

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



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A Note from Chuck

Dear friends,

It is Spring and with the coming of this beautiful season we are nearing the end of our Lenten Journey and turning our thoughts towards Holy Week. Like the narratives of Christ's birth, the accounts

of His crucifixion and resurrection are so familiar to us that we can sometimes miss the full intensity of the unexpected event. Though Jesus warned His disciples, they were not at all prepared for the trauma of His death or the shock of His resurrection. Because we know the outcome, it's hard for us to identify with what those early believers must have felt.

Although we may wish we could have been present at Jesus's birth, who among us wishes to have witnessed His cruel torturous death? Not me. Few want to read the details of what He suffered. We've sanitized Easter with aromatic lilies and colorful eggs. And yet, like Ash Wednesday calls us to remember — in Holy week, we must remember all.

As followers of Christ, we *must* know exactly why the Father let His Son hang on the cross and why Jesus chose not to escape the cross. We need to grasp the glory of His resurrection. What blending of love and power can we see in these events? How can all of this have been done out of love? Come and see. Come and hear. Come and experience again The Story.

Please join us for Holy week: Palm Sunday, Maundy Thursday, Good Friday and the Great Vigil of Easter. Journey with us. Come and remember together. Bring another family member and friend. We look forward to celebrating with you.

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.

Priest Associate

The Rev. Rosemari 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.

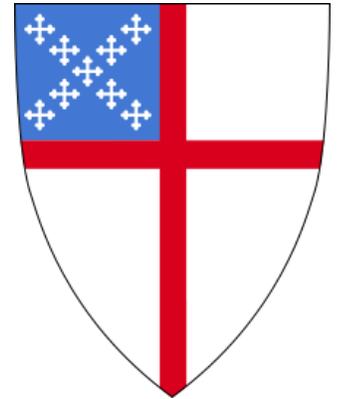
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Basic Episcopal Church Beliefs III



The Sacraments are outward visible signs of inward and spiritual grace. Or as some of us from the Catholic church learned, a sacrament is an “outward sign instituted by God to give grace.” Through the sacrament and sacramental rites, God sustains the life of the church; gives us the love and strength we need to live with Christ.

The Two Sacraments of the Gospel — these sacraments were instituted and ordained by Jesus.

Baptism is the gateway to the family of God. Baptism is administered once to each person — usually as an infant. Water is poured on the person’s head or the child is immersed in water, to symbolize the washing away of sins. The Holy Trinity is called upon to strengthen the new church member. Baptism is a pledge of repentance and obedience to divine will. It’s a sign that a person has been reborn into a new family, the Church.



Holy Eucharist is remembrance of — and praise and thanksgiving for — Christ’s death and resurrection. In Holy Communion, ordinary bread and wine become the sacramental vehicle for Jesus Christ’s presence within us, as he promised. When receiving Communion, Episcopalians offer themselves to God in repentance, love and faith — recall Jesus’ death, acknowledge his sacrifice, and renew hope in the heavenly banquet.

Sacramental Rites

Penance — Sorrow for sinning, with a sincere desire to amend one’s life; assurance by a priest of God’s forgiveness through absolution; sinner’s repentance with the Creator.

Matrimony — The rite of marriage, in which God joins together two people in a loving, committed, spiritual union.

Ordination — The rite consecrating Christians in service to God. Spiritual power and grace are given to help them devote their lives to the good of the community — teaching, administering sacraments, governing the church.

(Continued on page 3)

(Continued from page 2)

Those who are ordained include men and women who are bishops, priests and deacons.

Ministry of Healing — Continuation of Christ's work among the sick; involves "laying on of hands," anointing with oil, and praying for physical and spiritual health.

Confirmation — Conferred by a bishop, confirmation strengthens the commitment made to Christ at Baptism; gives us courage to witness Christ in the world and to selflessly serve each other.

—excerpt adapted from What it means to be an Episcopalian
[Channing Bete Company](#) – 2013 edition
 Ask for item number PS17244

Taizé Service

Looking to spice up your Lenten routine? Try attending Emmanuel's next Taizé service on **Tuesday, April 1 at 7:00 p.m.** in the chapel. Taizé is the home of an international, ecumenical community in southern France known for their contemplative style of prayer and song. Over 100 brothers from different faith backgrounds strive to follow a life of simplicity, kindness, and reconciliation. For decades, Taizé has become a place of Christian pilgrimage. The service will have a Lenten tone in the scripture readings, prayers and chants, and time for reflective silence.

