

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



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A Note from Chuck

Dear friends,

It is hard to believe that it has been almost a year since I became a part of the community of Emmanuel Episcopal Church. I'd like to thank you again for taking your chances on me and for welcoming me so warmly to your community. Throughout this past year you have shown great patience with me as I learned new liturgies and ways of doing church. God bless you for your warmth and hospitality, encouragement, and constant support. I appreciate it and you all very much. The Catholic Church and my family gave me my Christian heritage, Protestants taught me how to love and know Jesus and the Episcopal Church — the Middle Way — has given me a forever home. Finally, a spiritual home here on earth. Thank you all very much. I'm humbled and grateful. I'm excited about our future.

Please keep me in your prayers as together we journey forward and know that you are in my thoughts and prayers as well, and a Happy Father's Day to all our Dads.

Peace friends,

Chuck



Judy Carlton's memory lives on in the gardens around Emmanuel with the flowers she shared with us.

High Notes Submissions

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

Newsletter



There will be no newsletter in July. Look for our next newsletter on August 1. Enjoy your summer!

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 Associates

The Rev. Rosemari Sullivan
The Rev. Joani Peacock

Seminarian

Alex Allain

Director of Spiritual Formation for Children and Youth

Toni Buranen

Organist/Choir Director

Ryan Fitch

Parish Administrator

Kelli Corts

Administrative Assistant / Receptionist

Heather Starek

Nursery Caregivers

Lilian Urrea
Rosa Alarcon

Sunday Services

8:00 a.m. and 10:30 a.m.

Church Office Hours

Monday—Thursday
10:00 a.m.—2:00 p.m.

Emmanuel Episcopal Church

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Alexandria, VA 22301
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office@emmanuelonhigh.org
www.emmanuelonhigh.org

Why am I an Episcopalian?

By Marco

Everyone Hits the Ground

I had always believed strongly that everything in life came down to a choice: the choice to be successful or to fail, the choice to be strong or weak. I believed this fervently right up until I was brought to my knees.

It doesn't really matter what it is that brought me to the ground to pray. Everyone gets there. No one traverses life ignorant of suffering and so we all end up on the ground. I realized two things: 1) the only one down there with me was God, and 2) some things were far beyond my power to choose. I would have to rely on God.

Exploring websites of churches in my area in California, I recall one church that seemed promising until I found that they listed the need for "traditional marriage" prominently. Though this wasn't directed at me, I just couldn't sign on for a community that began by excluding whole groups of people outright. Then I remembered the Episcopal Church.

Six years earlier, when in Georgia, I spent New Year's with my friend Sean's mom, whom I had never met. Because she was a dedicated parishioner and a full time employee of her Episcopal Church—the Good Shepherd—we spoke about her parish. For hours we sat at her dining room table while I broached every question and misconception about the church I could imagine. She patiently and thoughtfully answered them all: Yes, a black family would be welcome in her church (which was in a largely white area); No, she doesn't believe that little children who perish in parts of the world that don't practice Christianity are going to hell because they don't worship Jesus; Christ is the small quiet voice that leads her. She painted a portrait of an inclusive, loving faith. My views of a hard-hearted church that excluded and judged others just didn't add up.

When the time came six years later for me to get off the floor and seek out a church, I remembered Sean's mother's Episcopal Church. A few days later, I met with Associate Rector Alison Rainey English (pictured above) at St.

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Wilfred's Episcopal Church in Huntington Beach, California. I explained to her what brought me to try the church and my doubts. She spoke to me, not with dogmatic answers, but as someone who had considered many ideas and problems and had found a home. She prayed with me and for me. This was the first time I had ever prayed with someone and the first time I had heard someone pray for me.

At night, I laid in bed with my pal Samson the Doberman leaning his back against me, and read the Bible for the first time. It was a page turner. I was surprised how often Jesus violated conventional wisdom (isn't it unfair to pay laborers who work one hour the same as those who worked all day?). I got all fired up when Jesus started turning over tables and kicking entrepreneurs out of church. I learned the origin of expressions I had heard forever (turn the other cheek), I struggled when those expressions didn't mean what I thought they did (the left hand *shouldn't* know what the right hand is doing?). I ruminated over the idea that the way I treat the least of His people is the way I treat Him. I understood that it is all about, only about, love. And none of it was far-fetched. When I looked at the story of Jesus Christ at face value, it seemed self-evident.

I had always thought the words that were spoken at church services were at worst mere tradition, and at best symbolic of something else. I was wrong. When Reverend Alison poured water on my head and said "I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit," it was no allegory. I immediately felt the literal power of those words. Plus, Reverend Alison even blessed Samson on a special day that the church dedicates to blessing the animals. There's even a place in the Episcopal Church for my dog!

