

welcome!

Introducing this month's issue of ...

HIGH NOTES



EMMANUEL
EPISCOPAL CHURCH



Winter 2024

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High Notes Submissions

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

A message from Chuck

Happy New Year everyone! For us liturgical Christians we already celebrated our new Church year on the first Sunday of Advent. This new *calendar* year, however, gives us yet another opportunity to give thanks for all of the ways that God has blessed us in this past year and to look forward with hope to all of the blessings to come this year ahead. Those blessings have been quite abundant in our life these past few weeks, namely, the blessing of all of the wonderful people (YOU!) who make Emmanuel Episcopal Church happen on a day to day basis. You are our blessings. For all of the ways you make our parish special, I thank you:

For ministering to our children during Godly Play.

For showing up to worship with us week in and week out.

For managing a coffee hour and serving as a barista.

For those who usher, and greet parishioners and guests.

For reading during our services or helping with communion.

For singing in the choir and ringing bells or serving as one of our cantors.

For preparing the altar and taking everything down again.

For making dinner and breakfast at Carpenter's Shelter.

For making and delivering sandwiches for the Bag Lunch ministry.

For the more than two thousand dollars raised through The Giving Tree to support The Shalom Rescue Center in Kenya.

For those who helped us financially throughout 2023.

For those who pledged to help us this year in 2024.

For those who serve behind the scenes.

For those who serve in front of everyone.

For our Vestry and their leadership.

For Carlos who keeps our building neat and clean and our nursery staff on duty every Sunday.

Thank you volunteers and staff who work side by side for the love of God and for the love of us all.

Thank you. Thank you. Thank you.

May God continue to fill you and our parish with many blessings in 2024.

Peace friends, chuck.

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

Jen 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

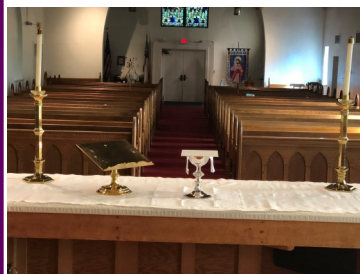
Church Office Hours

Monday—Friday
10:00 am —2:00 pm

Emmanuel Episcopal Church

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

www.emmanuelonhigh.org



Winter Worship in the Pews

As this newsletter arrives in your inbox, your Christmas tree may still be up. I always leave it up until at least Epiphany on January 6. On the guilty side, sometimes I leave it up even a little bit longer. It's kind of sad to have to put all the lights and baubles back in their boxes.

This January began with The Feast of the Baptism of Our Lord. Lent is WAY early this year with Easter landing on March 31 – well ahead of April showers and May flowers. So, what might be a long and slow Epiphany season, is actually packed full of special celebrations.

January 28: Annual Meeting Sunday

A celebration of 2023 and a look ahead to the ministry of 2024, celebrated in scripture, prayer, and song. The meeting itself follows the 10:00 am service in the Parish Hall.

February 4: Celtic Holy Eucharist & Youth Sunday

Our annual Sunday morning celebration in the Celtic tradition, with a focus on the Creator and the gift of creation. The Boyle Irish Dancers will delight all with a performance in the Parish Hall.

February 14: Ash Wednesday, 12:00 pm and 5:30 pm

The solemn remembrance of our mortality with the imposition of ashes and the first day of Lent.

February 18 & 25: The First & Second Sundays of Lent

The flowers are replaced by greens and purple hangings go up in this Five-Sunday penitential season leading up to Holy Week.

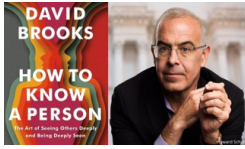
And one more thing, please consider inviting a friend, a family member, or even a friendly stranger to join us in the pews. This is one of the best ways to help grow the Body of Christ – person to person. The more the merrier – even in Lent! Any questions? Just ask [Joani](#).



Save the Date!

Please join us for the Annual Meeting
January 28, 2024 at 11:00 am
Parish Hall.

Adult Spiritual Formation

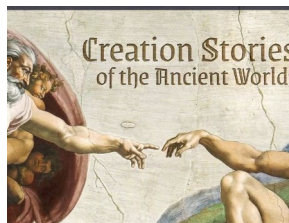


Paperback Spirituality: How to Know a Person, Sunday, March 3, 7:00 pm

A practical, heartfelt guide to the art of truly knowing another person in order to foster deeper connections at home, at work, and throughout our lives—from the #1 New York Times bestselling author of *The Road to Character* and *The Second Mountain*. As David Brooks observes, “There is one skill that lies at the heart of any healthy person, family, school, community organization, or the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood.” Click [here](#) to join the conversation on Zoom. Meeting ID 88139310119, Passcode 814370.