Brother Roger: "God is love alone"



Lenten Devotional Series

Lent is a time for prayer and spiritual renewal. Though our lives are hectic, this Lenten season take time to read [daily meditations](#) written by your fellow parishioners on the Daily Office. Want to read the day's lessons along with the devotional? There's an app for that! Visit itunes to download the ECP (Electronic Common Prayer) app straight to your smartphone.

2014—2015 Vestry

Emily Buckman
 Bob Carragher
 Leo Cruz
 Bob Feden
 Bryan Moore
 Adam Schildge
 Joe Scott
 Michelle Vaughan
 Meredith Wade
 Doug Wheeler

Gene Lange (*Treasurer*)
 Vonda Delawie (*Clerk*)

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: [Lola Beggs](#), [Joe Scott](#)
 Parish Office: [Kelli Cortz](#)
 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: [Chuck McCoart](#)
 Worship: [Anne Seville](#)

Christian Education

Adult Spiritual Formation: [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](#)
 Giving Tree: [Kerry Adams](#); [Rachel Kliever](#)
 Haiti (Sister parish of St. Martin de Tours):
[Rosemari Sullivan](#)
 Meals on Wheels: [Fred De Luca](#)

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](#)

Anglicana! The Words of Our Worship

"*Anglicana*" is a word I made up. We Episcopalians have our own strange vocabulary for just about everything! Unusual names for parts of the church; parts of the liturgy; the things that go on the altar; names for who is who in those vestments; as well as vestry and sacristy lingo. If you are a cradle Episcopalian you may have heard these words all your life but have no idea where they come from or what they mean. If you are a newcomer, they can be down right confusing. So each month in the newsletter, I am going to define a bit of "*Anglicana*" and highlight the history behind the words of our worship. So this month as we prepare to celebrate the Great Vigil of Easter, one ordinary word takes on a much deeper meaning and another is one to add to your liturgical dictionary.



"Water"

In parishes past, I have been told I mix too much water with the wine at the Eucharist!

What is the *water* about anyway? In nature there is no life without water. In creation out of the "*formless waters*" God calls forth every flower, tree, and seed — every living, swimming, creeping, crawling, and walking thing. We evolved from the simplest sea creature into the most complex creature on solid ground. *Water* washes us clean and makes all things new. *Baptismal waters* wash us clean of this sinful world so we can begin anew. It was ancient practice to mix wine with *water* at every meal. Early Christians turned this common custom into a something sacred. The *water mixed with wine* symbolized that Christ is both human and divine.

Sometimes just a sprinkling will do. "*Asperges*". It is the liturgical practice of sprinkling with holy water as a reminder of baptism. The term comes from the Latin version of Ps 51, "Thou shalt sprinkle me with hyssop." "*Asperges*" is often done at the renewal of Baptism. It is also done in procession in preparation for the Eucharist: the people, the clergy, the altar — all sprinkled with holy water. Historically *asperges* have been performed to cleanse and exorcise evil spirits from wherever they may dwell. A little holy water can go a long way! **Who knew?**

*Pax vobiscum,
The Rev. Joani Peacock (Joani)*



Easter Sunday Altar Flowers

You are not the only one giving up something for Lent. Every year the church gives up its flowers during the Lenten season. For six and a half long weeks, Emmanuel parishioners worship at an altar that is bare save for the occasional display of stones and branches.

All that changes on Easter Sunday when the church once again springs to life with a joyful riot of flowers and greenery symbolizing both the promise of new life and the coming resurrection of Christ.

You can be a part of this beautiful tradition by donating to the Easter flower fund in memory of a loved one or in thanksgiving for the blessings of this life. All memorials will be printed in the Easter Sunday bulletin.

To make a flower donation, you can write a check to Emmanuel with a notation that the money is designated for "Easter Flowers." Or go to [E-giving](#) on our website and follow the step-by-step instructions. Again, please include a notation that this donation is designated for "Easter Flowers."

A sign-up sheet will be in the parish hall for the next several weeks as a reminder of this important flower money drive. A minimum donation of \$50 is requested.