Since my baptism, I have visited Episcopal churches all over the country. When I see that classic sign that says "The Episcopal Church Welcomes You," I take it literally. Every place I go, I feel I have a family behind that white sign. When I first visited Emmanuel, I knew I was at home when Father Chuck spoke of Heaven with his certainty. Lately, what brings me to my knees to the ground in prayer is thinking of all the awful things going on in our world — that could happen in my world, at any given moment. In response, I was fishing for Chuck to say something about how God wants me to be happy. Instead, Chuck spoke to me about service. But a strange thing happens when I try to serve others: my mind stops churning on all the things that bother me. I remember sitting in Sean's mom's car in her driveway, on our way back from her Good Shepherd, the first Episcopal Church I ever attended. That's when she told me about the small quiet voice of God.

Taizé Service

Emmanuel's next Taizé service will be on Monday, June 2, at 6:30 p.m. in the Chapel.

2014—2015 Vestry

Bob Carragher (*Senior Warden*)
Michelle Vaughan (*Junior Warden*)
Emily Buckman
Leo Cruz
Bob Feden
Bryan Moore
Adam Schildge
Joe Scott
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: [Meredith Wade](#)
Coffee Hour Baristas: [Meredith Wade](#)
Counters: [Jim Bradley](#)
Inreach: [Nancy Dupree](#)
Music (Adult and Youth Choirs): [Ryan Fitch](#)
Music (Guitar Circle): [Stewart Bartley](#)
Newcomers Welcome: [Lola Beggs](#), [Adam Schildge](#)
Parish Office: [Kelli Corts](#)
Preschool Liaison: [Leo Cruz](#)
Readers and Chalice: [Jerry Boykin](#)
Sewing Group: [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: [Toni Buranen](#)
[Michelle Vaughan](#)
Youth: [Toni Buranen](#); [Meredith Wade](#)

Outreach

ALIVE!: [John and Katherine Rider](#)
Alexandria Tutoring Consortium:
[Kelly Dresen](#)
Bag Lunch Program: [Karen Coda](#)
Giving Tree: [Kerry Adams](#); [Rachel Kliewer](#)
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](#)
United Thank Offering: [Bonnie Fairbank](#)
Yard Sale: [Margaret Wohler](#)

Meet Our Vestry

In last month's newsletter, we reported that new members, elected at the March 16 Annual Meeting, had joined the Vestry. This month we'd like to introduce you to all Vestry members, who have kindly submitted short biographies. There is usually a designated Vestry greeter joining Chuck at the back of the church after the 10:30 a.m. service, but don't hesitate to approach any Vestry member with questions or concerns any time. Remember, all Vestry meetings — usually the second Wednesday of the month at 7:30 p.m. in the Memorial Room — are open to the parish. Please feel free to attend.



EMILY BUCKMAN — Worship Committee Liaison / Term Expires 2016

Emily and her family have been members of the Emmanuel family for three years. She and her husband, David, are proud 25+ year Air Force Veterans. They have three children, Andrew, 13, Hannah, 12, and Joshua, 9, who acolyte and love attending God and Donuts and all kid and family events. The two youngest are Emmanuel Preschool alumni! They love our preschool teachers and families and have remained close to them over the years. Their favorite event for the whole year is the family weekend at Shrine Mont. Emmanuel is a very loving, caring, warm, welcoming, and inclusive Church. It's easy to find your place to serve and get to know others. After their first coffee hour, they never left!

BOB CARRAGHER — Senior Warden / Term Expires 2016

Bob is married to Beth Tuttle and has 2 children, Maggie and Jimmy. Bob has been a member of Emmanuel Church dating back to the late 1980s, soon after he and Beth were married. Beth was raised Episcopalian and Bob, Catholic. When their kids arrived, both Maggie and Jimmy were baptized Episcopalian and attended Emmanuel Preschool, of which he served as a board member, and later were acolytes at Emmanuel when Nancy Dupree and he served as the Acolyte Coordinator. Bob was received into the Episcopal Church in 2013, and served as co-chair of the Search Committee (along with Lola Beggs) which helped bring Chuck to Emmanuel as our rector. Bob also was elected to the Vestry that year where he now serves as Senior Warden. Professionally, he's worked in government relations arena for nearly 35 years and is currently employed by the Society for Human Resource Management here in Alexandria.



