

# EMMANUEL EPISCOPAL CHURCH

# HIGH NOTES



September  
2014

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## High Notes Submissions

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

## A Note from Chuck

### Homecoming

Lately I've been doing a lot of thinking about Homecoming. What is a Homecoming? Why have one? When do you have one? Who attends a Homecoming? And if you have one where do you have it?

High schools and colleges have a Homecoming — usually in the Fall, usually around a football game, a bonfire and usually including a dance and dressing up. Families have Homecomings — sometimes during the summer or around Thanksgiving, always including food, and always with relatives you can't wait to see and some you wish you wouldn't! Well, churches are known to have Homecomings too. Church homecomings also include food and are usually celebrated in the Fall, and are opportunities for old members to come home, former members who have moved away to return home for a visit and are opportunities for us all to gather, to remember, to celebrate and to dream about the future.

In my prior church there was a doctrine of obligation to attend Mass every Sunday. Every Sunday was like a Homecoming because we had 5,000 people attend every weekend. Not that everyone followed the obligation, we had 13,000+ parishioners, but the obligation existed nonetheless. The obligation certainly put an expectation on folks to attend a Mass some time on Saturday evening or some time Sunday day or night. Some came, some didn't. They followed their conscience and I applaud that.

In the Episcopal Church there is no obligation to attend Sunday Service. No guilt if you do not. And to that I exclaim a resounding, "AMEN!" The invitation to attend is always present and we are we thrilled when we see you. I think it's healthier that the obligation doesn't exist. A lack of obligation frees you up to worship God in your own way, on your own terms. Sometimes that includes sitting in a pew on Sunday at Emmanuel Episcopal Church (EEC) and sometimes it might mean you find yourself sitting in another pew in a church of a different kind for whatever reason. Again, you follow your conscience, and you should.



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## 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.

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### 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

#### Seminarians

Alex Allain  
Scott Steiner

#### 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

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#### Sunday Services

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

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#### Church Office Hours

Monday—Thursday  
10:00 a.m.—2:00 p.m.

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#### Emmanuel Episcopal Church

1608 Russell Road  
Alexandria, VA 22301  
703-683-0798 (phone)  
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[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)

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I've noticed now in my second summer here that summers are lighter in attendance. The lighter attendance has made me yearn for when you all come home. I miss you when you're not here and love it when you are here! Here's what one parishioner shared with me about attending services over the summer, he said, "I attend weekly because I recognize the refreshing, recharging power of communal worship to sustain me in the week ahead. Nothing obliges me to go, except the desire to reconnect with God, even on a Sunday when I feel as dry as Alexandria has been the last several weeks!"

Another parishioner put it this way, "I'll be honest with you Chuck, going to church is a pain in the neck much of the time. I've got three kids who aren't that enthusiastic. I'm often tempted to make Sunday morning the one day that I don't have to don my drill sergeant hat to get everyone fed, dressed, and out the door on time. Hearing the *thump* of the Sunday paper hit my driveway makes my heart rate quicken; I'd honestly rather spend a few hours with the paper and



multiple cups of coffee than go to church. Just saying ...."

Then she went on, "But most weeks, I forego my preferences to stay home and head to church because I need what it offers. And what

it offers — what I'm seeking — is not cute stories or pats on the back. Though, I do enjoy a good joke in a sermon, but I digress! I go to church because that simple, vital message is what I need." She continued, "As someone who lives with a fair amount of pain, I want to hear about the One who heals. As someone struggling to be a good mother in a culture that stands ready to judge my every parenting decision harshly, I want to hear about the One who accepts me (and my less-than-perfect-kids) unconditionally. As someone haunted by all that is wrong with the world (the storms, the jihads, the limbless soldiers, the rootless children), I want to hear about the One who will bring about a new heaven and a new earth — and about what part we play in that re-creation."

So, my friends, why do you come to EEC? What is it you seek? You'll notice inside the pages of this newsletter an article written by long time friends and parishioners Lola and Ham Beggs on why they chose Emmanuel as their home church. This is a new article I'd like to include in newsletters for a little while, "Why Did You Choose EEC?" Think on it and if the Spirit moves you, give me a call or send me something to share with others in the newsletters ahead. For whatever reason you chose EEC, I'm so glad you did.

More than anything I just want to say Welcome Home. It's so good to see you. Welcome Home.

Peace friends,

*Chuck*

**Y**ou will notice in the newsletter this month that in addition to the "Why I Became An Episcopalian?" article that we've also begun another new article as well. This new article is titled, "Why I Choose Emmanuel Episcopal Church?" or "Why I Choose EEC?!" Everyone's story is different. Every path unique. We've all come from other places and find ourselves calling EEC home. Thank you to those who have contributed printed messages in the past and if you'd care to now share with us why you have chosen EEC as your faith community, please let Chuck know and he'll gladly add you to the list of those who want to share their story. Many thanks for your contributions.

## Why am I an Episcopalian?

By Adam and Amy Schildge

**Amy:** Growing up, my family was very involved in our Methodist church on Long Island. My parents were both members of the choir, and my brother and I were "choir orphans." Orphan Sundays were a blast; we piled into a pew with our friends, while one poor non-musical parent sat nearby trying to keep us quiet.

