

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



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A Note from Chuck

Happy New Year Everyone!



It seems like a million years ago that I was first introduced to a poem by Howard Thurman. I was a social work student in the '80's and a professor of mine introduced me and my classmates to Thurman's work, and told us that Thurman also influenced Dr. Martin Luther King, Jr.

Thurman lived a long life while he worked as an author, philosopher, theologian, educator and civil rights leader. In his 1971 work, *The Search For Common Ground, An Inquiry Into The Basis of Man's Experience of Community*, Howard Thurman includes this poem:

The Work of Christmas (by Howard Thurman)

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.

In this New Year of 2014 may we all be about the critically important work of finding, healing, feeding, releasing, rebuilding, bringing peace and making music!

May God bless us individually, as family, as friends, as a parish and as a community; and to quote Dicken's famous and much beloved character Tiny Tim in *A Christmas Carol*, "God bless us, every one!"

Peace friends,

Chuck

High Notes Submissions

Articles for each month's *High Notes* must be submitted to the [church office](#) by the 15th of the month.

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. Shannon Johnston
The Rt. Rev. Susan Goff
The Rt. Rev. Ted Gulick

Emmanuel Church Staff

Rector

The Rev. Charles C. McCoart, Jr.

Associate Rector

The Rev. Rosemary Sullivan

Seminarian

Alex Allain

Interim Director of Christian Education

Evelyn Hutton

Organist/Choir Director

Ryan Fitch

Parish Administrator

Kelli Corts

Nursery Caregivers

Lilian Urrea
Rosa Alarcon

Sunday Services

8:00 a.m.—Holy Eucharist Rite I

10:30 a.m.—Holy Eucharist Rite II

Church Office Hours

Monday—Thursday
10:00 a.m.—2:00 p.m.

Emmanuel Episcopal Church

1608 Russell Road
Alexandria, VA 22301
703-683-0798 (phone)
703-683-6158 (fax)

administrator@emmanuelonhigh.org
www.emmanuelonhigh.org

Special Services in January

Epiphany / Family Sunday — January 5 — 10:30 a.m.

The celebration of Epiphany will be held on Sunday, January 5. It celebrates the manifestation of Christ to the Gentiles and the visit of the Wise Men to the Christ Child. Epiphany is traditionally celebrated on January 6, but here in the United States we transfer the celebration to the closest Sunday so many of us can celebrate this special day together. Come join us.

Taizé Service — Tuesday, January 7 — 7:00 p.m.

Emmanuel has reintroduced its Taizé service with quiet fanfare. The Advent service was well-attended and highlighted the theme of preparation. Our next service, on Tuesday, January 7 at 7:00 p.m., will honor Epiphany. Taizé is an ecumenical monastic community in France founded in 1940. There are over 100 brothers from different faith backgrounds focused on living a life of kindness, simplicity, and reconciliation. For decades, Taizé has become a place of Christian pilgrimage and their unique chant and prayer practices have become quite popular. We follow the Taizé tradition of using prayers from around the world, incorporating silence into worship, and are building up to using different languages in the chants.



Check out these Youtube videos for more of a flavor of Taizé (the second one showcases former Archbishop of Canterbury Rowan Williams' first experience of the community as a teenager!):

- http://www.taize.fr/en_article6822.html
- <http://www.youtube.com/watch?v=ocdrKZ7KdCo>

Come for the chant, for the fellowship, or for the meditative cookies!

Brother Roger: *God is love alone*

(Continued on page 3)

(Continued from page 2)

Baptism of the Lord — Sunday, January 12 — 10:30 a.m.

God's LOVE has
been poured
into our
HEARTS
through
the
HOLY SPIRIT
that has been
given to us.



Romans 5:5, NRSV

The Baptism of the Lord is the feast day commemorating the baptism of Jesus in the Jordan River by John the Baptist. Originally the baptism of Christ was celebrated on Epiphany, which commemorates the coming of the Magi, the baptism of Christ, and the wedding feast at Cana. However, here in the west, the celebration of the baptism of the Lord came to be commemorated as a distinct feast from Epiphany.

Calling All Babies! Here at Emmanuel we know of one family who plans to have their child baptized on Sunday, January 12, at the 10:30 a.m. service. We also know of another family who will have their child baptized on Sunday, January 19 also at the 10:30 a.m. service. If anyone else would like to have their children baptized during either of these services, please let us know. We're honored to be of service to you and all.