LEO CRUZ — Preschool Liaison / Term Expires 2017

Leo has been a member of Emmanuel Episcopal Church since January 2013. He and his family moved to Virginia from Florida and have been grateful to find a home in Emmanuel. Leo is a Navy veteran and served in the Persian Gulf during Operation Iraqi Freedom. He is now working with the U.S. Chamber of Commerce Hire Our Heroes program helping veterans transition into the civilian workforce. Susan, his wife, is a nurse at Alexandria Hospital; they have been married since 2004. Thomas is 5 years old and a student at the Emmanuel Preschool; he will be attending Maury Elementary in the fall. Rachael is 2 years old and looks

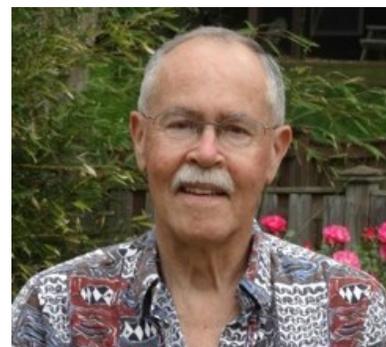
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forward to attending Emmanuel Preschool in the fall. The Cruz family has been active in the church with the TNT group and look forward to becoming more active as their family grows within the church.

BOB FEDEN — Outreach Liaison / Term Expires 2016

Bob is a retired Government research scientist. He and his wife Jeanne have been members of Emmanuel since 1973. Bob has held a variety of Vestry positions over the years including both Senior and Junior Warden and Sunday School Superintendent. He presently, in addition to serving on the Vestry, is a member of the Altar Guild and is Vestry Liaison to the Outreach Committee.



BRYAN MOORE — Communication Liaison / Term Expires 2017

Bryan was born in Columbus, Ohio and raised in Kalamazoo, Michigan, and was raised and baptized Catholic. Bryan went to Stanford University Undergraduate and received an Electrical Engineering degree and worked in that field for a few years. He then went to law school and graduated from Georgetown University. Bryan worked as a patent lawyer for 14 years and then was appointed a Patent Judge. He is married to former Vestry member Andrea McBarnette and has two daughters, Bailey (8) and Taylor (2). Andrea introduced Bryan to the Episcopal church.

ADAM SCHILDGE — Newcomer Liaison / Term Expires 2017

As a new member of the vestry, Adam is interested in helping the church welcome new members and in helping parishioners get involved in the ministries of the church. Adam and his wife, Amy, were married in New York in 2010 and have been members of Emmanuel since 2012. Adam and Amy live a few blocks from Emmanuel in the Del Ray neighborhood, and are proud parents of their six month old son Theodore. Adam and Amy also contribute to the community outside the church: Amy as an elementary school music teacher for Arlington County, and Adam as a transportation program analyst with the US Department of Transportation. In his free time, Adam enjoys bicycling, hiking, and gardening.



JOE SCOTT — Finance Liaison / Term Expires 2017

Joe and his family joined Emmanuel in spring 2009 after receiving a warm welcome and experiencing the strong sense of community. Since then, he has contributed to serve Emmanuel in multiple ministries. Joe accepted a half term in the Vestry one and one-half years ago. Before that, he started co-leading and then leading Emmanuel's annual retreat to Shrine Mont in 2010, recruiting helpers to bring supplies and organize activities, tracking its budget, and ensuring we get as many people as possible to a worry-free weekend in western Shenandoah County, Virginia (a must for any Emmanuel parishioner). He is also part of the counting team, who makes sure all our parishioner's offerings are organized after each service. He spends as much time as he can with his wife and two sons. Joe also dabbles in classic cars and tries to spend as much time outside as possible.

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MICHELLE VAUGHAN — Junior Warden / Term Expires 2016

Michelle walked into Emmanuel for the first time in January of 2011 and knew she was meant to stay. She attended the parish visioning sessions and learned of the church's past as well as its present. She was inspired by the process and knew that her passion for facilitating the spiritual growth of children and building community would help support the mission of the church. Michelle's professional life has been devoted to health and wellness promotion and advocacy (physical, psychological, and emotional) through both nonprofit and for-profit ventures; the fostering of spiritual health is a natural extension of that vocation. Her Masters of Business Administration degree with a focus on nonprofit management and public/private partnerships offers her a unique perspective on the marriage between community service and sound business management. She is currently serving in the second year of a three-year term on the Vestry focusing on spiritual formation, teaches Sunday school and serves on the

Altar Guild. Michelle is married to Rock Vaughan and has two teenage daughters, Morgan and Kate.

MEREDITH WADE — Building and Grounds Liaison / Registrar / Term Expires 2016

Meredith has been a member for 45 years and in that time has done a little bit of everything. Currently, her ministries are managing building and grounds projects, organizing parish events, and engaging youth through the God and Donuts class. Meredith's spouse, Doug, belongs to another church but attends many EEC events. They are parents of four married thirty/forty somethings who 'grew up' at EEC and grandparents of four grandsons.