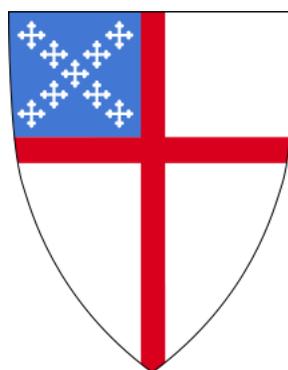
Mom's side of the family had deep roots in Methodism. My dad's side on the other hand was very much discontented with religion in general. Having had a terrible experience with his own strict Catholic upbringing, my Grandfather chose to raise his children without religion. With such different religious experiences, I'm grateful that my parents decided to begin attending church regularly when I was 5 and my brother was 8. My parents will admit that the wonderful music drew us to that church, but I know it was the spiritual grounding, loving community and community outreach that kept us there.

I didn't attend church regularly while in college or while living in New York City, where Adam and I met. It wasn't until we found ourselves living briefly on the west coast that we began talking about growing together spiritually. When we picked up and moved "down south" to Alexandria, we set about making a permanent home for ourselves, and began looking for a church to attend.

**Adam:** Searching for a church with Amy was a great opportunity to reflect on some aspects of the religious experiences I had growing up that I wanted to keep as an adult.

I was raised Catholic, and sitting in the pews with my parents and eventually five younger siblings, I found that I appreciated the form and reverence of a Catholic mass, as well as the opportunity during the service for quiet reflection.

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### 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: [Adam Schildge](#)  
Counters: [Jim Bradley](#)  
Inreach: [Nancy Dupree](#)  
Music (Adult and Youth Choirs): [Ryan Fitch](#)  
Music (Guitar Circle): [Stewart Bartley](#)  
Newcomers Welcome: [Lola Beggs](#)  
Parish Office: [Kelli Cortz](#)  
Preschool Liaison: [Leo Cruz](#)  
Readers and Chalice: [Jerry Boykin](#)  
Sewing Group: [Gudrun Callahan](#)  
Shrine Mont Parish Retreat: [Joe Scott](#)  
Twenties and Thirties:  
[John and Katherine Flower](#)  
Ushers: [Bob Callahan](#)  
Vestry: [Bob Carragher](#)  
Worship: [Anne Seville](#)

### Christian Education

Adult Spiritual Formation: [Beth Boland](#)  
Sunday School: [Toni Buranen](#)  
Youth: [Toni Buranen](#)

### 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](#)  
United Thank Offering: [Bonnie Fairbank](#)  
Yard Sale: [Margaret Wohler](#)

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Music was present, but wasn't anything memorable, aside from the usual variations on "alleluia" or the "hosannas." It wasn't until I spent a summer at a sleep-away camp that I had a chance to experience a different form of worship. At Camp Dudley, a YMCA boy's camp in upstate New York, in addition to the sports and swimming in the lake, I especially enjoyed the Saturday evening hymn sing and the Sunday chapel service in the woods overlooking the lake. It was at hymn sing that I first experienced the beautiful songs in our Christian tradition, and learned so much about the history and origin of many traditional hymns.

Like Amy, I didn't attend church all that frequently during college or as a young adult living in New York City. When Amy and I moved here from New York, we both wanted to start attending church regularly and weren't sure where to start. Although Catholicism still held an interest for me, I wanted to find a church that was just a little bit more progressive in terms of social issues, but still embraced the a traditional approach to worship and music.



Amy, Adam and Theo Schildge on Easter morning.

**Amy and Adam:** Coming from such a varied Christian background, we were lucky to have the chance to learn about the variety of denominations and churches out there. Some seemed to have a little too much of "this" or not enough of "that," so we kept up our search for a church that would be "just right." It wasn't until one Saturday evening, just after returning from Christmas up in New York, when Adam was sitting at the laptop searching Google Maps for nearby churches, that he suddenly said, "I think I've found it!"

Emmanuel's description on its website made it seem like a good fit for us, and when we came in the next morning, we immediately felt at home. On the walk home from service, we talked about how we appreciated the multi-generational congregation, the family-friendly service, the thoughtful sermons, the good music, and of course the lively community at coffee hour.

After a few months we signed up for a preparatory class for being received in the Episcopal Church, and during that class we came to an even greater appreciation about why the Episcopal Church was a great fit for us. In particular, we liked the balance between traditional worship and the importance placed on being active in ministry and a part of the world around us. The non-dogmatic foundation of the church, and the openness to applying reason as part of one's religious experience (alongside faith and scripture) were also important to us. With that

said, we would say we ultimately became Episcopalians because of how we were received at Emmanuel and the wonderful community we found here.

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## Why We Chose Emmanuel

*By Hamilton (Ham) and Lola Beggs*

Lola and I became members of Emmanuel in 1974, when she was pregnant with our second child and we wanted to find a church home. I had attended Emmanuel with my parents as a child and teenager, but there was a significant gap in my attendance between those years and 1974. So having made the decision to find a church home, we shopped around. We visited 4 Episcopal churches in the nearby area. Far more than any other contender, we found

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Emmanuel to be warm and welcoming. That feeling still exists for us to this day. Looking back, was that our top priority: warm and welcoming? Probably, yes. Over the years there were times we wondered about what other Episcopal churches might offer over and beyond what we were getting from EEC, but there was always a strong enough hold on us that we never seriously considered leaving. We have never regretted not 'testing the grass on the other side of the church fence'.

We rapidly became active in church ministry as well as in a group called the "Young Adults". (No snickers there, please.) This group existed purely for social reasons — and we did party on, and on. The Riders have invigorated the highly successful TnT group which one might say is more reputable because today's group has a serious bible study element. Good show there!

