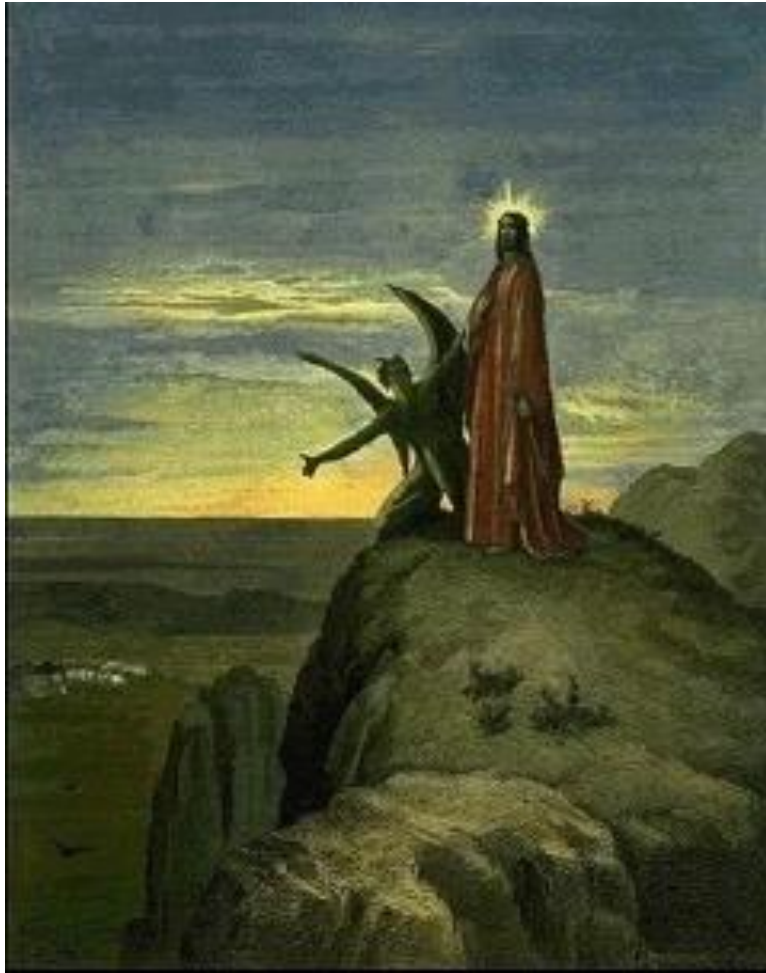


**First Sunday in Lent
March 9, 2025
10:00 am**



Emmanuel Episcopal Church

Welcome to Emmanuel!

We are a welcoming community where the dignity of every human being is respected, and we are so very happy you are here. Everything you need to participate in today's service can be found in this bulletin – the people's parts appear in **bold type face**.

A special welcome to our visitors! Please consider filling out a visitor card found on the table behind the back pew, or in the vestibule; your completed card can be placed in the offering basket or handed to an usher. Our clergy look forward to personally welcoming you.

Do you require accommodations during your time at Emmanuel? *Magnifying Lenses* are available to help with what may be considered small print in the bulletin and *ear plugs* for those sensitive to the crowd or music volume. A *Sensory Basket* can be found in the narthex containing noise cancelling headphones, a picture schedule for Holy Eucharist, as well as other sensory items. If you need use of our *Quiet Space*, please let an usher know. *If you require other specific accommodations, please let us know – we are happy to help make your worship experience more comfortable.*

If you are curious about what it means to be a Christian in the Episcopal tradition, we invite you to contact our Associate Rector, Rev. Jennie M. Leahey, who would love to chat with you and answer any questions you might have (revjen@emmanuelonhigh.org).

For families:

Please visit our *Children's Corner* – located in the corner of the narthex – for items your child might need throughout the service. Children's bulletins, worship bags, and laminated children's worship schedules are available; please return these items at the conclusion of the service for reuse.

Nursery service is available for children up to 4 years of age every Sunday from 9:00 am to 11:30 am. Please see an usher for directions to the nursery. The nursery is closed July, August, and occasional church holidays.

