

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



Inside this issue:

Save the Date for the Gala Celebrating Advent	2
Why I Chose Emmanuel by Sarah Orndorff	3
Confirmation Class	4
Adult Spiritual Formation	5
Children and Youth Spiritual Formation	6
Fellowship	7
Outreach	8
Photos from Ministry Fair	12
Preschool News	14
Film Reviews	15
Calendar	16

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 Our Senior Warden

EEC's Annual Giving (aka 'Stewardship') Campaign Kicks Off Later This Month!



Mark your calendars — **October 19** will be the "official" Sunday kick-off of this year's Annual Giving Campaign at Emmanuel. But in the three weeks between now and then, please take a moment to think about what God — and Emmanuel — mean to you . . . and to our fellow congregants . . . and to our preschoolers and their parents and to the nearly 100 folks who attend weekly AA meetings at Emmanuel . . . and to the Irish Dancers who practice in the parish hall each week . . . and to the many other people and charitable organizations in Alexandria and throughout the world that Emmanuel 'touches' through our outreach, prayer, fellowship or just when they drive by on Russell Road.

When thinking about this introductory newsletter piece for this year's campaign, I checked the on-line dictionary for a definition of **stewardship** because I think we all know what **annual giving** means. Personally, I thought this was the best definition of stewardship as it relates to EEC:

"The responsible overseeing and protection of something considered worth caring for and preserving."

I hope you — like I — feel Emmanuel is worth caring for and preserving. As you all know, there are a lot of good things going on in our church and it's time we all take a minute to think about what we, together, can do to keep the good things going — and to maybe even start thinking of moving EEC to the next level! Monetary support from our parishioners, without a doubt, is important in maintaining the structure of our 100+ year-old church and paying the bills. But while dollars are important and greatly needed to support all the good things EEC is doing, it takes more than just money to run and grow a church — both in size and spirituality.

Between now and October 19, please take a moment (or two or three . . .) to look around and reflect about what Emmanuel means to you, your family, your friends and

(Continued on page 2)

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

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

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

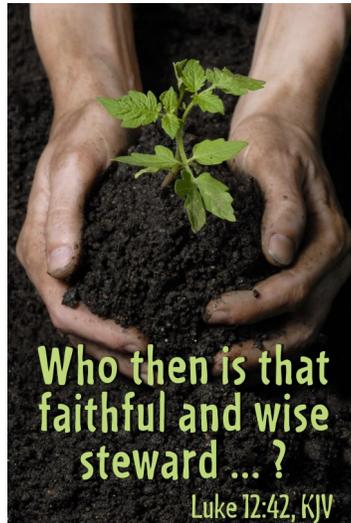
1608 Russell Road
Alexandria, VA 22301
703-683-0798 (phone)
703-683-6158 (fax)

office@emmanuelonhigh.org
www.emmanuelonhigh.org

(Continued from page 1)

to our community. And at the same time, how about asking yourself “am I doing all that I can do to make Emmanuel and my community a better place than it is today?”. After all, isn’t that what God would want us to do?

Throughout the campaign, we’ll be posting information in the parish hall about EEC’s annual budget, about how our funds are expended and about how we’re doing in this year’s campaign. Please be sure to check it out throughout the campaign. I think you’ll find it pretty enlightening.



The following week, we’ll be mailing out 2015 pledge cards to all congregants requesting that they be returned by Sunday, November 30. We’ll also have cards available in the pews throughout the campaign.

For those of you who are new to Emmanuel (or to the Episcopal faith), we (like most other Episcopal churches) request our parishioners to pledge the amount they plan to give to the church during the coming calendar year. The total sum of those pledges, in turn, is used by EEC’s Finance Committee in preparing an operating budget for 2015, which will be presented to the Vestry for ratification by year’s end. Having been raised Catholic, pledging was news to me when my wife

Beth and I first started coming to EEC back in 1987. But now, serving as a member of your Vestry, it totally makes sense and it’s really important.