Our comments here are intended to share both why we chose Emmanuel, and also why we have stayed. Certainly through all these many years there have been stressful times, but with God's help, the congregation and its leaders managed to solve or mediate enough to keep things pretty stable. When the Rev. Dan Eckman retired several years ago, we had an interim for 2 years. During that time we did what has proven to be so very important to our current success. We navigated through an extensive self-study to learn who we are and who we want to become as a church family. Our prayers were answered for the profile of our desired new rector with Chuck's acceptance of the call. Boy, did we get lucky! Emmanuel is more vibrant than ever before, and our forty-year-old decision to choose Emmanuel as our church home looks pretty smart!

The comments here have been written in collaboration. We may disagree on some things, as most long-time married couples will do, but when it comes to our love for Emmanuel, we are in heartfelt unison. Emmanuel welcomed us 40 years ago, and we love welcoming all who visit our church today!

*Peace to you all,  
Ham and Lola*



Ham and Lola Beggs on vacation on Italy's Amalfi Coast.



## Prayer List

You'll notice that each week in our bulletin we provide parishioners with a list of all who have asked for prayers. It is our honor to do so, not only weekly, but daily by taking the prayer list home with us to remember those in need. It's important we pray for each other and we thank you for helping us to know who is in particular need. Please let us know if you would like for us to pray for someone. We'll follow your lead and update the prayer list with the names of those you provide. It could be someone's health has improved and you no longer think we need to keep that person on the list; please guide us so we have the most current information possible. Many thanks. Please contact [Nancy Dupree](#).

# From the Office of Spiritual Formation for Children and Youth

Greetings all!

September is upon us and our Sunday School and God and Donuts ministry team is gearing up for a wonderful new school year! And by the time this newsletter

“Don’t worry about being effective. Just concentrate on being faithful to the truth.”

—Dorothy Day

comes out, God and Donuts will have already had its first event — a pool party at the Bartleys! (Thank you, Mr. and Mrs. Bartley!)

The beginning of the school year is busy for everyone and EEC is no exception. Items/events to be aware of are listed below. As always, if you have any questions, concerns, praise or want to assist in what is meant to be a whole parish ministry of the spiritual formation of our children and youth, please contact [me](#).

*With gratitude and in peace,*

*Toni*

**If you haven’t already, please register your child for Sunday School (3 years old to 5<sup>th</sup> grade) and God and Donuts (6<sup>th</sup> – 12<sup>th</sup> grade) this week.** Registration is ongoing and drop-ins are welcome; however, it is very helpful for your teachers to know how many to expect on a regular basis. Please download the [registration form](#) here OR from the website OR look for a hard copy on the door of the Office of Spiritual Formation for Children and Youth. There will also be some available after services in the Narthex or the parish hall. Only one form per family is needed.



**On Saturday, September 6, from 9:00 a.m. – 1:00 p.m., there will be a retreat/workshop for our Sunday school teachers and God and Donuts team** at the Virginia Theological Seminary here in Alexandria. This is a wonderful opportunity for our

Sunday School and God and Donuts ministry team to take time to breathe and reflect on their own spiritual journey and on their ministry to our young people. Please let Toni know if you will be in attendance.

**On Sunday, September 7, at the 10:30 a.m. service, we will have a teacher/ children and youth ministry team commissioning as well as a Blessing of the Backpacks!** All those

assisting with Sunday school and God & Donuts are asked/invited to attend this service so that we as a community may bless this ministry. All the school age children and young people of our parish, from preschool to universities are invited to bring their school backpacks so that we as a community may have the opportunity to bless their school living and working as the new academic year begins. We invite teachers, school staff and administrators to join in this blessing as well.



**On Sunday, September 14, we will have our first day of Sunday school and God and Donuts.** This will be a time to meet your teachers and say hello. Stay tuned for a 2014 – 2015 calendar.

**Family Sundays** will be the 1<sup>st</sup> Sunday of the month from October to March (April has Easter and May has Shrine Mont). There is no Sunday school or God and Donuts meetings on those weekends, but instead, children, youth and families will participate in a unique way through our music, our prayer, our sermons, etc., during our 10:30 service. Again, stay tuned!

**High school students:** We are looking to create a once a month opportunity for our high schoolers to connect with each other — Starbucks maybe? If you are in high school and think you might be interested in attending this or being a part of the planning for this, please contact [Toni](#). Thank you!

# Expanding Your Faith This Fall

**Sunday Mornings, September 7 to November 23: "A History of Christianity: The First Three Thousand Years."** We will explore the roots, blossoming, and branches of the Christian Faith. Our guide will be Diarmaid MacCulloch's six-part BBC series based on the Oxford University historian's published work. We will pair watching each episode with a discussion the following Sunday.

- September 7 and 14 — "The First Christianity"
- September 21 and 28 — "The Unpredictable Rise of Rome"
- October 5 and 12 — "Orthodoxy, From Empire to Empire"
- October 19 and 26 — "The Reformation: The Individual Before God"
- November 2 and 9 — "Protestantism: The Evangelical Explosion"
- November 16 and 23 — "God in the Dock"

Come to any or all. No reading and no homework required! Questions? Contact [Joani Peacock](#).

