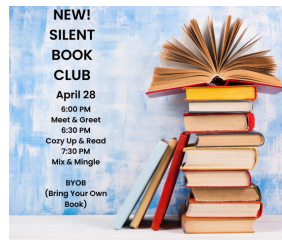


A Lenten 40-Day Library Give Away!

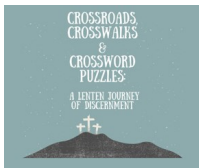
Do you have more books than your local library? If so, you are invited you to join Joani in [A Lenten 40-Day Library Give Away!](#) On March 17 ONLY, The Fifth Sunday of Lent, Joani is bringing forty of her favorites to coffee hour and she is asking you to bring along as many favorite books, too — as you can manage to part with. Parishioners can browse the tables, and each every book will be free to whoever would like to give it a good home. The leftovers, Joani will tote to a local library, used bookstore, or anyone with a *Little Library* at their house. Books of all kinds welcome! Children's books too! Any questions? Just ask Joani.

Silent Book Club: April 28, 6:00 pm in the Memorial Room

Emmanuel has long had a traditional book group: Paperback Spirituality. But turns out lots of people who read the book read on their own but don't necessarily come to the discussion. So, it dawned on us that there are a wealth of readers in the community who might appreciate sharing their love of books in another -- more introverted way. -- in the company of other bibliophiles. Why limit of our love of reading to a single book? Come join us for an occasional gathering of our chapter of the [Silent Book Club](#). A half hour to meet and greet, an hour of comfy silent reading, and optional half hour to mx and mingle after. BYOB -- BRING YOUR OWN BOOK



Crossroads, Crosswalks & Crossword Puzzles: A Lenten Journey of Discernment



As Christians in a broken world, we find ourselves at cross purposes. We encounter daily the crossroads, crosswalks, and crossword puzzles which life lays at our feet. The only way to walk this path is one step at time, one day at time, one moment at a time. In the space of 24 hours, we make small, medium, and large decisions. In the forty days of this purple season we call Lent – let's slow down and intentionally call upon the wisdom of the ages. Each of these forty days is a little window of discernment and includes a snippet from the Bible, a book recommend, and a quote from a wide variety of illustrious figures both secular and sacred. From the likes of Dr. Seuss, Desmond Tutu, Lewis Carroll, St. Augustine, Abraham Lincoln, Charlie Brown, Aristotle, and Arthur Conan Doyle. You can find it by clicking [here](#) on Emmanuel Voices. Enjoy!

2024 Vestry

([Chuck Thomas](#) Senior Warden), [Ann Reinke](#); (Junior Warden)

[Laura Bishop](#), [Bob Carragher](#), [Nancy Dupree](#), [Sandy Esquivel](#), [Emily McNaughton](#), [Kerin Ord](#), [Pauline Porter](#), [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: Laura Macone

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 Flaen](#)

Foundation: [Mike Piemonte](#)



Outreach

Children's Ministry Lenten Outreach Project

Throughout Lent, the children of Emmanuel will be collecting food donations to benefit ALIVE!'s After School Meals Program, that supplies food for students in need.

Items that are most in need are:

- Single-serve cereal box packs/ single serve cereal cups
- Boxes of oatmeal packets
- Kid-friendly microwavable food cups (macaroni & cheese, pasta cups, or soup)
- Tuna/chicken salad and cracker snack packs
- Goldfish/cracker snack packs
- Single-serve fruit cups
- Ramen

Drop off items in the basket in the church vestibule.

THANK YOU for helping the children provide for their peers in need!

Haiti Partnership Update



We continue to do our best to support Father Seme and the school in St. Croix but the political situation and environment of violence often makes it challenging for the funds to get to them. We will continue working with the Haiti Episcopal Schools Partnership Program to determine the best way forward with this relationship. We have a new outreach coordinator for international outreach and she will be evaluating this relationship along with other

potential partnership options over the next few months.

Blessing Bags

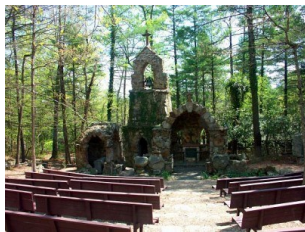
Blessing bags for our unhoused neighbors continue to be available for you to take and place in your car for that moment when someone on the street is looking for some assistance.

Donation of socks for Maundy Thursday Agape Supper

Please place your donation or new, warm socks in the basket in our outreach wall.

Have you noticed?

Jen and Karen worked hard to reconfigure our entry area to highlight and make room for all we are doing here at Emmanuel. There is a **new children's corner** where you can find children's bulletins and laminated sheets for following along with the service. Our outreach projects have been relocated to one area creating our "outreach wall". The sensory station for those with additional needs is located on the table with the bulletins. Thank you Jen and Karen!



Shrine Month Annual Retreat May 3-5, 2024—Register Today!

Our annual gathering is an opportunity for us to get away from the hustle and bustle, and to spend time with one another in nature.