Thanks in advance for your support of EEC. I’m excited and optimistic about this year’s campaign, and I hope you will be too!

*Bob Carragher
Senior Warden and
Member, 2015 Annual Giving Committee*



SAVE THE DATE!

Gents, polish up those shoes! Ladies, dust off a festive dress! Parents, book your babysitters! We are working up a fantastic night of music, silent and live auctions, buffet, and drinks. Emmanuel will host a Gala Celebrating Advent the evening of December 6. All proceeds benefit Emmanuel outreach ministries!



Why I Chose Emmanuel

By Sarah Orndorff

Like many members here at Emmanuel, I did not grow up in the Episcopal Church, but I knew this was where I belonged from the occasional experiences I had with the church. After I moved to Del Ray in 2005, I set out to find a place that shared my values and where I could feel at peace and connected to my fellow parishioners and community. One church I visited was very large, with standing room only on a normal Sunday. To accommodate the crowd, they had built a brightly lit new church with stadium seating and all the latest technology. People seemed very happy, and I had heard great things about



Sarah Orndorff and her fiancé, Nate Ho.

their young adult programs, but I did not feel peaceful or connected in such a large crowd.

Another church I visited was much smaller, with an older congregation and much more traditional service. The family service was earlier in the morning, as the very friendly ladies told me. I could have tried again at their more popular service, but I just was not sure they were for me.

In late 2006, I noticed there was another Episcopal church just up the hill. On my first Sunday, I immediately felt welcomed and engaged, especially by our seminarian Mike Sowards, who, like me, was a Navy veteran. I loved the energy of the kids and the genuine concern of the adults. History and tradition was mixed with a sense of humor and openness. While the parishioners seemed very comfortable with themselves and each other, they also were very friendly and

excited to get to know me and include me. I didn't feel like the "newcomer" for long at all.

Mike led me through confirmation classes that spring. (We spent a small part of class time exchanging sea stories.) He came to the Episcopal Church as an adult as well and understood my questions, translating notions in the books into concepts I could understand. On my first trip to Shrine Mont, I was confirmed as an Episcopalian while small yellow butterflies flew around us in the Shrine. It was amazing! So, after many months of visiting Episcopal churches that were either too big or too small or too modern or too traditional, I finally settled into my "Goldilocks church."

(Continued on page 4)

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 Corts](#)
Preschool Liaison: [Leo Cruz](#)
PrimeTimers: [Jim Bradley](#)
Readers and Chalice (10:30): [Jerry Boykin](#)
Readers (8:00): [Ted Sullivan](#)
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](#)
Carpenter's Shelter: [Marco Dkane](#)
Giving Tree: [Kerry Adams](#); [Rachel Kliever](#)
Haiti (Sister parish of St. Martin de Tours):
[Rosemari Sullivan](#)
Meals on Wheels: Fred De Luca

Fundraising

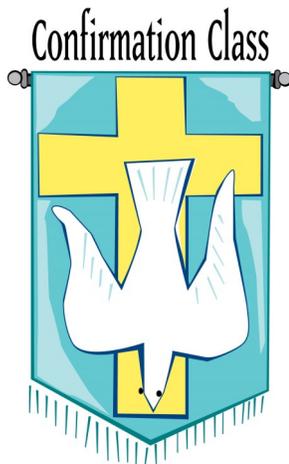
Annual Giving Campaign: [Bob Carragher](#)
Backpacks for Community Lodgings:
[Barbara Harslem](#)
Haiti Coffee Sales: [Mary Beth Edgar](#)
United Thank Offering: [Bonnie Fairbank](#)
Yard Sale: [Margaret Wohler](#)

(Continued from page 3)