A Tale of Two Congregations

Emmanuel Church has two Sunday morning services and increasingly two congregations — those who meet at 8:00 a.m. and those who meet at 10:30 a.m. We are looking for ways to bring these two groups together occasionally so we can all get to know each other. One idea is to pick one Sunday during the summer where we would have a single Sunday morning service at say 9:00 a.m. for all Emmanuel parishioners both 8 o'clockers and those who come to the 10:30 a.m. service followed by a pot luck brunch where we could all share in food and fellowship. We'd like your feedback. Which Sunday makes the most sense to you to have this one Service? Please pass along your ideas, and suggestions to [Barbara Harslem](#).



2013—2014 Vestry

Senior Warden

Russ Haymes

Junior Warden

Vonda Delawie

Treasurer

Gene Lange

Members

Christina Bartley

Emily Buckman

Bob Carragher

Bob Feden

Joe Scott

Michelle Vaughan

Meredith Wade

Contacts for Emmanuel Parish and Worship-Related Activities

Acolytes: [Dave Buckman](#)

Altar Guild: [Christina Bartley](#)

Building and Grounds: [Vonda Delawie](#)

Coffee Hour Baristas: [Jennifer Adams](#)

Counters: [Jim Bradley](#)

Inreach: [Nancy Dupree](#)

Music (Adult and Youth Choirs): [Ryan Fitch](#)

Music (Guitar Circle): [Stewart Bartley](#)

Newcomers Welcome: [Joe Scott](#)

Parish Office: [Kelli Corts](#)

Preschool Liaison: [Meredith Wade](#)

Readers and Chalice: [Jerry Boykin](#)

Sewing Group: [Judy Carlton](#)

[Gudrun Callahan](#)

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

Ushers: [Bob Callahan](#)

Vestry: [Russ Haymes](#)

Worship: [Anne Seville](#)

Christian Education

Adult Formation (Sunday and Tuesday mornings): [Chuck McCoart](#)

Adult Formation (Wednesday evening):
[Beth Boland](#)

Sunday School: [Evelyn Hutton](#)

[Michelle Vaughan](#)

Youth: [Evelyn Hutton](#)

[Meredith Wade](#)

Outreach

ALIVE!: [John and Katherine Rider](#)

Alexandria Tutoring Consortium:

[Kelly Dresen](#)

Bag Lunch Program: [Karen Coda](#)

Haiti (Sister parish of St. Martin de Tours):

[Rosemari Sullivan](#)

[Claire Haymes](#)

Meals on Wheels: [Fred Deluca](#)

Fundraising

Annual Giving Campaign: [Bob Carragher](#)

Backpacks for Community Lodgings:

[Barbara Harslem](#)

Haiti Coffee Sales: [Mary Beth Edgar](#)

Holiday Bazaar: [Mary Ann Frank](#)

UTO: [Bonnie Fairbank](#)

Yard Sale: [Margaret Wohler](#)

Care Package Project



The God and Donuts Class (6th grade and up) will host the Care Package Project on Sunday, February 2, during coffee hour. We will pack homemade goodies and valentines that we'll make on the spot to send to Emmanuel college students and military personnel on our prayer list. Addresses are needed for these individuals! Please send them to [Meredith Wade](#). Full details of the event will be forthcoming.

ALIVE! Furniture Delivery

Emmanuel is responsible for staffing the ALIVE! furniture program on Saturday, January 18. This is a great way to truly have an impact on our neighbors in Alexandria. We will be picking up donated furniture items and delivering them directly to people who need them. The day starts at 8:00 a.m. from First Christian Church parking lot (2723 King Street), and should finish by noon, or earlier if there are a lot of helpers! You do not need to be particularly strong, but the more volunteers there are, the quicker and more fun it will be. Please e-mail [John Rider](#) if you are able to help.

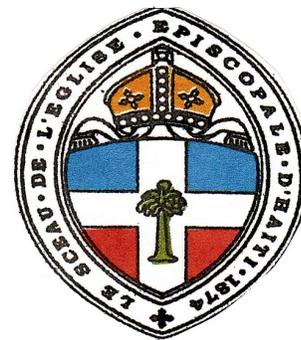


Another Successful Giving Tree

Thank you one and all who participated in this year's Giving Tree. Emmanuel Episcopal Church has a long tradition of many successful years and this was no different, with over 150 toys donated to Mount Vernon Community Center for distribution to many hopeful children. Thank you to Kerry Adams and Rachel Kliever for chairing this ministry and an additional special thanks to Ava and Samantha Adams for helping deliver the toys. Great job everyone! Thank you!



Thank You from the Rev. Sonley Joseph



Dear Claire,

I hope this e-mail finds you well. I want, on behalf of the beneficiary from your grant for scholarships this year, to express my gratitude. I also take advantage of this occasion to send you details about the list of children who have received the sponsor of Emmanuel for their studies.

I appreciate so much your generous support to my ministry and to the St Martin's Parish. May God continue to bless you!

Peace!