**Tuesday Mornings.** The Tuesday morning Bible Study group will resume on September 9. Our first topic this year is John's Gospel. Come join the discussion! It's held in the Memorial Room, starting at 10:00 a.m.

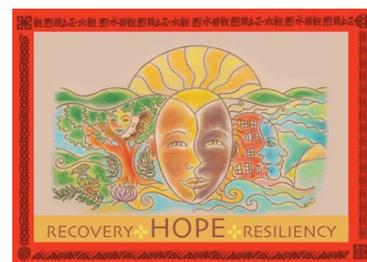
**Tuesday Evenings.** This year Emmanuel is beginning a new evening Bible Study, "*Tuesdays with Chuck*." Adults looking for fresh, stimulating discussions on how the Bible relates to life today ... this study is for you! Using a contemporary study guide called *The Wired Word*, together we'll discuss the latest headlines and apply scripture to these real life current situations. Each week you'll be provided with a biblical commentary to read, discussion questions to mull over before you arrive (or when you walk in the door!) and together we'll grapple with what God is doing in the world today and how we can be prepared to live as Christians in this modern wonderful wacky world in which we live. Join us Tuesday's at 7:00 p.m. in the Memorial Room beginning September 16. Out of respect for those who have a time constraint, and let's face it, we all do! .... our weekly discussion will formally end in 75 minutes. You're most welcome to stay longer if your schedule allows, but we'll set everyone free at 8:15 p.m.

**Sunday evening, September 28.** "Unorthodox and Unhinged: A Personal Conversation about Faith and Mental Health," led by The Rev. Joani Peacock. Joani has been 20 years ordained. She has also been 10 years bipolar. Joani calls herself a mental evangelist because she tells first person stories about why mental health matters to us all. Honest and humorous and hopefully enlightening, Joani posts one each week on her blog [Unorthodox & Unhinged](#).

It may surprise you to learn that 20% of the world walks around living with mental illness everyday. 50% in a lifetime. What goes wrong with our heads is just as normal as what goes wrong with our hearts. But in 2014 myth and stigma still abound. And mental illness untreated is a deadly disease. But living with mental illness is not just about surviving; it's about thriving and living a full and healthy life. There is help and hope out there.

You are invited to an evening of faithful conversation where in a safe place we can explore this topic, ask questions, share stories, and consider what mental health ministry might look like — person to person, in the church, and in our community.

NOTE: And you can be confident none of your personal stories will appear in Joani's blog. Please join Joani on Sunday, September 28 at 7:00 p.m. in the Memorial Room. All are welcome.



## Meet Scott Steiner, Our Seminarian

Dear parishioners and staff of Emmanuel Episcopal Church,

My name is Scott Steiner. I am honored and looking forward to joining all of you at EEC for my field education throughout the next two school years. This September I will be starting my second "middler" year at Virginia Theological Seminary. Please allow me to share a bit about myself and my family.

My wife, Katie, and I were born and raised in southeast Michigan. We were married in August 2004. Our daughter, Rachel, is 4 and our son, Collin, is 2. Katie is a licensed physical therapist, though she presently does not work outside the home. She enjoys the outdoors and playing the piano and organ.

I was born in October 1975 at St. John Hospital in Detroit, Michigan. Prior to leaving Michigan in order



to start at VTS I worked as a registered nurse. During nursing school and for one year after receiving my license I worked in the emergency department. From July 2008 until July 2013 I worked as a hospice and palliative care nurse. I was raised in the Roman Catholic Church and spent four years in the RC seminary (1996-2000). I began attending the Episcopal Church in 2008 and was formally received in April 2010. My sending parish is Christ Episcopal Church in Dearborn, Michigan. In addition to feeling called to parish ministry I am also interested in being a volunteer chaplain with law enforcement and/or fire-rescue. Other interests of mine include the outdoors, inter-religious and

ecumenical topics/work, and watching sports — particularly baseball (go Tigers!) and auto racing.



### Emmanuel Photo Directory

[Sign up](#) Now to Have your Picture Taken

Photos will be taken in the Memorial Room and session times are:

- Thursday, September 25 from 2:00 p.m. to 8:50 p.m.
- Friday, September 26 from 2:00 p.m. to 8:50 p.m.
- Saturday, September 27 from 10:00 a.m. to 4:50 p.m.

We are working with Lifetouch/Olan Mills on a new church photo directory. Every family who has their picture taken for the directory will receive a free 8x10 picture and a directory. Following your portrait session, you will have the opportunity to view your photos and select one for the directory. You may also purchase additional photos and poses. Lifetouch encourages you to make your photo session unique and personal — bringing Spot (or Brock) and Kitty to be a part of the photo session is absolutely allowed!



## Words of Our Worship: "Cantor"

We Anglicans have our own 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 life-long churchgoer, 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, well, this may all be new to you!

So for September the word is "**cantor**". While the choir was on summer vacation, Marianne Palastro, was Emmanuel's guest cantor. Supported by Ryan Fitch, our organist, Marianne beautifully led the congregation in song. The history of cantors in worship goes back to our Jewish roots and cantors have been part of virtually every Christian tradition: Orthodox, Catholic, and Protestant.

So here is a little history....

A **hazzan** or **chazzan** is a Jewish musician trained in the vocal arts who helps lead the congregation in songful prayer. In English, they are often called **cantors**.