Director of Spiritual Formation for Children and Youth

Farewell from Evelyn

I can't begin to tell you what a wonderful time I have had at Emmanuel as your Interim Director for Children's Christian Education. You welcomed me so warmly — it has been a joy to be here. The school year is winding down and I want to give a huge THANK YOU to everyone who made it possible to have Sunday School and God and Doughnuts this year. Without the teachers who give so generously of their time, talent and love to nurture our young parishioners there would be no program.

I will be here until April 27 and will then turn children and youth christian education over to Toni Buranen who is coming to Emmanuel with years of experience and tons of ideas. She is expecting to be here on April 6 and April 13 to see the Sunday School and how we manage on Sunday mornings, so be on the lookout for her.

In the meantime there is something we must do together — line up teachers for next year.

As I said on Sunday, the Sunday School is not only growing, but we also think that three year olds should have the opportunity to attend Sunday School. Therefore another class will be added in the fall giving Emmanuel a 3/4 year old class, K and 1st grade, 2nd and 3rd grades, and 4th and 5th grades. With four classes and 16 teachers there will be teams of teachers who can take turns so that no one need miss the first half of the service every week. Sunday School teachers need the nourishment of complete services just as everyone else does. Please prayerfully consider this opportunity. The children of Emmanuel need you. To those who have already volunteered to teach next year, many, many thanks. To those considering joining the others, many thanks as well. You will be glad you did.

Again, thanks ever so much for letting me be in your midst. It has been a grand experience.

Evelyn

Welcome Toni

A life-long Arlington native, Toni Buranen has an M.A. in Pastoral Ministry and Religious Education from Boston College. She has joyfully worked primarily in religious education (as a high school theology teacher) and youth ministry. She has also worked in other areas of education (administration and libraries). Toni is married to another teacher, Franz Misch, and together they have three children, Jasper (9), Phineas aka Phinn (7), and Beatrice (4 1/2), all of whom attend Potomac Crescent Waldorf School. They also have a wonderful and very scruffy family dog named Millie (sadly, not pictured).

In her spare time (ha!), Toni likes to hang out with her family and friends, read, walk, play games, practice good enough parenting, and contemplate radical simplicity. Someday, she hopes to walk the Camino de Santiago and travel the world with her hubby and kids. She is very much looking forward to being a part of the EEC community.





Palm Sunday — April 13 — 8:00 a.m. and 10:30 a.m.

On Palm Sunday, Christians world-wide gather to celebrate the triumphal entry of Jesus Christ into Jerusalem, the week before his death and resurrection. For many Christian churches, Palm Sunday, often referred to as "Passion Sunday," marks the beginning of Holy Week, which includes Easter Sunday. Please join us at Emmanuel for a recitation of the Passion story as we prepare to celebrate Christ's passion, death, and resurrection.

Maundy Thursday — April 17 — 7:30 p.m.

Maundy Thursday is the traditional English name for Thursday of Holy Week, so named because it is considered the anniversary of the institution of the Eucharist by Jesus at the Last Supper and His washing of the disciples' feet.

Washing feet was a job reserved for the lowest servant in the house. Yet our Lord of Lord's humbled himself to wash His disciples' feet. Jesus' washing of the disciples' feet is symbolically reenacted and the altars are stripped bare until The Great Vigil of Easter Service.

Join us at Emmanuel for the celebration of the Lord's Supper and washing of feet on Thursday, April 17, at 7:30 p.m.

Good Friday — April 18 — 12:00 noon and 7:30 p.m.

Good Friday commemorates the crucifixion and death of Jesus. Good Friday along with Ash Wednesday are two designated fast days in the Anglican calendar. The Episcopal Church is a part of the Anglican calendar, culture, church and traditions. Good Friday is more than an historical event, it also stands for the self-offering of Christ for us, the apex of Christ's sacrificial life.

Please join us at Emmanuel as we remember all Christ did for us in His salvific action on Friday, April 18, at 12:00 noon and 7:30 p.m.

The Great Vigil of Easter — Saturday, April 19 — 7:30 p.m.

Holy Saturday is the final day of Holy Week, the final day of the traditional 40 day Lenten Fast. Please stay tuned as we work out the details of the beautiful and highly symbolic Great Vigil of Easter, but plan to attend.