Rev. Sonley JOSEPH

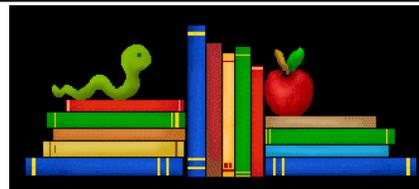
Diocese of Haiti

Currently Priest in Charge of St Martin de Tours, Delmas

[Note: Sonley sent the names of 10 students who received scholarships based on the support they received from Emmanuel. The grants are given according to two criteria: performance and the economic challenges to pay school fees.]

Liturgical Ministers Needed

We are currently recruiting additional chalice bearers and readers to serve at the 10:30 a.m. Sunday service. Serving as a chalice bearer and serving as a reader are two liturgical ministries which are easy to learn and require only a minimal effort once a month or so. We hope you will sign up for training so that we can add your name to the list! If you would like to volunteer in either of these ministries please let [Jerry Boykin](#) know.



Request for Children's Books (4-5 years old)

Traditionally, the Emmanuel rector meets for a weekly chapel visit with our four- and five-year-old preschool children. I am honored to be continuing that tradition, and the kids are terrific! I enjoy using children's books as a guide, inspiration and focus for these visits, and I'd like to ask for your help in building a modest library of appropriate books. My first choice would always be to choose a faith-based book, but there are other books which simply have good values-based messages or themes as well. If you are able, would you please consider helping build this collection? If you have a book you could pass on or purchase for this special ministry I would be most grateful. Thanks for your consideration!

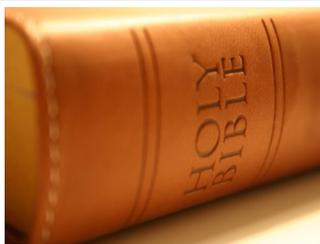
Chuck

Thank You One and All!

Thank you to everyone who worked so hard to make our Advent and Christmas celebrations so prayerful, festive and wonderful. Countless parishioners and visitors commented on how very nice everything was. Thank you to everyone who day in and day out, week in and week out, do all you do to make Emmanuel Church the very special place it is. God bless you all.



Bible Challenge



The Bible Challenge group is stepping its way through the Bible, with a short reading every day. We're almost to day 100 of the year-long schedule. The next meeting is scheduled for Wednesday, January 8, at 7:30p.m. By then, we will have read through II Samuel 16-18, Psalm 95, and Acts 10.

If you haven't been able to participate during the fall, this will be a great time for you to jump in! Make reading the Bible your New Year's Resolution! For more information, please contact [Sarah Orndorff](#).

Given to the Glory of God: A Year of Flower Donations

The 2014 flower sign up sheet has been posted in the Parish Hall. Take a moment to consider how you or your family might celebrate an occasion (wedding, birthday, anniversary), remember a loved one who has died, honor a special friend or family member, or express gratitude for any number of things. Then select a date and note your intention on the calendar posted for this purpose in the Parish Hall. Donations for Altar Flowers can be made online using a credit card. Just go to the church [website](#), click on the E-Giving icon, and follow the instructions. Alternatively, note Altar Flowers and the date you choose on the memo line of your check, and place it in the offering bag. We recommend a minimum of \$50. Many thanks!

Sunday Morning Adult Education

Sunday morning adult education classes will resume on January 5 at 9:00 a.m. Discussion will be on the readings for the day.



Tuesday Morning Adult Education

Tuesday morning adult education classes will resume on January 7 at 10:00 a.m. in the Memorial Room. We will have our final discussion on the Advent book, and then begin a new book discussion. More information to come.

7 Cardinal Rules in Life

1. Make peace with your past so it won't screw up the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. Stop thinking too much; it's alright not to know the answers. They will come to you when you least expect it.
6. No one is in charge of your happiness, except you.
7. Smile. You don't own all the problems in the world.



In-House and Church family applications are due on January 9. Contact the [preschool office](#) if you would like an application e-mailed to you. To receive priority, families need to be active church members deemed at the discretion of the rector, who will review all incoming church member applications. All children of active church members must complete an application and return it with the \$75 registration fee (maximum fee is \$100 per family) to the preschool office no later than Thursday, January 9. Feel free to return the application and check to the office at any time before then.

The preschool open house will be held on Sunday, January 12 at 1:30 p.m.; and the public lottery will be held on Saturday, January 25 at 8:00 a.m.

Preschool Sunday has been moved to Sunday, March 23. Details to follow in the coming months.

Sunday School Teachers Needed for Epiphany Season

We have had a wonderful group of teachers working with the children of Emmanuel this fall. They have given the children the immeasurable gifts of their time and talents and love. Please, please consider joining us during Epiphany. You don't need to have children in the Sunday School to be a part of our fun. Speak to Evelyn (703-683-0798) — she's here on Sundays and during the week.