In Christianity, the **cantor**, sometimes known as the **precentor**, was considered the "first of the singers". Employed in a cathedral or monastery, they were responsible for the choir and the preparation of the music for divine services. The cantor would choose the music, conduct the choir, lead the chant, and correct the missteps of the singers placed under them. The cantor supported the singing of the melody by movements of the hands, as would a conductor.

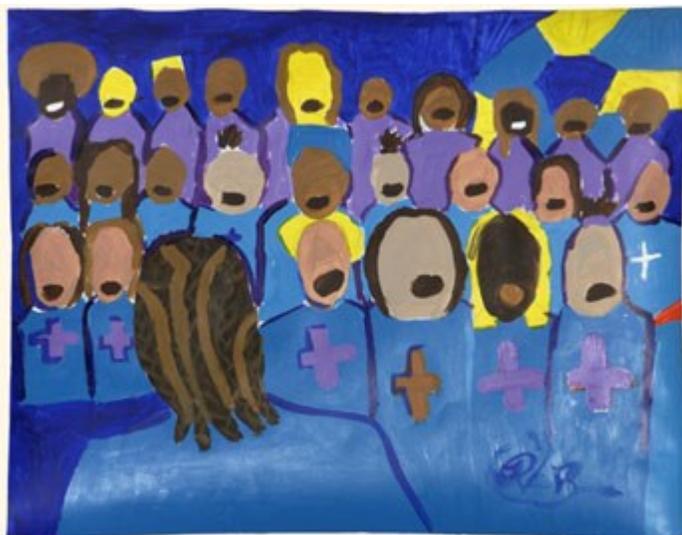
In the Eastern Orthodox tradition, a cantor, also called a **chanter**, was a monk or a lay person in minor orders who would chant the responses and lead the singing of hymns in the services of the church.

In the Roman Catholic tradition, prior to Vatican II, a cantor was the leading singer of the choir and customarily a cleric. The medieval **cantor of the papal Schola Cantorum** was called the **Primicerius**. In medieval cathedrals, the cantor directed the music and chant, as well as being a ranking dignitary. During the 14th century in many churches, the cantor began to delegate the instruction of singers to a master of music. When harmonized music was introduced, these duties fell to the choirmaster. Today in RC parishes (both with or without a choir), the cantor may lead both responsorial singing and the congregation in song.

In Protestant Churches the role of the cantor was served both by the lay and the ordained. In Europe, especially in Germany, the title of **Cantor** or **Kantor** survived the Reformation. The Kantor was the musician who supervised the music in cardinal churches, taught in the choir schools, and provided music for civic functions. Johann Sebastian Bach and Georg Phillippp Telemann are two famous musicians who were employed as cantors.

**Who knew?**

*Faithfully,  
Joani*



## Opportunities to Serve

### Dinners Served to Those at Carpenter's Shelter

A new ministry at EEC has begun in earnest. Volunteers have started cooking and serving meals for our neighbors — homeless families in Alexandria. Guests (aka "residents") of the Carpenter's Shelter have welcomed our parishioners and their friends on the first Wednesday of every month. If you would like to join us, please e-mail [Marco](#) for information and to be added to the list. In the past EEC folks have volunteered as part of other churches' efforts, but now we have our very own night where we are trusted to bring and serve dinner to our fellow Alexandrians going through a rough patch — mostly folks with full-time jobs just trying to make ends meet. Space will not allow for a fair list of all the great volunteers who have donated their time, talents, and creativity to cook and serve, so we'll just say that EEC folks have been extremely generous. They know who they are and they do it for the service, not the credit anyway! Here is a very brief picture of what a night of serving at Carpenter's Shelter looks like for EEC:

In the weeks leading up to the dinner, folks log into our signup website for this purpose. Individuals or families commit to cooking a meal, specify what that meal will



Kay Parker, Bonnie Lilley, and Lola Beggs

be (in accordance with that month's theme), and indicate how they will get it to the shelter. Then, it's up to everyone to decide how they wish to create their part of the meal. Some busy folks run to the store and grab something pre-made for one of



Bonnie Lilley, Dwayne Piepenburg, Marco and Lynn Dkane

The next dinner will be served to the Carpenter's Shelter residents on September 3.

the drink or desert slots; others gather their families and plan and cook an elaborate dish, involving their children in the preparation and discussing with them the meaning of sharing with our fellow families. Other folks may not cook but commit to serving the meal and assisting with the set-up and breakdown.

As the day of our meal approaches, those whose work schedule doesn't allow being present at the dinner get the meal to the shelter through another parishioner or just drop it off the night before.

Finally on the big night, volunteers (adults only) arrive at 5:30 p.m., set up chairs, drink and desert stations, and plan how the guests will work their way through our line. At this point dedicated volunteers serve as culinary thermal engineers (i.e. figure out how to keep a rotation of dishes warm so that it will be hot at exactly the right time for dinner). At 6:20 p.m., shelter employees bring the children through the line to get kid's plates and we try to figure out what a one-year-old's dinner plate looks like. At 6:30 p.m., we serve the full meal to our adult guests. A line of gracious folks tell us which of the

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lovingly-prepared meals they'd like to try, and we scoop them up a good portion of everyone's dishes.

Meanwhile, some of our volunteers are making sure the kids and their parents are getting drinks, fruit, deserts, and can get through the line with everything they need. If we remember during all this activity, we may pause a moment to see a whole room full of folks enjoying a meal together as families and realize that we were directly able to make that happen, with God's help. It's very humbling. At some point, we are surprised with a very kind show of thanks from the guests taking the form of some applause and a generous announcement.