Creation Stories of the Ancient World

Did you know that the Judeo-Christian tradition is not the only one from the Mediterranean world with creation stories that reflect the values, beliefs, and theologies of their cultures and faiths? Join us on Zoom to learn more about the grandeur of ancient creation stories, how they attempt to make sense of the human condition, and what meaning they have for us today. Over four Sundays we will explore why creation stories matter, the Mesopotamian Flood, the Garden of Eden in Genesis, and how common themes that run through various traditions' stories speak to us today. Plan to watch and discuss at **7:00 pm on January 14, 21, 28, and February 4**. Plan to attend any or all. Meanwhile, to learn more about this Wondrium series on Creation Stories, which includes more than the four episodes we'll be watching, visit [Creation Stories of the Ancient World | Wondrium](#).

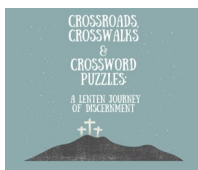


Click [Here](#) to join the Zoom for the weekly sessions: Meeting ID 87169823825, Passcode 199061



Hiding in Plain Sight, Sunday, February 25, 7:00 pm

We return to our “long journalism” conversations with a session led by Jode Willingham on the topic of “Choice”. Watch the weekly e-news for additional details and Zoom link .



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 a time, one day at a 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!

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](#)

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

Emmanuel Social Club: [Lauren Maxey](#)

Stewardship

Annual Giving: [Joe Dresen](#)

Finance: [Aaron Flaaen](#)

Foundation: [Mike Piemonte](#)

Outreach



This year's giving tree raised over \$2000 for an orphanage in Kenya. Most of the donations received were disbursed in December and the balance collected will be sent to them in January. Below is a letter of gratitude from the Shalom Orphans Rescue Center.

Merry Christmas and Happy New Year! I pray you are all doing well.

On behalf of Shalom Orphans Rescue Center, Kenya, I hereby write to express our heartfelt gratitude for the immense support we received from Emmanuel Church. May God bless you so much.

I also register my heartfelt gratitude to the Rev. Jennie Leahey for the love she has for the projects I am doing in my community in Kenya to share God's love with the vulnerable. May God bless her ministry.

I received a check of \$1,700. This sum of money made a difference in the lives of the orphans. We budgeted and purchased food stuff for Christmas and for the next two months. We also bought mosquito nets and other basic needs like soap. We thank all the donors who put a smile on the faces of the children.

We have used the donation to spread the gospel of love in our community. It has made a difference in the lives of the children and is a life transforming agent for the community. The children are now having three meals a day, which has not been the case most of the time. All these we give glory to God.

Words may not express our deepest appreciation, but we are humbled and grateful for the support. We are sending our prayers and love to you, the Rev. Jennie Leahey and everyone who donated and to those who are still donating to support Shalom orphans. We look forward to continuing in long-term partnership in God's mission.

Thank you so much.

Sincerely,

The Rev. Carolyn Adhola, On behalf of Shalom Orphans Rescue Center



Our partnership with ALIVE! is ongoing and a vibrant part of our outreach in the local community. We budget an annual monetary donation, for which we received a wonderful thank you from ALIVE!. In addition, we participate in their annual StepALIVE! Walkathon and collect weekly donations help supply their food pantry.

For the month of January we will focus on canned fruits and vegetables as well as items for their backpack ministry for school children in need of snacks throughout the day. Please bring your donations with you on Sunday mornings. Only food in plastic bottles and cans that has not expired can be accepted.

Children and Youth Formation

In addition to our weekly Godly Play gatherings during the service, our children engaged in a few service opportunities in November and December and enjoyed playing a role in the Christmas Eve Pageant at the 4:00 service. It was a busy and fun time for the little ones.

Blessing Bags Children's Outreach

As a pre-Thanksgiving outreach project, the children of Emmanuel gathered supplies and packed over 100 "Blessing Bags" for unhoused neighbors in our community. Items placed in the bags included: meat sticks, soft granola bars, bottled water, trail mix, fruit squeezes, lip balm, lotion, bandages, and cotton socks. These bags are still available in the narthex (to the right of the pew in a large Tupperware box). The box will be replenished as needed, so please take as many as you would like to distribute to those in need – your car is a great place to keep several!

Thank you to all the children, their families, and all who participated in this outreach project, and to everyone who donated supplies; it takes a village! Watch this space, as we will be gathering/packing another round of Blessing Bags in the spring.



Christmas Card Writing

On December 10 many of the children joined in an intergenerational project to sign Christmas Cards for those in our Emmanuel Community who are homebound, lost a loved one, or just in need of some extra outreach. It was fun to see so many people with heads bent over the tables signing cards.