Godly Play, EEC's children's formation curriculum, is offered for children ages pre-K through 5th grade during the 10:00 am worship service (academic year only). Following the Collect of the Day, participating children may follow the crucifer carrying the cross to the parish hall for formation; they will return at The Peace.

2024-25 Program Calendars

Children's Faith Ministry *CHAOS*



Emmanuel Episcopal Church records sounds, images, and video at its services and events. If you and your child(ren) are in attendance, you will be part of these recordings and videos. These recorded images may be used in church publications, marketing, and promotional material, and on web and social media sites operated by the Emmanuel Episcopal Church.

*For more information about Emmanuel's people and/or programs,
please visit us on the web at: emmanuelonhigh.org*

First Sunday in Lent

Prelude

Processional Hymn 688

A Mighty Fortress is Our God

Ein feste Burg



1 A might - y for - tress is our God, a sword and shield vic -
2 No strength of ours can match his might! We would be lost, re -
3 Though hordes of dev - ils fill the land all threat - 'ning to de -
4 God's Word for - ev - er shall a - bide, no thanks to foes, who



to - rious; he breaks the cruel op - pres - sor's rod and
ject - ed. But now a cham - pion comes to fight, whom
your us, we trem - ble not, un - moved we stand; they
fear it; for God him - self fights by our side with



wins sal - va - tion glo - rious. The old sa - tan - ic foe
God him - self e - lect - ed. You ask who this may be?
can - not o - ver - pow'r us. Let this world's ty - rant rage;
weap - ons of the Spir - it. Were they to take our house,



has sworn to work us woe! With craft and dread - ful might
The Lord of hosts is he! Christ Je - sus, might - y Lord,
in bat - tle we'll en - gage! His might is doomed to fail;
goods, hon - or, child, or spouse, though life be wrenched a - way,



he arms him - self to fight. On earth he has no e - qual.
God's on - ly Son, a - dored. He holds the field vic - to - rious.
God's judg - ment must pre - vail! One lit - tle word sub - dues him.
they can - not win the day. The king - dom's ours for - ev - er!

The Holy Eucharist

A Penitential Order: Rite Two

Please stand as you are able.

Celebrant Blessed be God who forgives all our sins.

People **God's mercy endures for ever.**

The Decalogue

Hear the commandments of God to his people:

I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

Celebrant Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

The Confession

Celebrant Let us confess our sins against God and our neighbor.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Hymn WLP 835

Kyrie

Pearson



The Word of God Book of Common Prayer p. 355

The Collect

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray. Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

At this time children ages pre-K through 5th grade are invited to follow the crucifer into the Parish Hall for Godly Play. They will return at the peace.

The Lessons

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Psalm 91:1-2, 9-16

Qui habitat

He who dwells in the shelter of the Most High,
abides under the shadow of the Almighty.

**He shall say to the Lord, "You are my refuge and my stronghold,
my God in whom I put my trust."**

Because you have made the Lord your refuge,
and the Most High your habitation,

**There shall no evil happen to you,
neither shall any plague come near your dwelling.**

For he shall give his angels charge over you,
to keep you in all your ways.

**They shall bear you in their hands,
lest you dash your foot against a stone.**

You shall tread upon the lion and adder;
you shall trample the young lion and the serpent under your feet.

**Because he is bound to me in love, therefore will I deliver him;
I will protect him, because he knows my Name.**

He shall call upon me, and I will answer him;
I am with him in trouble; I will rescue him and bring him to honor.

**With long life will I satisfy him,
and show him my salvation.**

A Reading from Paul's Letter to the Romans

Romans 10:8b-13

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Please stand as you are able.