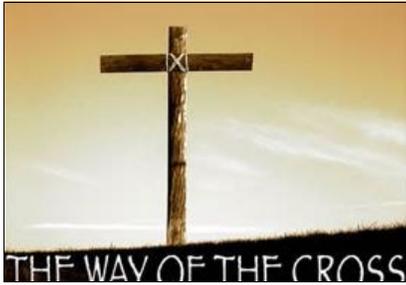
Easter Sunday — April 20 — 8:00 a.m. and 10:30 a.m.

Easter is about Jesus rising from the dead when Christians the world over celebrate His resurrection. The bodily coming to life again of Jesus stands at the center of the Gospel. All four gospels speak of it and the creeds affirm it. This is a period of much joy emphasizing the teachings of Jesus during His post-resurrection appearances. This is a time of feasting and celebration. The long fast of Lent is over. Christ is Risen! He is Risen Indeed!

Your family and friends are welcome to join us for the celebration of Resurrection: Easter Day, April 20, at 8:00 a.m. and 10:30 a.m.



The Way of the Cross



The *Way of the Cross* has been a part of the Church's Lenten devotions for centuries. This devotion originated from the processions made by pilgrims to Jerusalem.

These processions wound through the city to the traditional sites of Jesus' path as he carried the Cross to Golgotha. Many of these sites, along with what is now the Via Dolorosa in Jerusalem, are described in the Passion Narratives of the Four Gospels. Eight of these "stations" or stops along the way are directly from these narratives. The remaining six traditional stations are based on inferences from the Gospel tradition and legend. The form that The Episcopal Church uses is found in our Book of Occasional Services using various Scripture texts.

On Sunday Mornings concluding on April 6 between our worship services (9:15 – 10:15 a.m.) The Rev. Rosemari Sullivan will offer an opportunity to learn more about the *Way of the Cross* with a focus on the Passion Narratives in the Four Gospels. We will meet in the Memorial Room.

Sunday School News for Lent

Sunday School continues to meet through Palm Sunday on April 13. The children will have a Lenten Outreach Project they will be working on — Pennies for a Purpose. The purpose this year is to raise money for the purchase of a rug for a classroom at the ALIVE! Child Development Center. The children can share their allowance, do odd jobs, whatever parents think is right. The congregation is invited to participate and there will be a "Pennies for a Purpose" jar in the entry way each Sunday so that all can see how we are progressing. The rugs cost \$130 so that will be what we are aiming for. Who knows? Perhaps we'll be able to buy two.



Sunday, March 31

Dear friends,

Today at the conclusion of the 10:30 a.m. Service I was presented with this card and sentiment, **"It takes hands to build a house, but only hearts can build a home."** Truer words have never been spoken. I'm humbled beyond words that God has given me this opportunity to actually begin to own a home; and I am grateful beyond words to each of you who contributed to a community purse presented to me to help me move in and get the house up and running. Thank you one and all. Thank you for being the hearts to help me build a home for myself and Brock. We're both grateful. I'm looking forward to sharing my home with all of you. Dinner invitation soon to follow.

Peace and love to all of you,

Chuck

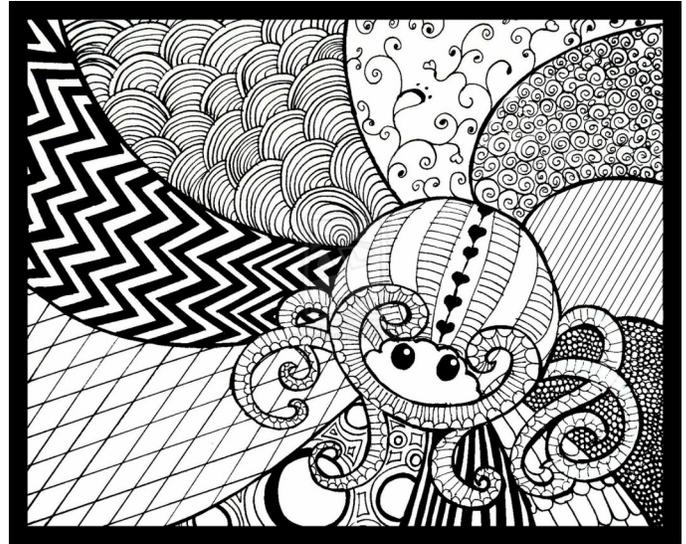


Zentangle Evening

Do you like walking the labyrinth? Learn to use pen-doodle drawings called Zentangles as a form of relaxing meditation. Even if you haven't picked up a paintbrush since kindergarten, anyone can learn to doodle-draw....and there are no mess-ups! Artist Eileen O'Brien will be on hand to show us the ropes. All materials are provided; take home a beautiful creation!