What draws Emmanuel parishioners to Shrine Mont each year? For many it's one or more of the following: connecting with nature, connecting with God through nature, connecting with each other more closely outside the church setting. All activities are optional; the weekend is whatever you want it to be, but we will have a few scheduled events you may choose to attend.

Friday we will hold a Compline Service

Saturday adult program: "The Ties That Bind: Elizabeth H. Cottrell, Writer, Author, and blogger will lead the session on essential connections.

Saturday program for children: Parishioner and Naturalist Margaret Wohler will lead the kids on an exploration of the area, including learning about and dipping for salamanders Designed for ages 5 – 13, but teens and adults also welcome.

Plus, happy hour, bingo and bonfire. There will also be plenty of free time to sit on a porch and read, and talk, or hike to the cross or walk the labyrinth.

Sunday we will worship in the open-air Chapel of the Transfiguration and enjoy Shrine Mont's infamous fried chicken lunch before departing.

Registration opens today. So that Emmanuel and Shrine Mont staff can continue planning, if you know you are coming, please register ASAP. You can register on EEC's mobile app or go to the link in our weekly e-news. Registration fees are as follows: Adults 19+ years old \$220, Teen 13 – 18 years old \$150, Youth 4-12 years old \$75, Child 0-3 years old, free.

New this year!! Special thanks to Julie Berarducci and Chuck McCoart for designing a beautiful Emmanuel Shrine Mont 2024 T-Shirt. The cost is \$10 and can be ordered when you register.

Contact Joe Scott, lijoescott@comcast.net, for information or with questions.



A few fast facts about life at Emmanuel:

- ◇ You can upload your photo to the online directory at any time by taking a selfie and uploading it on the app.
- ◇ We always have volunteer opportunities for ongoing or one time needs. Please reach out if you have not gotten involved but want to.
- ◇ We now have a sensory station to assist those who might have individual needs during the service. Check it out in the lobby area next time you are here.
- ◇ Each Sunday requires over a dozen volunteers for the 10:00 am service, not including altar guild, and the choir. If you aren't yet helping out but wish to, please reach out to Karen in the office to be connected to one of our worship volunteer chairs.
- ◇ We are nearly back to our pre-covid level for average Sunday attendance of 150. You can always join via live streaming and we added over a dozen new families in 2023.



Summary of January Annual Meeting

Did you miss our annual meeting in January? Here are some highlights from the annual meeting and discussion which was attended by about 50 of our parishioners.

- Senior Warden Emily McNaughton highlighted some of the progress made in several areas in 2023.
- Vestry members ending their terms were thanked for their time and efforts and new vestry members: Laura Bishop, Nancy Dupree, Sandy Esquivel and Kerin Ord were affirmed.
- The budget deficit in 2023 was less than anticipated.
- Vestry continues to work on the 5 areas identified in the strategic plan of 2022 with specific emphasis in 2023 on Stewardship and Volunteerism.
- Questions were raised by the attendees in the areas of pledges, outreach spending, the parish directory, and lighting in and around the church. Many were addressed at the meeting and the resolution of other concerns is ongoing.

Parish Worship, Fun, and Fellowship

CELTIC SUNDAY



PANCAKE SUPPER



embrace THE CHAOS

We did embrace the chaos at our annual youth retreat at Shrine Mont the weekend of February 23-25. Rev. Jen, Chris Piemonte, and Janie Piemonte took 8 youth to Shrine Mont on Friday night and returned Sunday afternoon. The weekend included hours of fun activities (indoors and out), full meals and lots of snacks, and several activities around the topic of individual strengths. Whether you are a newcomer or a returning youth, this is a great opportunity to make new connections, enjoy the camaraderie, and feel more a part of the group in much the same ways the full parish retreat does for the congregation. Enjoy the photos below!





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 Message from the 2's classrooms

The Blue 2s are a wonderful and energetic crew!! It's a joy to watch their curiosity to discover and their newfound independence after winter break. They are always very excited and eager to play in each activity room we have at the preschool (Choice Rooms). Starting with the block room, they love to stack the different types of blocks they find in the room and knock them down with great enthusiasm. The excitement in the Exploration Room is built on the light table with translucent blocks and making puzzles. The adventure continues when they go to the Dramatic Play Room and their imagination and creativity run wild making delicious pizzas with friends and taking the babies to the park. In the Art Room they unleash their artistic talents using watercolors, oil pastels, crayons, markers and making sensory art with shaving cream.

Playing with their friends from the Red 2 in the Big room is always entertaining, especially when they have a snowball fight and dance together to songs. From story time to adventures in the choice rooms and even a delicious pizza party (an activity they recently had), our Blue Twos are making precious memories..

Similar sweet moments are shared by the Red 2s. The youngest group at EPS, these littles enjoy their first taste of school through lots of different fun and enriching experiences. Whether it's painting and glueing loose parts to create beautiful individual art projects or activating those young imaginations by dressing up and playing pretend as they move from independent to cooperative play, our Reds enjoy all sorts of new adventures. Our play based format allows our class to explore their budding interests and personalities through games, puzzles, music and movement.