1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -
 2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness
 3 Spi - rit of our God, de - scend - ing, fill our hearts with



pes - tuous sea; guard us, guide us, keep us, feed us,
 thou dost know; thou didst tread this earth be - fore us;
 heaven - ly joy; love with ev - ery pas - sion blend - ing,



for we have no help but thee, yet pos - ses - sing
 thou didst feel its keen - est woe; yet un - fear - ing,
 plea - sure that can nev - er cloy; thus pro - vid - ed,



ev - ery bless - ing, if our God our Fa - ther be.
 per - se - ver - ing, to thy pas - sion thou didst go.
 par - doned, guid - ed, noth - ing can our peace des - troy.

The Gospel

Luke 4:1-13

Celebrant The Holy Gospel of our Savior Jesus Christ according to Luke.
People **Glory to you, Lord Christ.**

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Celebrant The Gospel of the Lord
People **Praise to you, Lord Christ.**

Please be seated.

The Homily

The Rev. Charles C. McCoart, Jr.

Please stand as you are able.

The Nicene Creed

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.**

**For us and for our salvation
he came down from heaven:
was incarnate of the Holy Spirit and the Virgin Mary,
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Prayers of the People

I ask your prayers for God's people throughout the world; for our Bishops; for this gathering; and for all ministers and people. **Pray for the Church.**

I ask your prayers for peace; for goodwill among nations; and for the well-being of all people. **Pray for justice and peace.**

I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison especially Patricia, Randy, Steve, Igor, Kathy, Laurence, Richard, Ann, Susan, Emmy, Diane, James, Claudia, Hayden, Will, Tony, Dave, Nancy, Maryann, Chad, Mary, Cindy, Tim, Lora, Danielle, Fred, Mark, George, Kellie, Hayes, Kathy, Eileen, John, and Mareya. **Pray for those in any need or trouble.**

I ask your prayers for all who seek God, or a deeper knowledge of him. **Pray that they may find and be found by him.**

I ask your prayers for the departed, especially Holly B. Clarke and Susan S. Arrison, friends of Emily McNaughton. **Pray for those who have died.**

Praise God for those in every generation in whom Christ has been honored. **Pray that we may have grace to glorify Christ in our own day.**

Celebrant Hasten, O Father, the coming of thy kingdom; and grant that we thy servants, who now live by faith, may with joy behold thy Son at his coming in glorious majesty; even Jesus Christ, our only Mediator and Advocate. **Amen.**

The Peace

Celebrant The peace of Christ be always with you.

People **And also with you.**

Please be seated.

Welcome and Announcements

Offertory Sentence

Celebrant But do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Thank you to all who support our church and ministry to our parish members and broader community. If you do not already support our efforts we invite you to please place your contribution in the offertory collection basket passed by the ushers during the service, go to Emmanuel's website to give electronically, www.emmaneulonhigh.org, or mail your contribution to the church office.

Offertory

“Now, Even Now, Declare a Fest”

Kevin Hildebrand

Please stand as you are able and remain standing for The Great Thanksgiving.

Praise God through-out these for - ty days. Praise

Christ, our Lord, whom God did raise. And praise the Spir-it who im -

parts God's love in Christ in - to our hearts. A - men.

The Holy Communion

The Great Thanksgiving

Eucharistic Prayer A

The people remain standing. The Celebrant faces them and says

- Celebrant* God be with you.
People **And also with you.**
Celebrant Lift up your hearts.
People **We lift them to the Lord.**
Celebrant Let us give thanks to the Lord our God.
People **It is right to give God thanks and praise.**

Then, facing the Holy Table, the Celebrant proceeds

It is a right and good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth; You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

Sanctus S129

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, hea - ven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est. _____

Then the Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the maker and preserver of all people. Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

Then the Celebrant continues

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom. All this we ask through your Son, Jesus Christ our Savior: By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **Amen.**

The Lord's Prayer

Celebrant And now, as our Savior Christ has taught us, we are bold to say

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

Fraction Anthem 157

O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the
sins of the world, grant us thy peace.

The Invitation

Celebrant Come to this altar, you who have much faith and you who would like to have more; you who have been here often, and you who have not been here for a long time; you who have tried to follow Jesus, and you who have failed. Come, it is Christ who invites us to meet him, here. **Amen.**

All who seek God and are drawn to Christ are welcome to Holy Communion. At the 8:00 am service, please kneel at the communion rail to receive Holy Communion. At the 10:00 am service please follow usher instructions and stand in two lines in front of the sanctuary to receive.