We have been through a lot of change together in the last several years. Our former rector Dan Eckman retired after a decade at Emmanuel. We went through a period of soul searching to know who we were as a community and to identify our most important values. The masterful Martha Wallace led us through our transition, and we found the one, the only Chuck McCoart in our rector search process. Members have moved to and come back from other places around the world, while others have passed on to the next world. We have more of the most adorable babies and children crawling, wobbling, and running around the Parish Hall than I ever thought possible in one place! New friends join and enrich our community. New groups and activities pop up as the needs and interests of the parish shift over time. What has not changed is that every Sunday, after hearing our shared values reflected in the liturgy and the sermon and sharing a meal with my friends, I still leave with that feeling of peace and connection that led me to choose Emmanuel as my home.

Confirmation Classes

Confirmation is described as "the rite in which we express a mature commitment to Christ, and receive strength from the Holy Spirit through prayer and the laying on of hands by a bishop," in the Book of Common Prayer, and if you haven't pursued this step in your faith journey, we ask you to consider it with prayer and questions. Similarly, if you have arrived at our community from another denomination, you are invited to join us in this process. We will meet three times to explore God, the Church, and the sacrament prior to Bishop Johnston's visit on November 23 at the 10:30 a.m. service. We will select a time on the basis of availability of those interested. Contact [Chuck](#) or [Alex Allain](#) for further information.



The Book of Common Prayer: A User's Guide to the Sunday Bulletin!



The Episcopal Church is a liturgical church. We pray what we believe: *lex orandi, lex credendi*. Those prayerful beliefs are printed between the covers of the Book of Common Prayer. The Prayer Book is "common" not because it is commonplace but because its prayerful words are shared across both space and time. Anglicans are both "catholic" and "protestant." The BCP is the direct descendant of the Roman Catholic Mass — reformed and in the language of the people. We worship God both in word and sacrament. We read from Holy Scripture every time we celebrate Holy Eucharist. Since the very first prayer book of 1549, the Book of Common Prayer defines what it is to be an Anglican.

This does not mean that Yahweh handed down the BCP from Mount Sinai on stone tablets! It does not mean that Jesus celebrated the Last Supper with the Book of Common Prayer! Each Province of the Anglican Communion has its own version of the BCP. The first American BCP was published in 1789 and has been revised many times to reflect the times. We are now using the 1979 edition. Some "cradle Episcopalians" still call this the "new prayer book"! Though slow to change, revisions to the Prayer Book are considered by General Convention every three years.

Our Sunday bulletin is the Book of Common Prayer — just printed on different paper. The words of the Rite II Eucharist on page 355 of the BCP are the very same words printed on page 3 of your bulletin — italic rubrics and all. Even lifelong Episcopalians sometime struggle to juggle Prayer Book and Hymnal — much less to flip pages to find the Collect of the Day.

Spiritual Formation Opportunities for Adults

We hope that you have picked up a flyer, available in the pews on Sunday mornings, detailing the many opportunities this fall for deepening your faith. Three special events will take place in October, while other programs are ongoing.

Thursday, October 16, Supper: Emmanuel loves to feed people — just look at our outreach programs! Come participate in Emmanuel's World Food Day Celebration Supper at 6:30 p.m. in the Parish Hall. We'll share a simple meal — Carpenter's Shelter-style — and listen to a guest speaker, Colleen Clark, from Meals on Wheel America and The No Kid Hungry Campaign. The price of admission is at least one food item for ALIVE. See page 8 for details.



Sunday, October 19, Documentary: As many as 50 million Americans, including 1 in 4 children, don't know where they'll find their next meal. Come watch the riveting documentary, *A Place at the Table*, and stay for a brief discussion of the solutions for ending hunger presented by the film. We'll gather in the Memorial Room for the start of the film at 7:00 p.m. Read more about this documentary on page 15.