DOUG WHEELER — Annual Giving Liaison / Term Expires 2017

Doug and his wife, Catherine, have been members of Emmanuel since 1977. Doug is past chair of several Every Member canvas campaigns; served as chair of the first Shrine Mont retreat; Steering Committee for the Emmanuel Renovation campaign; served as Senior Warden twice and Junior Warden once; Steering Committee for Emmanuel Legacy Campaign; choir member for twenty years; and President Emeritus, at the Washington Performing Arts Society.

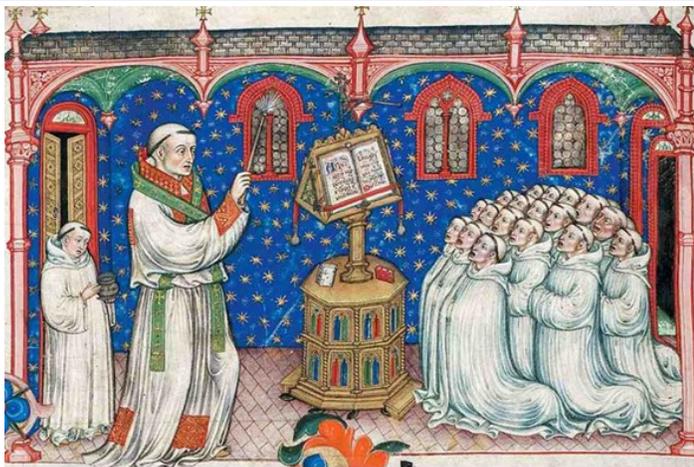
GENE LANGE — Treasurer / Appointed 2013

Gene is a farm boy who married well and came to Washington. He is a partner in the Law Firm of Lange, Thomas, and McMullen. Gene and his wife, Jeanie, have been members of Emmanuel since 1972.

VONDA DELAWIE — Clerk / Appointed 2014

Vonda walked into Emmanuel one warm summer day in 1988 and realized she had found her church. Although she and her family have spent over half of the intervening years overseas with the U.S. Department of State, they always return. Daughter Torrence was baptized here in 1994, and still serves as an occasional acolyte. Son Fred is an Emmanuel Preschool alum. Vonda is in the choir and currently chairs the Outreach Committee.





The Olivetan Master (Girolamo da Milano) (fl. 1429-d.1448) & the Master of the Lodi Choir Books (fl. 1419-1440), Detail of "Monks Singing the Office" (f.9v), from a Gradual (Use of the Olivetan Benedictines), ca. 1439-1447. Italy, Lombardy, Santa Maria di Baggio. Manuscript illuminated on vellum.

Singing Our Christian Story

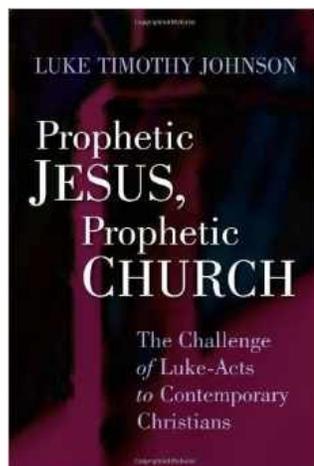
Led by the Rev. Joani Peacock
Sundays, 9:15 a.m. in the Memorial Room

Grab a hymnal and come prepared to make a joyful noise! The music of the church will be our guide to our Christian Story — using scripture, melody, poetry and prayer. No musical talent necessary!

- June 1 *Old Favorites You Have Never Heard*
June 8 *"O For a Thousand Tongues to Sing"*
 Hymns from around the World

Tuesday Morning Bible Study

Join us on Tuesday mornings as we continue to study the Acts of the Apostles while using the book *Prophetic Jesus, Prophetic Church: The Challenge of Luke-Acts to Contemporary Christians* as a guide. Bible study meets at 10:00 a.m. in the Memorial Room. We will continue to meet through June 17, when we take a break for the summer.



An Evening of Poetry

Let's welcome Alexandria City's Poet Laureate, Tori Lane, to Emmanuel! Tori will share selections from her current collection of poetry, "The Beautiful Ruins", and how art and God helped her overcome childhood trauma. Join us for refreshments, a glass of wine, poetry, sharing and conversation. Monday, June 2 in the Memorial Room at 7:00 p.m.



Newcomers

Are you a newcomer to Emmanuel? If so, welcome one and all, we're so glad you are here. If you haven't had a chance to meet with [Chuck](#), our rector, I know he would love the opportunity to meet with you. Please feel free to contact him at via e-mail or cell phone (703-795-5231). As the chair of the Newcomer Committee, if there's anything I can do, or our committee can do to be of service to you please let us know. We're anxious for Emmanuel to feel like your new spiritual home as soon as possible.