Hold out your hands to receive the sacrament. The common cup is offered to those wishing to receive in both forms. You may drink from the cup or say "dip" for the minister to intinct the host in the chalice and then place it in your hands. If you choose not to receive the cup, simply

pass by the chalice bearer and return to your pew. To receive in one kind only is still full communion with Christ.

Gluten free wafers are available; please say “gluten free” when you are offered the sacrament. Grape juice is available for those who prefer it to wine. When you approach the chalice bearer, please say “juice”.

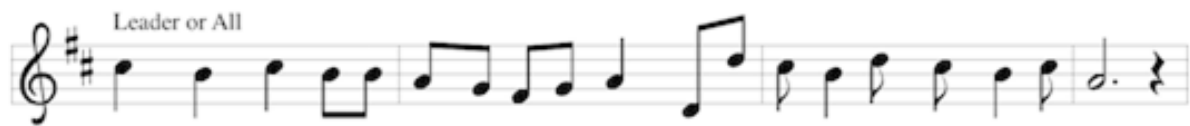
If you wish to receive a blessing instead of Holy Communion, please cross your arms over your chest to indicate you would prefer a blessing instead.

If you wish to receive Holy Communion in your seat, please notify an usher.

Communion Hymn WLP 810

On Eagle's Wings

Joncas



1 You who dwell in the shel-ter of the Lord, who a-bide in this shad-ow for life,



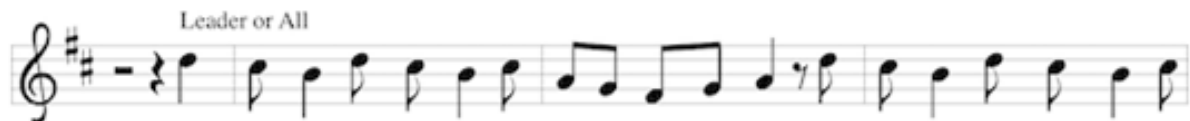
say to the Lord: "My ref - uge, my rock in whom I trust!"



And he will raise you up on ea-gle's wings, bear you on the breath of dawn,



make you to shine like the sun, and hold you in the palm of his hand.



2 The snare of the fowl-er will nev-er cap-ture you, and fam-ine will bring you no



fear; un-der God's wings your ref-uge, with faith-ful-ness your shield.

Leader or All
3



3 You need not fear the ter-ror of the night, nor the ar-row that flies by

Refrain

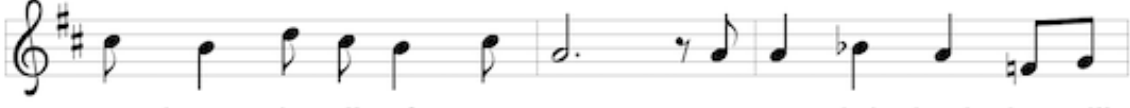


day; though thou-sands fall a - bout you, near you it shall not come.

Leader or All
3



4 For to the an-gels God's giv - en a com-mand to



guard you in all of your ways; up - on their hands they will



bear you up, lest you dash your foot a - gainst a stone.

1. Pre - cious Lord, take my hand, lead me on, let me
 2. When my way grows drear, pre - cious Lord, lin - ger
 3. When the dark - ness ap - pears and the night draws

stand, I am tired, I am weak, I am worn; _____
 near, when my life is al - most gone; _____
 near, and the day is past and gone; _____

— through the storm, through the night, lead me on to the
 — hear my cry, hear my call, hold my hand, lest I
 — at the riv - er I stand, guide my feet, hold my

light, take my hand, pre - cious Lord, lead me on. _____
 fall, take my hand, pre - cious Lord, lead me on. _____
 hand, take my hand, pre - cious Lord, lead me on. _____

Please stand as you are able.

The Post-Communion Prayer

Celebrant Let us pray.