Monday, April 28, 7:00 - 8:30 p.m.

Memorial Room



Receiving Communion for the First Time

Has your child wanted to receive Holy Communion but has not been formally prepared and now seems like it might be the right time? Have you possibly come from another faith community and you see young children receiving Holy Communion but your child does not yet receive? Has your child started asking "Why do other children receive Communion, but I don't?" Perhaps you and your children have been receiving Holy Communion for a while, but you are interested in a larger conversation about the meaning of The Eucharist.

We have ten children who are being prepared to receive Holy Communion for the first time on Sunday, May 11 (Mother's Day weekend) at the 10:30 a.m. Service. Actual education sessions for children will be taking place during Sunday School, beginning at 10:30 a.m. and will run through the announcement time, when your children will join you back upstairs for the remainder of the 10:30 a.m.



service. Dates for the sessions are: April 6, April 27 and May 4.

Additional thoughts on children receiving Holy Communion: Please know that in the Episcopal Church all those who are baptized may receive Communion; but since we are in the process of blending several faith communities at this time we would like to honor that in some other traditions receiving Holy Communion is held back until a child is of a certain age. As we welcome and include those children we would like to provide them with a special Service where they can fulfill their desire to now receive Holy Communion.

If you are interested in having your child participate in this program or may have a desire to assist with the teaching, please call or e-mail Evelyn at 703-683-0798. Lauren Foote and Eileen Gorman will be leading the class.

Shrine Mont Retreat—Friday, May 2 to Sunday May 4



Here's a little teaser to get you interested (or daydreaming): Tucked away beyond the seemingly forgotten little village of Orkney Springs, Virginia, Shrine Mont is a place where friends, fellowship, prayer and reflection, rest and recreation are more important than meetings and schedules. It's a place where people may appreciate and enjoy creation — from the beauty of the streams, flowers, and wildlife which are at home here, to the people who come to this place to celebrate being part of God's family. Come join us for a weekend of relaxation, golf, hay rides, hiking, quaint cabins, home-style cooking, bon-fire, s'mores, bingo, songs, worship, and more. Go to the [Shrine Mont](#) website to

familiarize yourself. Use our [E-Giving](#) site, see us after the 10:30 a.m. service, or contact [Joe Scott](#), [Doug Wheeler](#), or [Dave Buckman](#) to register. Register and pay by April 20 to reserve your spot.

Climbing Jacob's Ladder

From passages in the old testament to tales by the modern campfire, stories express how and why life changes. Join us for a weekend at Shrine Mont as we unlock, explore, and integrate the power of the personal story into who we are as a community of faith. Guided by seasoned storyteller, Jennifer S. Jones, we will reflect, celebrate, and share in this timeless tradition. Within every person lies a great story — what will be yours?



Are you receiving our weekly Thursday e-news?

Be sure to send [Kelli](#) your e-mail address if you are not receiving weekly updates to ensure you are “in the know” of all the wonderful activities going on here at Emmanuel.

Easter Egg Hunt

We invite all the children of Emmanuel Episcopal Church to participate in the annual Easter Egg Hunt on Sunday, April 20. The hunt will start about 15 minutes after the conclusion of the



10:30 a.m. service. The eggs will be hidden outside of the church, weather permitting. If the weather is not cooperative the eggs will be hidden inside. There will be a designated area for children under 4. Please bring a basket and Happy Hunting.

Dining Out at Goodwin House

The next dinner with members and friends of Emmanuel who live at Goodwin House Alexandria is set for Wednesday, April 30. The evening begins with a social hour at 5:45 p.m., followed by dinner. Guests who don't live at Goodwin House are asked to pay a modest amount (under \$20) for their dinner. The event is open to anyone who would like to come to enjoy the festive atmosphere and wonderful company. [Jim Bradley](#) coordinates the event and is happy to answer any questions. Contact [Kelli](#) (703-683-0798) in the church office to make your reservation.