[Lola Beggs](#)

Newcomer Committee Chair

Sunday School and Youth News

Sunday school is officially over for the year and what a year it has been! A special thank you to our interim director, Mrs. Evelyn Hutton, who has been an incredible blessing to the EEC community. We will all miss her. Another special thank you to all the Sunday school teachers who taught this year. We will be honoring them at our Sunday School and Youth Appreciation service at 10:30 a.m. on June 1. Dear teachers, we are grateful for your energy and willingness to teach as well as the love and gifts you continue to bring to minister to our young people. We hope that you have a wonderful and restful summer.

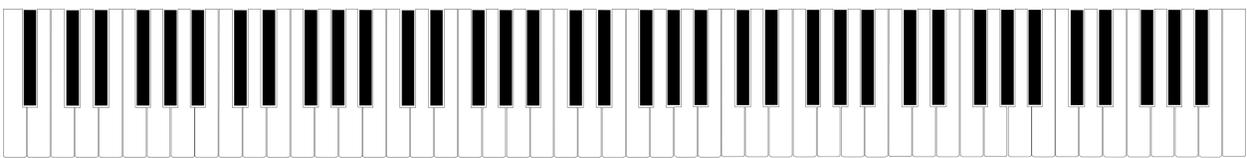
Thinking ahead, I wanted to reach out to parishioners to say that Emmanuel's Sunday school program is expanding and looking for a few more good teachers! No experience necessary! Truly! Next year, our Sunday school will have 4 teams of teachers to teach our 4 Sunday school classes. Our church is growing and we are planning for 4 teachers for each class to take turns teaching in pairs. The teachers and I will work together on creating a teaching schedule that allows for each person's need for flexibility as well as giving them the opportunity to attend the worship service more regularly and eliminating the need to continually look for teachers .

throughout the year. But we need your help! We are still in need of a minimum of 6 teachers. If you are feeling a tug to help (or maybe even if you aren't), please take a moment to pray about whether you are called to this important ministry for the life of our parish. We want to make it easy for you to say yes to our children! Please contact [Toni](#) with interest and/or questions.

On a related note, we would like to build a ministry team of about 4-6 parishioners to work with God and Donuts, our middle/high school program. This is an evolving ministry and at its core it is a relational ministry, that is one in which we are present to our young people knowing that truly, we meet God in each other. If you are interested in working with our youth, again, please contact [Toni](#) with interest and/or questions. Our hope is that we will be able to have more regular meetings and to build in a monthly social and/or service opportunity.

Finally, let me say what a joy it is to be here at EEC. I am looking forward to our future together and ask for your prayers as we all navigate this ministry and make it what God wants it to be for our children.

*With peace and gratitude,
Toni Buranen*



Sponsor a Key Fundraiser

Throughout the summer Emmanuel will be having a fundraiser to raise money for our new piano in the sanctuary. Our 7' concert-sized Baldwin has thrilled audiences at the Kennedy Center's Terrace theatre and inspired a songwriter in his personal home. Now its lush sound will enrich our worship and community.

A very generous music grant and foundation funds were used to purchase most of this amazing instrument. The rest is up to us! If you would like to sponsor a key (black keys are \$100 each, white keys are \$50 each) or donate to our bench fund (\$20), please sign up in the parish hall after church or email [Ryan Fitch](#) or [Anne Seville](#). Checks made payable to *Emmanuel* can be given to the office or donations sent through e-giving, just include *piano* in the reference line. Stay tuned for progress updates. Many, many thanks for all of your help!

Our 2014 High School and College Graduates

High School Graduates

- Isabelle Harris is graduating from TC Williams and will be attending the University of Virginia
- Markie Wohler is graduating from TC Williams and will be attending the University of Virginia

College and Advanced Degree Graduates

- Erik Bartley is graduating from American University with a Business Degree
- Matthew Coda is graduating from the College of Charleston with a Business Degree
- Brian Frank is graduating from Old Dominion University with a Business Degree
- Ted Kolson will receive a juris doctor from The Columbus School of Law at The Catholic University of America; his future plans right now are studying for the Virginia bar exam in July
- Kaitlin Overstreet is graduating from Longwood University with a degree in Liberal Studies/Elementary Education; and will be attending George Mason University in the fall to get her Masters Degree in Special Education



Annual Yard Sale: August 30

Emmanuel Parishioners: We want your housewares! Please mark your calendars for the annual Emmanuel Yard Sale on Saturday, August 30, from 7:00 a.m. to 1:00 p.m. This community-wide effort combines fundraising with outreach to provide serious housecleaning, a source of cheap stuff to our low income families, Saturday foot-traffic in the Parish Hall, and lots of fun for everyone. We'd love to motivate all Emmanuel families to participate: start a pile of household cast-offs, consider donating unused furniture, or sign up for volunteer hours!