Celebrant and People

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food, in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Blessing

Celebrant Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord.

People **Amen.**

Go for-ward, Chris-tian sol-dier, be - neath his ban - ner true:
 Go for-ward, Chris-tian sol-dier, fear not the se - cret foe;
 Go for-ward, Chris-tian sol-dier, nor dream of peace - ful rest,
 Go for-ward, Chris-tian sol-dier, fear not the gath-ering night:

the Lord him - self, thy Lead - er, shall all thy foes sub - due.
 far more o'er thee are watch - ing than hu - man eyes can know:
 till Sa - tan's host is van - quished and heaven is all pos - sessed;
 the Lord has been thy shel - ter; the Lord will be thy light.

His love fore - tells thy tri - als; he knows thine hour - ly need;
 trust on - ly Christ, thy Cap - tain; cease not to watch and pray;
 till Christ him - self shall call thee to lay thine ar - mor by,
 When morn his face re - veal - eth thy dan - gers all are past:

he can with bread of hea - ven thy faint - ing spi - rit feed.
 heed not the treach-erous voic - es that lure thy soul a - stray.
 and wear in end - less glo - ry the crown of vic - to - ry.
 O pray that faith and vir - tue may keep thee to the last!

Dismissal

Celebrant Let us bless the Lord.
People **Thanks be to God.**

Postlude

Our Sunday service here has ended: our service in the world has just begun.

Ministry of Worship for March 9

10:00 AM

Celebrant & Homilist: The Rev. Charles C. McCoart, Jr.

Music Director: Ryan Fitch

Music: Adult Choir

Acolyte: Thomas Cruz

Bell Ringer: TBD

Reader: Joan Rodano

Prayers & Chalice: Beth Boland

Chalice: Meredith Wade

Ushers: Chuck Thomas, Pat Barbarowicz

Counters: TBD, TBD

Stream Team: Will Reinke

Altar Guild: Christina Bartley, Irene Harris, Brigid Christenson, Gail Eger

Vestry Greeter: Anne Reinke

Coffee Hour Hosts: Louise Potter, Georgie Chisholm

Ministry of Worship for March 16

10:00 AM

Celebrant & Homilist: The Rev. Jennie M. Leahey

Music Director: Ryan Fitch

Cantor: Theresa Severin

Music: Handbell Choir

Acolyte: Camilla Dorn

Bell Ringer: TBD

Reader: Mandy Dorn

Prayers & Chalice: TBD

Chalice: TBD

Usher: Tyler Dorn

Counters: Tyler Dorn, TBD

Stream Team: Will Reinke

Altar Guild: Peggy Conner, Kim Scott, Susan Cruz, Rachael Cruz, Sarah Hastings

Vestry Greeter: Anne Reinke

Coffee Hour Host: Meredith Martino

We Are Here for You

Emmanuel Church is a community of faith which seeks to nurture and support individuals and families in every stage of life and circumstances. If you or a member or your family are in need of prayer or letters of encouragement, assistance with meals or transportation, or any other kind of support, please contact Nancy Dupree, Chair of the Compassionate Care Team at nsdupree@live.com.

Did You Know?

... that it is Episcopal tradition to “hide the shiny” during Lent? Throughout the penitent season of Lent – from Ash Wednesday through Holy Saturday – TEC liturgical tradition is to put away all things that represent rejoicing, allowing us to focus our hearts, minds, and spirits on the piety and humility of the Lenten season. We see this concept reflected audibly, by the removal of the spoken and sung “Alleluias” within worship services, but as also see it visibly represented in the veiling of crosses and the use of clay communion vessels, rather than our traditional silver sets.

Sources attest to the custom of Lenten veiling by the tenth century in England, and similar customs existed in continental Europe from at least the ninth century. For example, Hildemar of Corbie (a monk who spent time in monasteries in both France and Italy) wrote that liturgical elements suggestive of “joy and happiness,” including “vestments and other delights,” should be removed during Lent. He understands this practice to be the rule of “the Holy Fathers,” i.e., to be ancient tradition.