At 7:00 p.m. the dinner is over, and the guests clean up their trays and dishes. We package up the leftovers for guests who are working late and clean up quickly. By 7:30 p.m. or 8:00 p.m., we are out the door and the kitchen awaits tomorrow's volunteers — perhaps from another church — who will get to experience what it's like to serve God in the simplest way, "for when I was hungry, and you gave me to eat" (Matthew 25:35).

## Coming Soon – The Ministry Fair!

A combined effort of the Outreach and Newcomers Teams, the Ministry Fair will take place on September 21. The first session, from 8:45 a.m. to 9:15 a.m., will focus on providing information about the over three dozen opportunities for service within Emmanuel and to our neighbors in the community and the world. Eight o'clockers, please join

us! Coffee and treats will be served, and we will wrap up in time for the Adult Forum at 9:15 a.m. Then after the 10:30 a.m. service, the Ministry Fair's second session takes

place — this is designed especially to inform newcomers about the many activities and service opportunities available, in an informal setting over a light lunch. For more information, or to help with the fair, please contact [Lola Beggs](#), [Vonda Delawie](#), or [Pat Hadley](#). See you at the Fair!



## ALIVE!

Ever wondered what it is in the basket that is carried up with the offering? The basket is filled with non-perishable items that your fellow parishioners have donated to ALIVE! to give to members of our community who are less fortunate. Thank you to all who have continued to donate non-perishable items over the summer. Items that are always needed are:

- Canned meat (tuna, chicken)
- Pasta
- Peanut butter and Jelly
- Beans
- Canned Vegetables

Put the date in your calendars for the [2014 Rock and Stroll](#) on October 11, 2014 from John Carlyle Square Park. Enjoy the Community Walk, Zumbathon, Hula Hoop Jam, Parkour, Cornhole Challenge, music, food, and more! New in 2014: Rock & Run! This year, Rock & Stroll has added a 10K race on a certified course in Old Town Alexandria. The running course will begin at the U.S. Patent and Trademark Office. Stay tuned for more information about this wonderful event to raise money for ALIVE! House.

## "I Was Hungry and You Gave Me Food": World Food Day Celebration Supper

Each day, each week, each month Emmanuel embodies Matthew 25:33-35: "I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me." Last year our ALIVE! Food Pantry Ministry collected and delivered nearly 3,000 food items! EEC's Bag Lunch volunteers made nearly 3,300 sandwiches for the homeless! Our Meals on Wheels drivers delivered hundreds of both hot and cold meals to the elderly! And now EEC

prepares and serves a monthly meal for 75 residents at



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(Continued from page 11)

Carpenter's Shelter! Emmanuel is passionate about feeding our neighbors in need. And many, many generous hearts and helping hands make this important ministry possible. This is cause for celebration! And to do just that the Outreach Ministry Team is proud to sponsor this *special parish wide event*:

**"World Food Day Celebration Supper", Thursday, October 16, 6:30 p.m., Parish Hall**

We'll lift up in gratitude all of EEC's dedicated volunteers. We'll share fellowship and a simple meal, the very same meal we serve at Carpenter's Shelter. We'll raise our awareness with a little education led by Ms. Colleen Clark who has worked at the headquarters of both *The No Kid Hungry Campaign* and *Meals on Wheels America*. (And she is Joani's daughter.) The price of admission is at least one food item for the ALIVE Food Pantry! Each \$20 donation will buy a Kitchen Starter Kit for the ALIVE Housewares Ministry!

Stay tuned for further details in your upcoming weekly e-news. Volunteers needed. All are welcome.

Questions? Contact [Joani Peacock](#).

## Shrine Mont Camps Fundraising Dinner

Saturday, November 1, 6:30 p.m. to 10:00 p.m.

Refectory, Virginia Theological Seminary



Shrine Mont Camps have fed and formed the youth of the Diocese of Virginia for over 50 years. Join Bishop Ted Gulick and other Shrine Mont fans and camp alumni for Orkney-inspired food, live music, and the opportunity to help secure the future of the camps.

For information or an invitation, contact Sally Masri at 703-867-2803 or find the event on the [Shrine Mont Camps Facebook page](#). Share your old camp photos and videos! Click here for information about the ["Shout It From the Mountain" capital campaign](#).

## Back to School Physical Clinic



Parishioners Gail Eger and Barbara Huffman joined other Emmanuel volunteers for the annual Back To School Physical Clinic cosponsored by the Mount Vernon and Lee Districts.

On Saturday, August 16, 140 students received free school physicals, a back pack full of school supplies, a bike helmet, an armful of age appropriate children's books and a chance to hang out with dozens of members of the Buffalo Soldiers Motorcycle Club who help with the annual clinic. Parishioner Bonnie Lilley organized the whole operation and it was a blessing to not only help the kids, but to serve alongside Bonnie, Barbara and Gail.



## Fellowship

### A Special Invite to all Emmanuel Newcomers

If you are a newcomer to our parish please mark your calendar for Sunday, September 21. This will be a unique opportunity to meet and socialize with other newcomers as well as long-time members, PLUS, a time to learn about the many ministries offered at Emmanuel. We're working out the details so please be on the lookout in Sunday service bulletins as well as the Thursday e-news. This will be our second Newcomer event this year! What a blessing to have so many new folks worshipping here. You have already made a positive difference. Thank you! I look forward to getting to know all of you.