We accept anything that is clean, unbroken, not-liquid or edible, and not of the following category: videotapes, combustibles, food/drink, clothing, shoes. We'd love to accept your sports equipment, toys, furniture, books, DVD's, musical instruments, kitchen wares, garden supplies, art supplies, and holiday decorations. Thank you!! Please stay tuned for upcoming information, and collect your unneeded housewares over the summer. **Please hold your donations at your home until a drop-off schedule has been announced.**

If you feel uncomfortable allowing our team to price your families' treasures, please price them yourselves before donating...with our thanks!

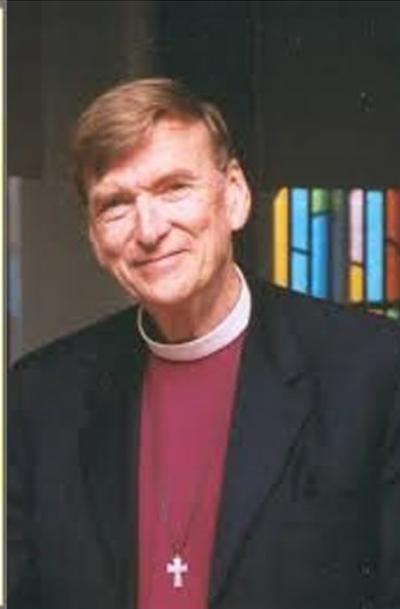
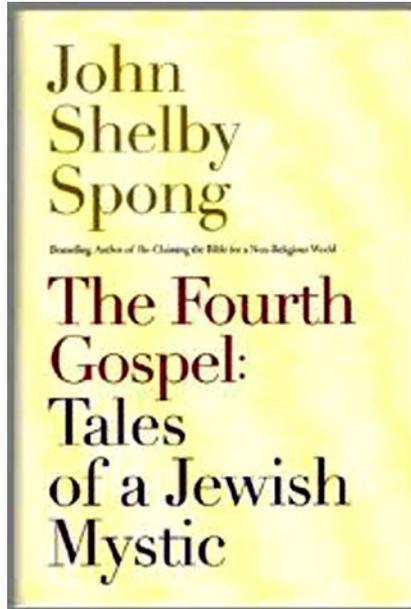
Margaret Wohler

Lectio Divina: A Look at a Book Outside the Orthodox Box

This is the latest and greatest title by the provocative John Shelby Spong. Bishop Spong, now 82 years young, has long “pushed the orthodox envelope”. He was among the first in the House of Bishops to ordain both female and gay candidates to the priesthood. Always on the cutting edge of biblical scholarship

and beyond, Bishop Spong’s many books challenge our traditional and sometimes hidebound understanding of scripture. You may not agree with him, but I am very sure his books will definitely make you think and possibly rethink age-old questions of the faith.

In *The Fourth Gospel: Tales of a Jewish Mystic*, the mystic is not Jesus but John, the writer of the fourth gospel. John’s gospel was the last of the four written late in the first century. It is often called “the gospel that stands on its head” because of how different it is from Matthew, Mark and Luke. John’s gospel has no parables. Instead it has long and lofty discourses. (That may have put the disciples to sleep, according to this reviewer’s opinion!) John’s gospel is filled with metaphor and poetry, including the famous “I am” sayings of Jesus: ‘I am the vine’; ‘I am the door’; ‘I am the bread of life’. In John’s gospel, Jesus often seems barely human, his feet barely touching the ground. John’s gospel is the farthest removed from the human Jesus, the Jesus of history.



Each gospel writer’s mission is to answer Jesus’ question “Who do you say that I am?” And John’s answer is a very mystical one.

John’s gospel, Bishop Spong contends, is not so much literal history as it is a literary interpretation of the Greatest Story Ever Told. Scripture, from Genesis to Revelation, tells the truth with a capital “T” in prayer, poetry, song, parable, narrative, myth, history and letters. John’s gospel

does the same. And this, I believe, is good news for 21st century Christians.

“To say that ‘the word was made flesh and dwelt among us’ is to say that in the life of Jesus people saw the will of God being lived out and they heard the word of God being spoken. To exhort people to be born again or to be born of the spirit was not to call them to a conversion experience that would make them spiritually superior to others; rather, it was to invite them to escape life’s limits and enter a new level of consciousness where they begin to see themselves as a part of who God is and to experience God as a part of who they were.”