McDonald's Gift Cards

As I has mentioned during worship announcements, it is a privilege to join with you all in the distribution of my ordination discretionary fund to those in need within our community. In this regard, until the funds run out, I will have available after worship \$15 McDonald's gift cards for those who wish to distribute them to those in need of a warm meal. I will say that your response thus far has been absolutely overwhelming, and I am thrilled that so many of you would like to participate in this ministry! Thank you for your help in caring for those in need.



Our youth in grades 5—12 have been meeting twice a month to enjoy fellowship, formation, and service. A Friendsgiving boasted many great food items and the families of the youth gathered along with their kids for some holiday cheer at the Piemonte home. It was a great opportunity for families to connect.

In January the youth will join with other regional church groups in a worthwhile service project. Continue reading to learn about a need right here in Alexandria.

Tucked away in downtown Alexandria is Casa Chirilagua, a Latino community where a Christian non-profit organization has been established to support local families and their children. Weekly programs such as Kids Club, Teens Club, Casa to College, mentoring/leadership programs, and a neighborhood food pantry provide support and care to families within the community, all in the name of Christ's love and community.

As part of a Regional EYC event (including teens from Emmanuel, St. Paul's, Christ Church, Grace, and Immanuel Church on the Hill), CHAOS will have the opportunity to engage with the Casa community and its



residents, as well as other local youth. This group of teens will gather mid-January to learn more about Casa through a shared educational evening, in anticipation of providing dinner service within the community at the end of January. Following dinner, our students will have the chance to chat with members of the Casa Chirilagua community – to hear their stories, and to make connections with Christian siblings they might never otherwise come to meet.

This is an exciting opportunity for our youth, and for EEC to deepen and strengthen our relationship with the Casa community. For more information about Casa Chirilagua, its programs, or how to be involved, please visit their website at www.casachirilagua.org.

\$\$\$ and Sense

A Message from Administration:

Making the Best Payment Choice to Fulfill Your 2024 Pledge

How much of your pledge actually goes to supporting Emmanuel?

When deciding on a payment method to fulfill your pledge, we realize parishioners consider many things like convenience, credit card points and the faithful feeling of tithing on a weekly basis. But some options come at a cost to Emmanuel.

Did you know that if you fulfill your pledge with a credit card payment, the bank charges Emmanuel a per transaction fee and a percentage of the charged amount?

An annual pledge of \$2,500 paid weekly with a VISA card costs Emmanuel \$79.19 in fees.

In 2023 Emmanuel incurred \$4,375 in bank and credit card fees from online donations that did not cover the cost. That's almost 1% of our total budget.

As we start a new year, please consider one of these payment option that is more cost effective for Emmanuel and delivers 100% of your pledge to the church.

- A need to tithe on a weekly basis: a good old fashion paper check placed in the collection basket at a Sunday service is the best choice. Paper checks are no cost to Emmanuel to process.

- Want convenience: set up a monthly automatic bill payment with your bank. Checks mailed to Emmanuel directly from your bank are no cost to you or us to process.

- Still want the credit card points: when you set up your payments in e-giving, check the box that asks you to "cover" the fees associated with the transaction. Consider monthly or quarterly payments which will reduce the per transaction fee charge.

If 50 parishioners who pledge \$1,200 annually went from weekly credit card payments to a monthly automatic payment set up with their bank, Emmanuel would have an additional \$2,536 to put toward our annual ministries and activities.

If you have questions or need assistance adjusting your payment method, [Janie](#) would be happy to help

2024 Annual Giving Campaign a Success!

As we wind down our annual giving campaign for the coming year, we are extremely grateful to all who have pledged. Your pledges allow us to responsibly budget our expenses for 2024.

How we did this year:

- As of this writing we have achieved 103% of our annual giving goal!
- Approximately 89% of the families on our active list pledged for 2024.

Thank you to all who have pledged their support for the coming year!