Twenties and Thirties (TnT)

'Fibre' at Torpedo Art Factory—April 10

Second Thursday Art Night series brings the fun and spontaneity of the creative process to the streets of Old Town. Visitors can browse open studios and galleries, interact with artists, and enjoy refreshments and music for free on the second Thursday of each month. Stop by on your way to dinner and make an evening of it!

We will meet at the Torpedo Factory from 6:00 p.m. on Thursday night and can go for supper afterwards.

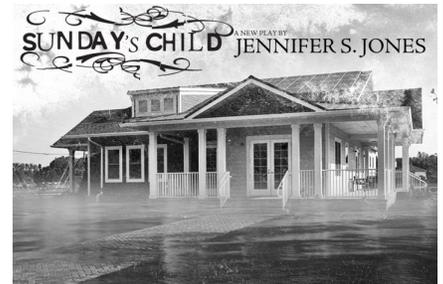
Entertainment • Art Openings • DIY Activities • Food & Drink

SECOND THURSDAY

Torpedo Factory Art Center • 6-9pm • Free • Every Month

Sunday's Child

Our very own Jennifer Jones has penned the following play being shown in May, which will be fantastic. Details to come...



Sunday's Child is every parent's worst nightmare. Two years ago the Blakemore's four-year-old son Toby disappeared from their backyard. There was no word. No explanation. Nothing. Now it is Christmas and they have gathered again to try to make sense of what happened. Over eggnog and spiced rum, truths are revealed and shocking revelations are made that could destroy this family forever. A play about the power of family and the lengths we will go to protect those we love, *Sunday's Child* asks the question: In a similar situation, what would you do?

Showing is May 23 to June 7. Go to the [Dark Horse Theatre Company](#) to learn more.



Welcome to Wonderland!

On Friday, April 4, Emmanuel Preschool will be holding their 26th annual fundraiser. This year's event will take guests through a magical evening in Wonderland. The funds raised help the preschool supplement its operating budget, send teachers to education conferences, purchase new equipment, and provide special resource programs to the children. The fundraiser chairs, Brooke Stratford and Jenny Taylor, offer their thanks to the Vestry and entire church community for supporting this great event! Church members are more than welcome to attend. Please contact [Brooke](#) or [Jenny](#) for more information.



Lectio Divina: A Look Inside Two Musical Books

In May, starting the Sunday after the parish Shrine Mont retreat, I am going to lead a five-week forum series "*Singing the Christian Story*". Each week we will explore a different theme: Scripture in Song; History in a Hymn; Theology in a Verse; Old Favorites You Never Heard; and "O For a Thousand Tongues", Hymns from around the World (On Pentecost, of course!). I hope you'll grab a hymnal and join me in the Memorial Room at 9:15 a.m. No musical talent is required! (I certainly don't have any:). Together we'll all make a joyful noise!

So being in a musical mood, here are two books to help get you in the spirit.

Musicophilia: Tales of Music and the Brain, by Oliver Sacks

Written by the noted Harvard neurologist, "Musicophilia" documents how music moves us, persuades us, and reminds us. Music can lift us out of depression and set us to dancing. Music is more than words. In fact, music occupies more areas of brain than does language. We are musical creations. Learn what it means to be "hypermusical", have "amusia", and remember a

symphony when you remember nothing else. Music can animate people with Parkinsons, give words to stroke patients, and organize the scattered thoughts of people living with Alzheimers or suffering amnesia. Music is a miracle.

A Song to Sing, A Life to Live: Reflections on Music and Spiritual Practice, by Don Saliers & Emily Saliers

Indigo Girl, folk-rocker, and singer-song writer, Emily Saliers performs in clubs and concert halls. Her dad, Don Saliers, a composer, cantor and church musician plays in sacred spaces. Together in this book they explore the harmonic spirituality of music — how music is both healing and hopeful, delightful and demanding. Their stories, woven together, witness to the truth: Making music, music of all kinds, has the power to create community and bring us ever closer to the Composer of the Cosmos.