*Lola Beggs*  
Newcomer Ministry Chair

### Intergenerational Sketch Hike, Huntley Meadows Park

October 26 — 2:00-4:00 p.m.



Please join us at Huntley Meadows Park on the afternoon of October 26 (it's a Redskins' bye week!) for some drawing instruction, walking and appreciation for this month's fall beauty. All ages are welcome! Everyone can improve their ability to observe, and learn from, the natural world through drawing and art. Margaret Wohler will teach how to set up a nature journal and lead the group in a ~2mile hike, rain or shine. We'll meet at the Outdoor Classroom pavilion adjacent to the Visitor's Center at 2:00 pm. Depending upon the RSVP numbers, materials may be provided. Please reserve your space with [Margaret](#).

### Twenties and Thirties (TnT)

#### Nationals' Baseball Game

TnT members gathered together at the Nats' Stadium for an afternoon in the sun to watch the National's beat the Milwaukee Brewers. A fun time was had by all, and many thanks to Leo Cruz for organizing the **day out** .



#### Ladies Film Night

7 lovely ladies met for food, wine and discussion after watching the film 'Saved'. It was a great opportunity for sharing and friendships to deepen. Next time we will organize a 'Men's night'- happy to receive suggestions. E-mail [John or Katherine Rider](#).



We can't wait to start the school year! We have been busy this summer updating the building with fresh coats of paint, new rugs, and hallway/classroom environment updates. Be sure to take a tour the next time you have a chance, everything looks so refreshed and bright.

We are excited to say the Preschool is currently fully enrolled in all classes. I am also pleased to announce our final faculty roster for the 2014-2015 school year. We could not be happier or more proud of our amazing faculty. We are incredibly lucky!

### Preschool Staff and Faculty

Director: Jeanna Reidy  
 Preschool Administrator: Bryn Baisley  
 Red Twos: Mollee Hansen and Susan Stockton  
 Blue Twos: Alithea Price-Pearlstein and Debbie Rumph  
 Sea Green Twos: Michelle Brayman and Mary Carol Gavin  
 Orange Threes: Anne Hubbard and Mary Anne Troxell  
 Sky Blue Threes: Amy Ernst and Ressa Jones  
 Purple Threes: Christy Finn and Sarah Higgins  
 Twos/Threes Floater/Assistant Teacher (Tuesday—Friday):  
 Alyce McLean  
 Green Four/Fives: Denise Stanley and Cappie Stiers  
 Yellow Four/Fives: Mary Beth Conry and Dana Mutscheller  
 Four/Fives Assistant Teacher: Sara Tiedemann

### Preschool Board of Directors

Chair: Gene Lange  
 Treasurer: Suzy and Jason Booma  
 Secretary: Brooke Stratford  
 Vestry Liaison: Leo Cruz  
 Rector: Chuck McCoart  
 Director: Jeanna Reidy  
 Teacher Representative: Mary Beth Conry  
 Margaret Wohler (parishioner)  
 Melissa Bennett (preschool parent and parishioner)

Our Parent's Back to School Night is on Wednesday evening, September 3 and Meet and Greet Day for students on Friday, September 5. Our first day of school is Monday, September 8.

Here's to another great year!

*Jeanna Reidy, Director*



## All God's Children Have a Place in the Choir

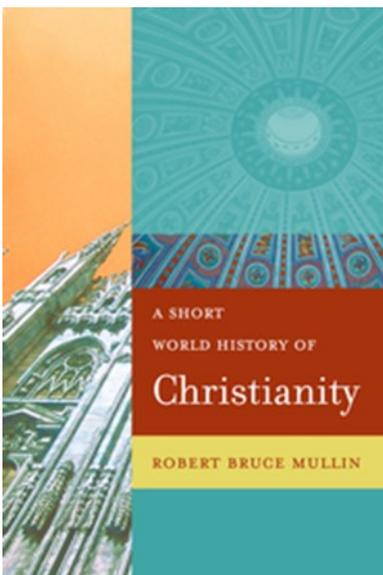
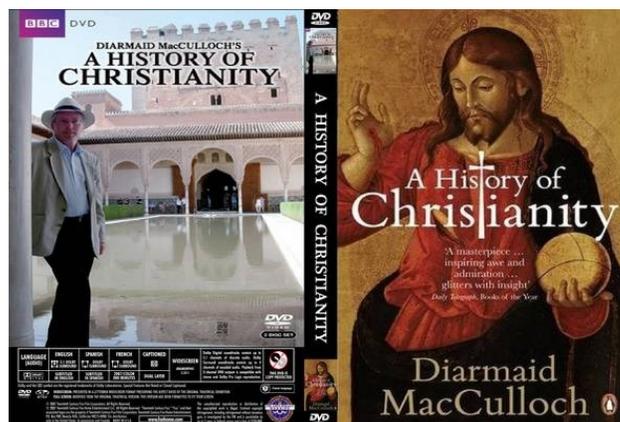
Do you hum along with music in your car or office? Is music part of your exercise or homework routine? If so, you are a singer at heart. How about giving singing in the choir a try? The commitment is flexible around work/personal situations and travel, of course.

Singers say that their worship experience is enriched, they learn a wonderful variety of music styles, AND they have a good time in the process. Rehearsals are on Sunday mornings at 9:15 and on third Thursdays from 7-8:30. Middle and high school youth are welcome. No auditions or special training or experience required: just come!