Lofty, heady, provocative stuff. As the Spirit moves, I invite you to read along and to please share your thoughts. Together, I believe, Christ can be found in the conversation.

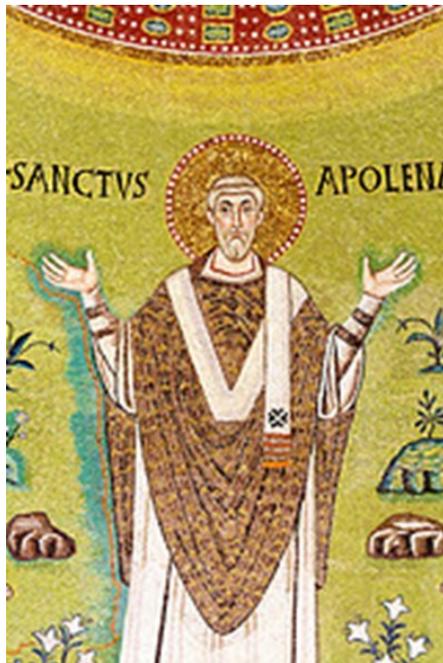
Pax vobiscum
Joani Peacock



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. This month I am going to explain all that sign language that goes on up at the altar. **Liturgical gestures** — in Anglican parlance.

Orans Have you noticed the celebrant at the altar with their arms raised and extended like the letter Y? A liturgical rendition of the seventies hit "YMCA"? No, the **orans** posture is much more ancient. The **orans** was the traditional posture of prayer in the early church for the entire congregation. Today mostly you will see only the presider during the prayer of consecration with their arms extended and



palms upraised in prayer. Charismatic and Evangelical congregations however often still pray in this way. And....

Epiclesis This part of the Eucharistic prayer invokes the Holy Spirit's blessing upon the gifts of bread and wine. The celebrant will place their hands over the elements (sometimes making the sign of the cross) and say "We pray you gracious God to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and the Blood of the New Covenant." Though not in the Roman missals of the time, the **epiclesis** was included in the first Book of Common Prayer of 1549 by Thomas Cranmer. It has been included in the American Prayer Book since the first edition published in 1789.

Who knew?

*Pax vobiscum,
Joani Peacock*

Send a Message with Flowers

Would you like to express your thanks for family, friends, or an especially good fortune? How about the chance to publicly remember loved ones who have died, or commemorate a special occasion? If this is something you want to do, then we have a way! Donate flowers to Emmanuel Altar Guild and have your remarks included in the Sunday service bulletin. All you need to do is place a check in the Sunday offering basket, mail a check to the church office, or go on line and donate via [e-giving](#). In all cases, be sure to designate the donation for *Altar Guild* and include a note with any special instructions or remarks. Our hope is that each donation would be a *minimum of \$50*. This donation along with your pledge and any other recorded monetary gift to the church will be tax deductible. Available dates for the remainder of the year are August 3, 17, and 31, September 14, October 12, November 2 and 30, and December 7, 14, and 21.



Church Picnic

The Annual Congregational Picnic will take place on Sunday, June 1, at Virginia Theological Seminary starting shortly after the 10:30 a.m. service, about noon. If you are comfortable doing so, wear picnic attire to church or change afterwards. In case of inclement weather the picnic will be in the Parish Hall, so pray for sunshine!

We will gather at a new location this year on the Seminary grounds. From the church, head west on Braddock Road, then left on Quaker Lane, and finally right on Seminary Road. Watch for the small white frame post office building on the right and turn in at that entrance. You will immediately see a parking area there. The picnic area will be on the right side of the road in a shady grove of trees near a red brick building behind the post office.

Please bring a side dish to share, your favorite beverage, and your picnic blanket or beach chairs. There are a limited number of seats at tables. We will provide hamburgers/veggie burgers, hot dogs, paper products, and water.

So plan on a relaxing afternoon with your church community sharing a meal and enjoying the company before end of school and summer activities and travel begin. Whether you are a long-time or new member or a visitor — whether you attend service at 8:00 a.m. or 10:30 a.m. on Sundays — all are welcome!

TnT Barbecue

Jennifer Jones and James Kaelin are hosting a Twenties and Thirties (TnT) barbecue at their house on Friday, June 6, at 6:00 p.m. Please bring something to grill, and your favorite game to play.

Their address is 5922 King James Drive in Alexandria. 917-971-7817.

Hope to see you then.

Zentangle Evening

On Monday, April 28, several parishioners joined Margaret Wohler and Eileen O'Brien to learn about and create zentangles. The concept of zentangles is basically doodling as a form of meditation. The doodles can use repetitive symbols/patterns or simply allow one's pen to go wherever it wants. No artistic experience was necessary, though everyone's pieces turned out quite well and can be seen on display in the parish hall. It was so much fun. We will do it again in the fall.