The color of the cross veils change with the liturgical colors: purple until Holy Week, red for Palm Sunday, and black Maundy Thursday through Holy Saturday. This practice is observed as a meaningful symbol to bring worshippers closer to the celebration of the Passion, Death, and eventually the Resurrection of Jesus Christ. Ultimately, by restricting our vision of the glorious crosses, and the shimmering silver communion vessels, the glory of the risen Christ will be amplified at Easter Sunday services, when the shining words and items are restored.

As we enter Lent, there's an opportunity for everyone to add a Lenten practice. Emmanuel offers four weekday services to choose from.

Weekday Worship Services

Wednesday Morning Holy Eucharist Held at 11:00 am in the chapel.

Daily Offices These are offered via Zoom (Zoom.us)

See the links below for specific services; links will also be in the Thursday e-news.

Monday Morning Prayer 8:00 am – Meeting ID: 86897298151 Passcode: 666629

Tuesday Evening Prayer 5:30 pm – Meeting ID: 89949956707 Passcode: 047544

Thursday Compline 9:00 pm – Meeting ID: 84727433610 Passcode: 100209

Announcements

Alphabet Soup: QCDs, IRAs, RMDs, and Four Easy Ways to Include

Emmanuel in Your Estate Plan Jane Kolson, Parishioner and Senior Planned Giving Advisor for George Washington University will be presenting information to the congregation regarding using Required Minimum Distribution (RMD) to benefit both your taxes and Emmanuel **TODAY**, at 11:00 am. Grab a cup of coffee beforehand and head down to the Memorial Room for this forum.

Experiencing Passiontide through the Visual Arts; an Adult Spiritual

Formation Lenten Program Margaret (Peggy) Adams Parker, a liturgical artist and theological educator, will lead us in a discussion of the ways that visual images can help us as we turn our eyes and hearts toward Holy Week. In our first session, we'll look at images from across centuries and cultures that depict Christ's Passion. We'll reflect on how these works of art might enlarge our understanding of the Biblical narrative and deepen our experience of the liturgies of Holy Week. In our second session, we will explore together the ancient devotional practice of praying the *Stations of the Cross*. We'll look at the history of this spiritual discipline and ponder the reasons we might pray the Stations. Peggy will speak about what led her to create two sets of *Stations*. Join us Mondays, **March 17 and 24**. We'll offer food/snacks at 6:30 pm, followed by Peggy speaking at 7:00 pm for about 45-60 minutes and then opening the floor to any Q&A. To learn more about Ms. Parker go to www.margaretadamparker.com

A Penitential Prayer Book – An Invitation to a Holy Lent The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

Beginning on Ash Wednesday, we invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by daily readings and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

This Prayer Book can be found at www.emmanuelvoices.org.

Family Lenten Bingo Between Ash Wednesday and Easter Sunday, caregivers and kids can work together to participate in - and cross off - five Lenten activities in a row for BINGO! Or even better, try to cross off as many items as they can! Paper cards are available in the narthex or print your own from the EEC website – scroll down to the bottom of the home page to “Upcoming Events”. While this activity is designed for families, all are certainly welcome to participate! Completed cards can be given to Rev. Jen the Sunday after Easter in exchange for a prize.

Help Support the Children's Ministry's 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 (like macaroni & cheese, pasta cups, or soup)
- Tuna/chicken salad and cracker snack packs
- Goldfish/cracker snack packs
- Single-serve fruit cups
- Ramen

Please put your donations in the basket in the church vestibule. THANK YOU for helping the children provide for their peers in need!

Bag Lunch Program – Call for Volunteers Emmanuel has been a mainstay of the bag lunch program for decades and these days is one of eight churches supporting this ministry year-round at Meade Memorial Church in Old Town. Our team provides 250 lunches a week, eight weeks a year. Some of our volunteers make sandwiches at home, others assemble the lunches in the church kitchen (a sandwich plus applesauce, chips, and water supplied by Emmanuel), and others take the lunches to Meade Memorial and serve them to anyone in need. Unfortunately, food insecurity is still a problem in Alexandria. Providing these lunches remains an invaluable service to the community.