# Lectio Divina: A Trilogy of Christian History

This fall's Sunday morning adult forum series "*Christianity: The First Three Thousand Years*" is a fabulous BBC six-part program — sparkling and engaging and a must see! It is based on the book of the same name published in 2009 by the Oxford professor, *Diarmuid MacCulloch*. (See related article in this issue!). His book is masterful and now considered the definitive scholarly text but it is not for the faint of heart. It's nearly **1200 pages** and weighs in at about **5 pounds!** Great for when you want to look something up, you cannot sleep, or you need a makeshift doorstop.

So let me recommend some lighter fare to take us on this worldwide, two-thousand year tour.

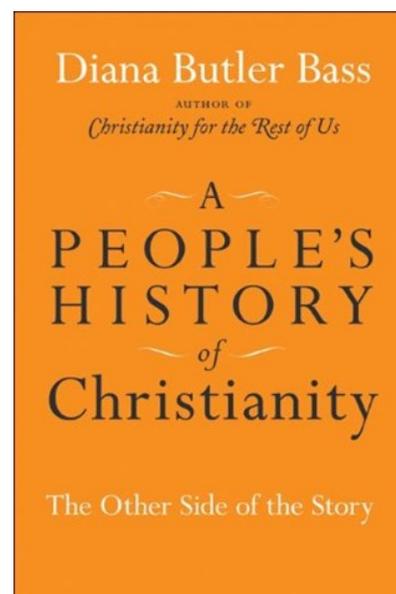


## *A Short World History of Christianity*, Robert Bruce Mullin, 2008

Mullin's book is equally scholarly but also compact, concise and beautifully written. The book uses geography to explore how the Christian faith shaped the world both east and west. Starting with Pentecost and the words of Luke's Gospel, Mullin invokes the metaphor of fire: "it destroys and refines; its light illuminates and its smoke conceals." The story of Christianity "is one of amazing creativity and terrible destruction, of fearless accomplishments and grim failures, of highs and lows. Whatever else is to be said, Christianity has left its mark on the world as sure as any fire." **A really good book! And only 300 pages!**

## *A People's History of Christianity: The Other Side of the Story*, Diana Butler Bass, 2009

Diana Butler Bass is the CS Lewis for the 21<sup>st</sup> century. A local scholar and historian, Bass lives in Alexandria and has taught at VTS. Her historical approach is holistic and inclusive. Bass brings to the forefront both forgotten voices and the grassroots movements that have kept alive the spirit of the faith for two thousand years. "In this beautifully written history, Bass reveals the living, beating heart of love at the core of Christian faith." **Provocative and refreshing! And also only 300 pages!**



All three are available new, used and on Kindle at Amazon.com.

See you in September, on Sunday the 7<sup>th</sup> for the start of the series in the Memorial Room. Reading is recommended but definitely not required!

Faithfully,  
Joani

## “Punch List” Party

How about stopping by Emmanuel on Saturday, September 27 between 8:00 a.m. and 11:00 a.m. for your Saturday morning coffee and a muffin and to donate an hour or so of your time to help the Building and Grounds Ministry Team knock out a few handy-dandy projects? Older children and teens are welcome to come, too.

Our building underwent quite an update over the summer, but there's a 'punch list' that we'd like to finish in a day. What, exactly, you might well ask is on it? Here's a partial listing: plant fall bulbs, dig holes and help plant two new trees (one honoring Chuck and another from the Edgar family), pull a few weeds, put down new pallets in the outside trash storage area, inventory and straighten kitchen cabinets/storage, and paint the playground door.

The list will be posted in the Parish Hall after Labor Day so you can sign up for what you're willing and able to do. You'll be contacted with any special instructions for the day. In the meantime, we'll start baking muffins so there will be plenty to go around.

Questions or suggestions to [Meredith Wade](#).



### September

- 6 Sunday School Teacher Training
- 7 First Day for Adult Education
- 7 Choir Rehearsals Begin
- 7 Sunday School Teacher Commissioning
- 7 Backpack Blessing
- 14 First Day of Sunday School
- 14 First Day of God and Donuts
- 21 Ministry Fair
- 21 Newcomer Gathering
- 25-27 Church Directory Pictures Taken
- 27 “Punch List” Party
- 28 Unorthodox and Unhinged: A Personal Conversation about Faith and Mental Health

### October

- 1 Carpenter’s Shelter Dinner
- 5 Pet Blessing
- 16 World Food Day for Place at the Table / Meal Outreach Event
- 26 Sketch Hike at Huntley Meadows

### November

- 1 Shrine Mont Camps Fundraising Dinner
- 5 Carpenter’s Shelter Dinner

## Directory Help Needed

A few volunteers are needed to help with photo sign ups after the 8:00 a.m. and 10:30 a.m. services in the parish hall on September 7, 14 and 21.

We also need volunteers to check people in as they arrive for their photo sessions. The shift times are below. Please contact [Heather](#) to let her know which shift(s) you can help with. Thank you!

### Thursday, September 25 and Friday, September 26

1:45 – 3:45 p.m.; 3:30 – 5:30 p.m.; 5:15 – 7:15 p.m., and 7:00 – 9:15 p.m.

### Saturday, September 27

9:45 – 11:45 a.m.; 11:30 a.m. – 1:30 p.m.; 1:15 – 3:15 p.m.; and 3:00 – 5:15 p.m.