Paula & John Ajello	Jennifer Wilson &	Rachel & Mark Kliever	Peggy Piemonte
Mary & Ian Alberg	Brandon Daigle	Sarah & David Kolo	Betsy & Rob Porter
Bill Allison	John & Maria Deasy	Jane Kolson	Pauline Porter
Dawnita & Sylvan Altieri	Torrence Delawie	Nancy Kuhn	Anna Mary Portz
Elizabeth & Tom Anderson	Vonda & Greg Delawie	Kathleen & Timothy LaDonna	Louise Potter
Kara & Dave Anderson	Laura Bishop & Nan DeRenzi	Jeanie & Gene Lange	Grace & David Pratt
Katie & Lee Anderson	Eileen O'Brien & Chuck Dervarics	Jim Larsen	Megan & John Read
Phillip & Ashley Ash	Mandy & Tyler Dorn	David & Jen Leahey	Anne & Brett Reinke
Kate & Brian Bartholomay	Eddie Drawdy	Bonnie Lilley	Laura & Thomas Rigby
Christina & Stewart Bartley	Kelly & Joe Dresen	Louise & Lowell Livinghouse	Sandra Robbins
Ashley & Michael Beale	Nancy Dupree	Maria Soledad Pellegrini &	Joani Rodano
Lola Beggs	Gail & Ron Eger	Timo Lorenzen-Schmidt	Jenn Ellis & John Rowney
David & Julie Berarducci	Sean Ellis	Linda Lowery	Doris Rudolph
Ruth & Tom Bilodeau	Max Scharrenbroich &	John Maass	Amy & Adam Schildge
Heidi & Richard Bogacz	Kate Erklauer	Laura & Gian Macone	Joan Schindel
Beth & Frank Boland	Marion Ervine	Larry Malamphy	Alicia Hosmer & Jason Schmauder
Jim Bradley	Sandy & Frank Esquivel	Meredith Martino	Sarah & Jason Scofi
Krista & Ryan Bredemeier	Megan Faherty	Sally & David Masri	Kim & Joe Scott
Kathy Brown	Jeanne & Bob Feden	Elizabeth & Chris Massey	Monica & Armagan Selcik
Travis Brown & Jessica Wile	Tim & Sarah Feighery	Jacqueline & Patrick Matlock	Marissa & Christian Simpson
Judi & Tony Brush	Toby & Oscar Fitzgerald	Lauren Maxey	Stacey & Donald Simpson
Joy Burwell	Bridget & Aaron Flaaen	Chuck McCoart	Audrey & Richard Smith
Amelie & Charles Cagle	Anne Seville & Rob Flax	Kathleen McCulloch	Louise & Frank Snyder
Joseph Canny	Barbie Frank	Carter McDowell	Joyce & Ed Soyster
Walter Carlton	Mary Ann & Geoff Frank	Brian & Vanessa McEntire	Olga Thomas
Beth Tuttle &	Paulette & Doug Garthoff	Emily McNaughton	Patricia Barbarowicz &
Bob Carragher	Bettina Gehring	Catherine & Nicholas Miliaras	Charles Thomas
Theresa McCarthy &	Jenny & Joseph Gesley	Nieta & Sandy Morrison	Donna Thompson
Pete Chandler	Pat Hadley	Dani Murray	Sharon Thompson
Georgie Chisholm	George Tuttle & Barbara Harslem	Lucy Mustin	Elizabeth & Nicholas Thottam
Suzana Chowdhury &	Holly & Steve Hartell	Megan Shiley & Regina Natale	Marilyn Tulloch
Andy Chris	Sarah Hastings	Nancy Widmer &	Pat Tyler
Brigid & Jim Christenson	Bayanne & James Hauhart	David Newcomb	Meredith & Doug Wade
Juliana Pearson &	Barbara Huffman	Kerin Ord	Gretchen & Kerry Walzl
Brian Clapp	Beth Jarrett	Kay Parker	Douglas Weber
Karen Coda	Beth Jarvis	Joani Peacock	Kevin Werthmann
Mary Lou Collins	Jennifer Jones & James Kaelin	Lauren & Ryan Peay	Ann Wheaton
Meghan & Charles Cote	Phil & Mary Kasik	Pete Petersen	Catherine & Doug Wheeler
Peter & Ginger Courtney	Sue Kenny	Kristin & Steven Pfeiffer	Rance Willis
Susan & Leo Cruz	Courtney & Scott Keplinger	Janie & Mike Piemonte	Margaret & Brett Wohler

Holiday Fun and Fellowship 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
Marilyn 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 Rainbow 4/5's

HAPPY NEW YEAR!! What a fun year we have had in the Rainbow Four/Fives class. We began the year getting to know our new friends and learning our classroom routine. We start our day on the playground "signing in" with our name sticks and eagerly checking our job chart. We each have a job that rotates daily - some of our favorites are gardener, electrician, soap/sanitizer dispenser, weather person, and of course, photographer. We love to find worms on the playground, play BINGO, have scavenger hunts and obstacle courses. Reading and laughing with our friends are the best! We enjoy Yoga with Ms. Meghan and Music and Movement with Ms. Carmen. We especially love singing The Butterfly Song with Reverend Jen at Chapel. At Halloween we wore our costumes to school and paraded for the whole school before heading outside to continue the fun around the block for our families. Boy! If you could have seen the paparazzi! We had our Thanksgiving Feast in the Parish Hall and finished the year singing Rudolph, the Red-Nosed Reindeer and Santa Claus is Coming to Town at our Christmas show. It has been such a fun year and we cannot wait to see what comes next!

Cappie Stiers, Amy Ernst, and Annie Reynolds



The preschool started 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.