Sunday, October 26, Sketch Hike: Please join Margaret Wohler and fellow parishioners for an outdoor Sketch Hike at Huntley Meadows Park, from 2:00—4:00 p.m., on Sunday October 26. Margaret is a park naturalist and illustrator who has worked at Huntley Meadows for 20 years. Have fun learning how to enhance your experience in nature through drawing! We'll be hiking, rain or shine, on flat surfaces for no more than two miles. Bring a sketchbook and pencil. (If you need a field sketch kit, please contact [Margaret](#).) Get outside and enjoy the splendor of fall colors in a beautiful natural setting! Note that there IS NOT A REDSKINS GAME that Sunday! Please RSVP by Friday, October 24, to [Heather](#) or [Margaret](#).



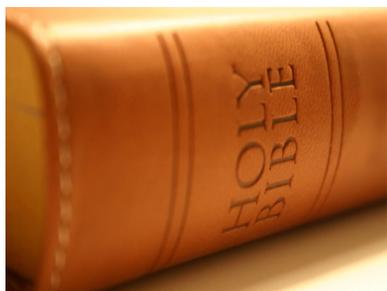
Sunday mornings: The current adult forum on "*A History of Christianity: The First Three Thousand Years*" continues through November 23, starting at 9:15 a.m. each Sunday. We are exploring the roots, blossoming, and branches of the Christian Faith via Diarmaid MacCulloch's six-part BBC series based on the Oxford University historian's published work. We have been watching an episode every other Sunday, followed by a discussion of that episode the following Sunday.

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"



Tuesday mornings: The Tuesday morning Bible Study is examining the Gospel According to John. We have been comparing John's distinctive voice with the other three Gospels and conducting a type of scavenger hunt to find and decode the recurring themes introduced in the amazing introduction to John's Gospel. Come join the discussion! It's held in the Memorial Room, from 10:00—11:30 a.m.

Tuesday evenings: "*Tuesdays with Chuck*," appeals to adults looking for fresh, stimulating discussions on how the Bible relates to life today. The contemporary study guide, *The Wired Word*, assists those joining the discussion. We meet from 7:00—8:15 p.m. in the Memorial Room.

Greetings from the Office of Spiritual Formation for Children and Youth!

Thanks to the whole parish for all the ways you support our children and youth. Our Sunday school and God & Donuts classes are busy learning about Creation (and how much God loves us) and the Exodus (and how

“You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”

—St. Augustine

much we need to put our trust in God!). We have some upcoming events, including and especially, our first Family Sunday of the year. Read on for more

information and as always, please feel free to e-mail me with any questions.

Peace,
Toni

Some upcoming dates:

Saturday, October 4 — God & Donuts PYM Day of Service. The Youth are headed to the pumpkin patch! St. John's, McLean needs some help getting pumpkins unloaded!



This is a great opportunity to do some service and to have some time to hang out! Please see [Mrs. Meredith Wade](#) for more information.

Sunday, October 5 — Family Sunday, 10:30 a.m. service. While every Sunday is meant to be Family Sunday, we have designated the first Sunday of the month as an opportunity to reach out to children in a special way. One way is having the children sing a special song as a part of our worship. The children are

working on the song in Sunday school, but all children are encouraged to participate and we would be thrilled if as many children as possible arrived around 10:00 a.m. (before the service) for a little practice. We are working hard for them to feel confident! Thanks for your assistance with this.

Friday, November 7 — Spaghetti Dinner and Semi-Potluck, 5:30 – 7:30 p.m. Mark your calendars! This is



meant to be a time for parents and children to gather in a relaxed way, enjoy a meal and some conversation. We

will be inviting the older children to engage the younger children informally so that parents will have an opportunity to connect. Bring a simple salad, Italian bread or a dessert (no peanuts or tree nuts) to share in addition to our spaghetti dinner! Look for the Sign-Up Genius e-mail!



Sunday School and God & Donuts Teacher Retreat on September 6.



Fellowship

Annual Pet Blessing

Sunday, October 5 — 12:00 noon

In honor of St. Francis, please bring your lovable pet with you to Emmanuel Episcopal Church at 12:00 noon on Sunday, October 5 for a special blessing. We'll have yummy treats for your pet too!