"So sing my soul, my Savior God to thee" and check the books out at Goodreads.com. Happy reading!

The Rev Joani Peacock (Joani)



God and Donuts Happenings

Class will meet on April 6 and 13 in the Youth Room off the parish hall stage. We will wind up our discussion about Lent: *What's it all about, anyway?* All 6th-12th graders are welcome. Yes, there will be donuts.

Seven youth attended the 6th/7th grade Parish Youth Ministry retreat at Shrine Mont March 28-30. Huge thanks to Dave Buckman who drove and hung out for the weekend, making it all possible for our youth.

Pancake Breakfast



Bob Carragher, Tom Anderson



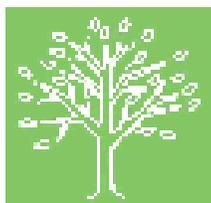
Dave Buckman, Kate Vaughan, Hannah Buckman



Queen Amy, King Adam, and Prince Theo Schildge



Former Rector Dan and Barbara Eckman



ALIVE! ALexandrians InVolved Ecumenically!

Board Meeting

Emmanuel Episcopal Church will be hosting the next ALIVE! board meeting on Tuesday, April 1, in the parish hall. As a participating church, we automatically become members of ALIVE!'s board, and therefore have an input into the organization's day to day operations. If you want to find out more about ALIVE!'s ministry, please consider coming to the meeting. Arrive at 7:00 p.m., for a 7.30 p.m. start.

Last Saturday Food Delivery

Volunteers are needed on the last Saturday of each month from between 8:30 a.m. and 12:00 noon to help bag and distribute non-perishable food and fresh produce to low-income families at one of three locations in Alexandria. Join us on April 26 at any one of the following locations:

- Cora Kelly Recreational Center (25 West Reed Avenue)
- Ladrey Senior Residence (300 Wythe Street)
- Church of the Resurrection (2280 N. Beauregard)



Food Donations

Since May 2013, 2046 items of food have been contributed to ALIVE! from Emmanuel. Thank you for remembering to bring your canned items to church each Sunday. As a reminder of how important this service is, during October 2013, 2280 Alexandrians benefited from receiving food from ALIVE! Items on the food program wish list are canned fruit, rice, peanut butter, jelly, tuna, canned meat, and money to buy fresh eggs and meat.

Step ALIVE! Walkathon

If you are not going to Shrine Mont, Save May 4 for the Step ALIVE!

Walkathon. The 33rd annual Step ALIVE! Walkathon to raise funds for ALIVE!'s Child

Development Center (CDC), a full-day preschool program serving children of low-income working parents, with a sliding fee scale for tuition. This 5k or 5-mile (walker's choice) stroll kicks off at 2:00 p.m. at First Christian Church, 2723 King Street, Alexandria, and ends at the same place. Join us afterward for a picnic featuring prizes and music by the Taste of Bluegrass band and Sixteenth Tabernacle A Cappella.

[Register in advance](#) or at the event on May 4 or call 703-837-9321 for a registration form. Each registrant receives a specially designed T-shirt (which Emmanuel has sponsored). The fee for walkers ages 19 to 70 is \$20, 12 to 18 and over 70 pay \$5, and persons under 12 are admitted free. If you are unable to participate, there is a special rate of \$25 for "virtual walkers." On-site registration and T-shirt distribution will start at 1:15 p.m. For more fun (and more money for the CDC), form a team of family and friends or solicit sponsors to pledge support for your walk.



Outreach at Emmanuel

On March 23, the Outreach Committee made an "Outreach Appeal" at the 10:30 a.m. service and updated the congregation about ongoing activities at Emmanuel. The committee meets quarterly to consider outreach activities and priorities, and to respond to requests from community organizations or parishioners. It generally coordinates an annual "Ministry Fair," and provides the Vestry with funding proposals. In 2013 and 2014, the committee allocated church funds to support the operations of the Alexandria Tutoring Consortium and ALIVE!, to defray the expenses of the Bag Lunch program, and to support outreach to our sister parish of St Martin de Tours in Haiti. The next Outreach Committee meeting is tentatively scheduled for Tuesday, May 20 at 7:30 p.m. in the Memorial Room. Please join us!