Super Bowl Party



Join us for our annual Super Bowl party on Sunday, February 2, in the parish hall, from kick-off to the post-game re-hash. Gene Lange will bring the BBQ. Bring your family and drinks, as well as a salad, side dish, or dessert to share. Details to come.

The Winter Blues are No Joke

I can tell you from being in helping ministries for over 30 years that the winter doldrums are no joke, no laughing matter. They're for real. Individuals who suffer from seasonal periods of mild depression are heroes one and all. I've been told that some combination of the following suggestions help to ward off the winter blues:

- Let there be light! Light seems to help. Open the shades and find ways to add artificial bright light into your home.
- Bring on the night! A good night's sleep helps.
- Eat to Feel Good. Don't eat just to eat. Be mindful of what you put into your mouth. Some herbs seem to help — maybe check these out online.
- Move & Stretch! Try to not sit around, but move around as much as you are able.
- Take It Outside! Get out of the house and into the fresh air as much as possible. Walk. Walk. And walk some more.
- Don't Go It Alone. We're not meant to travel through this life's journey alone. Gather a friend or two to join you. Where ever two or three are gathered God is in your midst.
- Pray. Talk to God. God can handle everything you can throw at Him. Try Him!

Please know you are in my thoughts and prayers and if there's anything I can do to help please let me know.

Peace, Chuck



Emmanuel Episcopal Church follows Alexandria City Public School (ACPS) system regarding closings for inclement weather. If Alexandria Public Schools are closed, then Emmanuel Episcopal Church is closed as well. All day and evening activities

and meetings are cancelled. This applies to weekdays and weekends.

If Alexandria Public Schools have a late opening or an early closing then we will follow their lead as well.

This inclement weather policy includes the 8:00 a.m. and 10:30 a.m. Sunday services as well. If it is unsafe for the school system to be open, then it is unsafe for our church to be open as well. God will completely understand — yes, even applaud — your taking care of yourself and others by staying home.

In the event of a Sunday closing, an e-mail will be sent to all who currently receive the weekly e-news; and the closure will be placed on the website as well.

VTS Seminarian Alex Allain

As many of you know, Emmanuel Episcopal Church has had a long and happy relationship with Virginia Theological Seminary, which dates back to the establishment of our parish. We are fortunate to

welcome to our parish Alex Allain, who is a seminarian at VTS in his second year. Alex was born and raised in Natchez, MS and



graduated with a degree in religious studies from Millsaps College in 2009. He then served with the Jesuit Volunteer Corps for two years, one year working as a housing counselor in Newark, NJ and the next year being a staff member at a day shelter in New Orleans, LA. After his term of service, Alex enjoyed another year of living and working in New Orleans before beginning at Virginia Theological Seminary. I know you'll enjoy getting to know Alex as much as he will enjoy getting to know all of you.

we need your
feedback

We love feedback. Please let me know how you think things went this past month. We had a lot going on and we'd like to see things improve as much as possible. Your thoughts, observations and opinions could help us to become more and more the people and parish God is calling us to be. Please let me know what you think about this past Season of Advent, the Taizé Service, Breakfast with St. Nicholas, the Comfort Service, Christmas Eve and Day, Lessons & Carols, how things are going in general? Please e-mail [Chuck](#) with your





- | | | | |
|----|------------------|----|---------------------|
| 3 | Katy Hartell | 20 | Christiana Constant |
| 6 | Larry Tinsley | 22 | Russ Haymes |
| 8 | Marion Meeks | 26 | Molly Watson |
| 13 | Jack Masri | 27 | Victoria Pfeiffer |
| 15 | Nathalia Kellett | 29 | Bailey Moore |
| 19 | Geoff Frank | | |



Larry and Mary Tinsley
January 29



January

- 1 New Year's Day—Church Office Closed
- 5 Sunday Adult Education Resumes
- 5 Epiphany / Family Sunday
- 6 Baptism of the Lord
- 7 Tuesday Adult Education Resumes
- 7 Taizé Service
- 8 Wednesday Bible Challenge Resumes
- 12 Preschool Open House
- 19 God & Donuts Class Meets
- 20 Martin Luther King Day—Church Office Closed
- 25 Preschool Public Registration / Lottery
- 26 God & Donuts Class Meets

February

- 2 God & Donuts Care Package Project
- 2 Super Bowl Party
- 17 President's Day—Church Office Closed
- 19 Diocesan Region IV Meeting

March

- 4 Shrove Tuesday Pancake Supper
- 5 Ash Wednesday

April

- 13 Sunday of the Passion: Palm Sunday
- 14 Sunday of the Resurrection: Easter Sunday

May

- 2-4 Shrine Mont Retreat