- 1) The TnT have been asked to run the bar for the Advent celebration on the December 6. Please come to the Rider's house on Wednesday, October 22 to plan how we want to organize and run the bar. Drinks and nibbles will be provided!
- 2) There are lots of young adults within the church — is there any interest among the TnT group to be a part of the ministry to the middle and high school students? We are looking at building a team of about 6 young adults (minimum) who would assist with leading the God and Donuts Sunday school discussion, as well as a monthly social or service activity.

TnT Apple Picking

Sunday, October 19 — after church

Bring a picnic lunch with you, as we head directly after church to Hartland Lane Orchard for an afternoon of apple picking, pumpkin-choosing, pig racing and hay rides.



Directions: From the Washington, DC metro area, take I-66 west to exit 18. Take a right, then an immediate

left on Belle Meade Lane. Follow signs. (Hartland Lane is the farm driveway.) Enter the drive way, cross the cattle guard and you will see the entrance on the left marked by our haybale friends.

Address: 3064 Hartland Lane, Markham, Virginia 22643

TnT Planning Evening

Wednesday, October 22 — 7:00 p.m.

Location: 5269 Colonel Johnson Lane, Alexandria VA 22304 (571-970-3631)

During this evening we will discuss two topics:

Dining Out at Goodwin House

Wednesday, October 29 — 5:45 p.m.

The next dinner with members and friends of Emmanuel who live at Goodwin House Alexandria is set for Wednesday, October 29. 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 [Heather](#) (703-683-0798) in the church office to make your reservation.



Opportunities to Serve

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

Thursday, October 16 — 6:30 p.m.



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 3000 food items! **EEC's Bag Lunch** volunteers made nearly 3300 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 **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**:

Come **celebrate** the work of 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**.

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!

All are welcome — from ages 0 to 99! If you would like to help, volunteers to cook, set up and clean up are most welcome. Please contact and **RSVP by October 13** to [Joani Peacock](#).



Dinners Served to Those at Carpenter's Shelter

Wednesday, October 1

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 go to our [website](#) for more information and to sign up to help.



Bag Lunch

The Bag Lunch program is hoping to recruit a few new people to make sandwiches, assemble bag lunches, and/or deliver lunches on an occasional or regular basis. We serve 60 lunches each day for one week, about every 7-8 weeks. Training is provided! Contact [Karen Coda](#) to volunteer or for more information.



(Continued on page 9)

(Continued from page 8)



An ALIVE! House Story, a Reason to Rock and Stroll

At the end of 2013, a new family moved into ALIVE! House — Flora, a 30-year-old mother, and her four children, ages 7, 4, 2 and 1. Without warning, the father had abandoned the family to return to their home country of El Salvador. Flora and her children were left with an Alexandria apartment that they were unable to afford. When legally evicted, they moved in with Flora's mother. However, a few months later, her mother passed away from an untreated kidney disease, and the family had to go to an emergency shelter. This family's most remarkable quality is their exceptional resilience. The children are always ready to greet you with a smile, and they love taking part in group activities. Flora has persevered through many ups and downs since moving into ALIVE! House. Shortly after her arrival, she lost her job due to her inability to secure consistent childcare. She has diligently looked for both childcare and employment over the past few months, and her persistence and hard work have paid off. She now has a good, steady job, and has found an affordable childcare provider. Flora must undergo dialysis once each week for the same kidney disease that her mother had. She was put on a list for a kidney transplant and very recently heard that a donor has been found!