Shrine Mont Memories

Here's what parishioners are saying about their experience at the Shrine Mont parish retreat:

Emily Buckman: When the Buckman family goes to Shrine Mont we exhale and take it all in...we relax, breath in the great, crisp spring air, read, eat well, laugh a lot, smile the whole time, enjoy new and old friends, let go of all worries, and sleep deeply. It is an oasis. The kids run around and play and Dave and I don't worry about complaining, meals, carpooling...anything. It is a sacred weekend away from life's hustle and bustle. We become closer as a family and closer to Jesus. You just feel like He is there enjoying every minute with you. It is so hard to leave...but we know our return is only a short year away and will come again before we know it.

We love Shrine Mont weekend and adore our Emmanuel family. It is a precious, very special community (the Connors, Dresens, Moores, Masseys, Wades, Bilodeaus, Riders, Wheelers, Bartleys...just a few of those we've shared it with over the years.) God is so faithful and has richly blessed this weekend away...although this year we had to squeeze it in between kids' school activities Saturday and Sunday morning. We pray we can enjoy the whole weekend next year. You just can't get enough of it! We promise...it is a priceless family gift.

Joe Dresen: For me, Shrine Mont could not have come at a better time this year. Getting away from a difficult time at work, and with my family and church community, made it one of the highlights of the year.

Gudrun and Bob Callahan: This was our second weekend trip to Shrine Mont. We enjoyed the special events, discussion groups, the famous meals, the service, and the social gatherings ... and getting away from everything. We are grateful to the organizers for their time and effort they put into this special church gathering. We feel that this yearly weekend helps to develop and strengthen camaraderie of the "Church Family." We will be back!



Bonnie Lilley: This was my first time at Shrine Mont plus I am an 8 o'clocker, plus new to EEC. I thought our parish retreat was extremely well done. I felt everyone went out of their way to introduce themselves to the three of us *newbies*. The facilitator for the Saturday and Sunday program was great—Jennifer really knew how to get everyone involved; we are lucky to have her as a parishioner. The housing was good and the food very good. The happy hour was a lot of fun. All in all a wonderful weekend and I'm already looking forward to next year.

Sarah McEntee: As a relatively new member of Emmanuel, and a single woman, I was unsure of what to expect from Shrine Mont weekend. But after much encouragement from multiple parishioners, I decided to take a chance. I was not disappointed! It is hard not to feel the divine in such an oasis, and for me, Chuck summed up the weekend perfectly at service on Sunday when, as the wind whipped our programs and hats, he said something to the effect of: "What could be more evident of God's presence than the wind whispering through the trees?" It was a beautiful weekend, from bingo led by smiling teenagers, to shared stories in the spring sun, and oozy s'mores by the campfire. I certainly felt the joy and love of so many new friends.



June

- | | |
|-------------------------|----------------------|
| 1 Molly Overstreet | 5 Maddy Nealon |
| 3 Jimmy Carragher | 7 Bucky Mills |
| 4 Jeanie Lange | 7 Sandra Robbins |
| 5 Katherine Conner | 8 Moina Ratliff |
| 10 Kristin Overstreet | 9 Bayanne Hauhart |
| 12 Nancy Dupree | 10 Barbie Frank |
| 13 Nieta Morrison | 10 Catherine Wheeler |
| 14 Vonda Delawie | 11 Peggy Conner |
| 14 Matthew Schettenhelm | 13 Sandy Morrison |
| 16 Beth Boland | 13 Grant Edgar |
| 17 Richard Meeks | 14 Christina Wohler |
| 19 Jane Kolson | 15 Adam Schildge |
| 19 Caroline Jarrard | 17 Jennifer Jones |
| 20 Mary Tinsley | 17 Jeanne Feden |
| 28 John Dresen | 17 Madeline Alberg |

July

- | | |
|---------------------|-----------------------|
| 1 Bud Clatanoff | 19 Ron Clark |
| 2 David Masri | 20 Fred Delawie |
| 3 Beth Tuttle | 27 Carol Clark |
| 4 Paul Frank | 27 Christina Bartley |
| 5 Sheila Beattie | 29 Elizabeth Anderson |
| 5 Paulette Garthoff | 31 Gene Lange |



June

- 1 Youth and Sunday School Recognition
- 1 Church Picnic
- 2 Taize Service
- 2 Poetry Evening
- 8 Pentecost

July

- 4 Independence Day (Office Closed)

August

- 30 Yard Sale



Kristin and Brian Overstreet
June 9

Christina and Stewart Bartley
July 3

Amy and Adam Schildge
July 10



June 15