We welcome new volunteers--to make sandwiches, assemble lunch bags, and/or deliver and serve them! Contact Karen Coda, coda.karen@gmail.com, for more information or to join the team as a regular or a sub.

ALIVE! Furniture Delivery – Call for Volunteers On Saturday, **March 22**, Emmanuel will be assisting ALIVE! with delivering donated furniture to families in need in the Alexandria area. This is a wonderful opportunity to make a meaningful difference in a family's day-to-day life in just a few hours of time. Many ALIVE! clients are refugees, people leaving incarceration, or restarting their lives after experiencing homelessness.

Volunteers assist by riding along with ALIVE! coordinators and picking up furniture from donors' homes and delivering it to recipients the same day. Volunteers will ideally be able to lift 30 pounds, but if you would like to open doors, carry pillows, or help the ALIVE! driver navigate you can volunteer, too! Children and teens 12+ are welcome but must be supervised by an adult. Waiver forms are required for all volunteers.

Volunteers will need to arrive at 801 South Payne Street at 8:00 am and will finish around 1:00 pm. Please reach out to Carolyn Jones if interested in volunteering (carolyn.rachel@gmail.com or 978-886-2421).

Refugee Ministry Update We began helping the Hussainzada family from Afghanistan resettle in Alexandria in January 2022. The family is comprised of a mother and her daughter and three sons. All are adults, have housing, and are gainfully employed. Some of them speak English well, while others are working hard to become fluent. All have mastered their transportation needs although it is a constant challenge. One member of the family would like to be a child-care worker. One would like to teach mathematics and/or engineering. One would like to go to college and eventually teach mathematics. One would like to study pharmacology and become a pharmacist. The last member of the family dreams of attending community college. While they are grateful to be able to live here they all miss other members of their family and hope for the day when they can all be together again.

Our Refugee Ministry is made up of one member of our parish, Megan Coté, and a parishioner from Christ Church Episcopal in Old Town. They need and would welcome more volunteers to help them to be of service to the family. If you would like to help, reach out to Meghan at meghancote@me.com. Some ways in which you could help include transportation support, food pantry shopping and delivery, and basic day to day navigation of more complex tasks like taxes and car maintenance. Thank you for keeping the Hussainzada family and our Refugee Ministry in your prayers. We continue to pray for them as well as all the people who have left their homes and countries to make a new home in our country.

CHAOS Thanks You Thank you to ALL who have contributed to the CHAOS Summer Mission Trip Fundraisers over the past three months. Your generous financial contributions will go directly to housing, meals, transportation, and other items required to make a week-long work trip to Western VA possible. The eight teens and three chaperones participating in this unique ministry opportunity are so deeply appreciative of your support! We look forward to Sunday, July 13, when our congregation will commission this group to go forth, to love and serve in Christ's name.

Shrine Mont Retreat: Registration Open! We're going to "The Mountain" **May 2-4!** 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. Are you new to Emmanuel or our annual retreat? Ask any parishioner about this EEC tradition and learn what this special weekend away is all about.

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 with our guitar group.
- Saturday adult program, this year facilitated by Kirk Gibson.
- Saturday program for children, usually entails some nature and arts and crafts.
- 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 is now open. 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 the Thursday 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. Scholarships are available – talk to Chuck.

Contact lijoescott@gmail.com, for more information or with questions.