*The Outreach Committee,
Vonda Delawie, Pat Hadley, Kelly Dresen, Joani Peacock*

Outreach in our community



Several times a year, Emmanuel volunteers prepare hundreds of lunches to distribute through the Meade Memorial Church-based **Bag Lunch Program**. (Contact [Karen Coda](#))

Through **ALIVE!** (Alexandrians Involved Ecumenically) we collect food weekly and distribute it monthly to hundreds of families in need; twice a year we participate in ALIVE!'s furniture delivery to families in need; and we support ALIVE!'s Child Development Center and ALIVE! House through walkathons and special fundraising. (Contact [John Rider](#) and [Katherine Flower](#))



At Christmas, Emmanuel parishioners donated over 150 toys to Mount Vernon Community Center for distribution to many hopeful children through the **Giving Tree** project. (Contact [Kerry Adams](#) and [Rachel Kliewer](#))

Outreach at Emmanuel (continued)

- Emmanuel volunteers tutor public school children through the **Alexandria Tutoring Consortium**. (Contact [Kelly Dresen](#))
- Our parishioners contribute generously to Community Lodgings' **Back-to-school Backpack Program** for 25 children of families transitioning from homelessness. (Contact [Barbara Harslem](#))
- Emmanuel volunteers deliver 30 meals per month to the home-bound through **Meals on Wheels**. (Contact [Fred De Luca](#))
- Three **Alcoholics Anonymous** meetings meet weekly at Emmanuel.

Outreach to Haiti

- The Rev. Sonley Joseph, priest-in-charge of St. Martin de Tours, a small Episcopal church outside Port-au-Prince in Haiti, served as priest associate at Emmanuel while he was studying at VTS. Since his return to Haiti in 2012, we consider St. Martin de Tours our "sister" parish and maintain regular contact with Sonley about activities in his church and its parish school.
- The 2013 outreach budget supported ten scholarships at the St. Martin de Tours parish school, and helped to supplement the priest-in-charge's salary.
- In 2013 Emmanuel parishioners generously contributed funds for musical instruments and support for a parish retreat for St. Martin de Tours, modeled on our own Shrine Mont retreat.
- As an experiment, Haitian coffee was sold during the last quarter of 2013 to raise additional funds to support St. Martin de Tours. The coffee was popular, and sales generated over \$300 for Haiti. Marybeth and Caroline Edgar have agreed to coordinate coffee sales twice per year.
- How can Emmanuel contribute most effectively to Sonley's work? We may consider cooperating with St. Mary's Arlington. One specific project under consideration is renovation of a structure near the church to serve as a safe and convenient "guest house" for visitors, and to generate income for the church and school. Anyone with a special interest in or connection to Haiti is invited to assist the Outreach Committee with coordinating our contribution.





- | | |
|--------------------|---------------------|
| 3 Kannon Gagne | 19 Aaron Hoffman |
| 6 Luke Masri | 24 Pat Tyler |
| 6 Anthony Yianilos | 24 Justin MacKinlay |
| 9 Gareth Markel | 25 Eileen O'Brien |
| 9 Eleanor Yianilos | 25 Anna Rigby |
| 11 Susan Anderson | 30 Mary Ann Frank |
| 16 Lynne Simpson | |



Beth Tuttle and Bob Carragher
April 4

Marybeth and Lee Edgar
April 5

Eileen O'Brien and Chuck Dervarics
April 6

Bobbie and Tracey Reed
April 21 (67 years!)

Judy and Walt Carlton
April 28

April

- 1 ALIVE! Board Meeting
- 2 Taizé Service
- 2 Lenten Series
- 4 Preschool Spring Gala
- 7 Lenten Series
- 10 TnT Event
- 13 Sunday of the Passion: Palm Sunday
- 17 Maundy Thursday
- 18 Good Friday
- 19 Easter Vigil
- 20 Sunday of the Resurrection: Easter Sunday
- 20 Easter Egg Hunt
- 21 Easter Monday (Church Office Closed)
- 26 ALIVE! Last Saturday Food Delivery
- 28 Zentangle Evening
- 30 Goodwin House Dinner

May

- 2-4 Shrine Mont Retreat
- 4 Step ALIVE! Walkathon
- 20 Outreach Committee Meeting

June

- 1 Church Picnic at Virginia Theological Seminary at noon