Emmanuel Prayer List

When you pray for your loved ones, you don't really need words. If a loved one is in need of healing, remember the story of the four friends holding up their paralyzed friend on a mat before Jesus. Without words, just imagine holding your loved one before Jesus. It can be very hard work. But they didn't give up. And neither should we. -Br. Geoffrey Tristram

Patricia Adams – friend of Sally Masri, late-stage multiple myeloma

Randy Aumsbaugh – friend of Donna Thompson, battling cancer

Steve Beggs – son of Lola and Ham Beggs, at home rehabilitating from a traumatic brain injury

Igor Bosnjak – parent of EPS family

Kathy Bosse – friend of Doris Rudolph, diagnosed with breast cancer

Laurence Britt – son of Barbara Huffman, requesting prayers for healing

Richard Brown – friend of Doris Rudolph, being treated for a brain tumor

Susan Connolly – friend of Gail Eger, waiting for a liver transplant

Emmy Cresky – friend of Donna Thompson, fighting breast cancer

Diane Fetters – friend of Nancy Kuhn, in hospice care

James Epes Grigg – father of Jane Grigg, battling health issues

Claudia Faherty – mother of Bridget Flaaen and Meghan Faherty, for healing

Hayden Hopkins – friend of Kate Bartholomay, in need of a heart and kidney transplant

Will Johnson – grandson of a friend of Doris Rudolph, battling drug addiction and other medical issues

Tony Kasik – son of Mary & Phil Kasik, living with chronic heart disease

Nancy Kuhn – multiple myeloma

Maryann McGarry – friend of Doris Rudolph, cancer recurrence

Chad Schantz – nephew of Nan DeRenzi and Laura Bishop, continuing cancer treatment

Mary Scichili – mother of Kare Anderson, undergoing immunotherapy for melanoma

Tim Slade – friend of Hayes Willingham, in treatment for cancer

Lora Smolenski – sister of Amy Ernst, suffering with leukemia

Danille Thalmann – niece of Gail Eger, in treatment for cancer

Fred Thalmann – brother of Gail Eger

Mark Turner – brother-in-law of Hayes & Jode Willingham, undergoing treatment for cancer

George Tuttle – husband of Barbara Harslem, major health problems

Kellie Valentine – friend of Judi Brush, being treated for breast cancer

Hayes Willingham - expecting a baby in May

Kathy Woodley – friend of Sally Masri, blood and kidney cancer

Eileen

John – son of Donna Thompson

Mareya – friend of Doris Rudolph, at 16 years old, diagnosed with type 1 diabetes

For Holly B. Clarke and Susan S. Arrison, friends of Emily McNaughton, who have died and now rest peacefully in heaven.

For the Hussainzada family from Afghanistan supported by our Refugee Ministry.

We pray for the ALIVE! family, for all staff, volunteers, supporting congregations, donors, and the individuals and families who receive aid through ALIVE!'s programs.

In the Virginia Cycle of Prayer, we pray in thanksgiving for the congregations, clergy, and staff of Grace in Casanova, St. John's in Arlington, and St. Partick's in Falls Church.

In the Anglican Communion of Prayer, we pray for The Church of Canada.



Clergy and Staff

The Rev. Charles C. McCoart, Jr., *Rector*
The Rev. Jennie M. Leahey, *Associate Rector*
Mr. Ryan Fitch, *Director of Music*
Ms. Sandy Esquivel, *Parish Administrator*
Ms. Karen O’Hern, *Administrative Assistant*
Mr. David Leahey, *Communications & IT Manager*
Mr. Tim Sullivan, *Facilities Manager*
Ms. Nicole Crochet, *Preschool Director*
Ms. Lilian Urrea, *Nursery* · Ms. Jeni Rivera, *Nursery*

2025 Vestry

Mr. Anne Reinke, *Senior Warden* · Ms. Laura Bishop, *Junior Warden*
Mr. Bob Carragher · Mr. Leo Cruz · Ms. Nancy Dupree · Ms. Nancy Kuhn
Ms. Lauren Maxey · Ms. Emily McNaughton · Ms. Kerin Ord · Ms. Pauline Porter
Ms. Doris Rudolph · Mr. Christian Simpson · Mr. Chuck Thomas
Ms. Sarah Kolo, *Clerk* · Mr. Gene Lange, *Treasurer*



Office Hours

10:00 am to 2:00 pm (Monday–Friday)

Pastoral Emergencies

Rev. McCoart 703-795-5231

Visit us on social media:

 @Emmanuel Episcopal Church, Alexandria
 @emmanuelepiscopalax