Flora has expressed how thankful she is for ALIVE! House and its staff, stating that she has found few others she can trust. ALIVE! House has provided her a safe space and support. Although she came to ALIVE! House speaking primarily Spanish, her English has improved tremendously just through her use of the language at the house and at her job. In addition, she has followed through on getting all the necessary services for her children, including speech therapy and therapists to assist them with the great losses they have experienced. With the support she receives at ALIVE! House, Flora has also been able to open up about the considerable trauma she has experienced. This is our goal for ALIVE! House — to be a place where we can provide support and can help families like Flora's heal, so they will not experience homelessness again.

Register Now for Rock and Stroll to End Homelessness

Rock and Stroll is the flagship fundraiser for ALIVE! House; and we are counting on your participation in this fun event to support the women and children who are working toward independence at ALIVE! House. With drastic cuts to public funding for transitional housing like ALIVE! House, we need you now more than ever.

Rock and Stroll will take place on October 11, 2014. Events include a 10k race, a 5k race, a fun run, and a family festival at John Carlyle Square in Alexandria.

To support Rock and Stroll and ALIVE! House: register today; make a donation on line; start a Rock and Stroll Team at your workplace, club, or congregation; and spread the word. To register and for event details, visit www.rockandstroll.net.



ALIVE! Last Saturday Food Distribution

Saturday, October 25 — 8:30 a.m.

Volunteers are needed to help bag and distribute nonperishable food and fresh produce to low-income families at one of three locations in Alexandria:

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

Time: Approximately 8:30 a.m.–12:00 noon



(Continued on page 10)

(Continued from page 9)



Shrine Mont Camps Fundraising Dinner

Calling all those who love Shrine Mont! You are cordially invited to an Orkney Dinner in support of the *Shout It From The Mountain* campaign to renovate facilities and endow scholarships for Shrine Mont Camps. This is an event for ALL! Whether you have sent a camper, have been a camper, have grandkids as campers, enjoy time at Shrine Mont with your parish, family and friends or simply care about the nurturing of our youth and the future of our church, we hope you will join us. Live Music! Moomaws! Bishop Ted Gulick! Spontaneous giving opportunities!



Saturday, November 1 from 6:30 to 10:00pm at the Refectory, Virginia Theological Seminary, 3720 Bishop Walker Circle, Alexandria. \$50/person. Attire: Mountain Dressy. To reserve your seat(s), send a check payable to *Shrine Mont*, to: Shrine Mont, Attn: VTS Dinner, P.O. Box 10, Orkney Springs, VA 22845 or go to shrinemont.com/donate and choose "Donate \$50/Ticket." Reply by Wednesday, October 22. Questions? Contact Sally Masri at 703-867-2803.

If you can't join us, you can still give by going to shoutitfromthemountain.org.

Thank you, Lord, for Shrine Mont Camps!



ALIVE! Long-Term Volunteers Needed

ALIVE! (ALExandrians InVolved Ecumenically) is a 501 (c)3 nonprofit organization of volunteers from over 40 religious congregations and the community working

together to help those in need in Alexandria, Virginia. Founded in 1969, ALIVE! is the largest private safety net for the needy in the city of Alexandria, addressing short to long-term needs for those less fortunate in the community.

Following many years of sterling service the ALIVE! Food Program chair, Jean Moore, is having to step down. As she has listed the various jobs she fulfilled it has become apparent that several volunteers will be required to fill her shoes.

If you have some time available to volunteer or know of someone who may be able to contribute please consider some of the roles below.

ALIVE! is looking for volunteers to act as:

- Food Program Food Drive Coordinator
- Food Program Shopper
- Food Program Warehouse Manager
- Food Program Warehouse Assistant

If you are interested in any of the various positions, or would like further information, please contact volunteers@alive-inc.org.

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. Available dates for the remainder of the year are November 2 and 30, and December 7.

"Punch List" Party

Saturday, September 27



Clockwise from top left: Ramsey and Taylor Craig; Tom Anderson, Dwayne Piepenburg, and Bob Carragher; David Kolo and Tom Craig; Karen Coda, Beth Tuttle, and Sandy Robbins; Lee Larkin and Judi Brush.



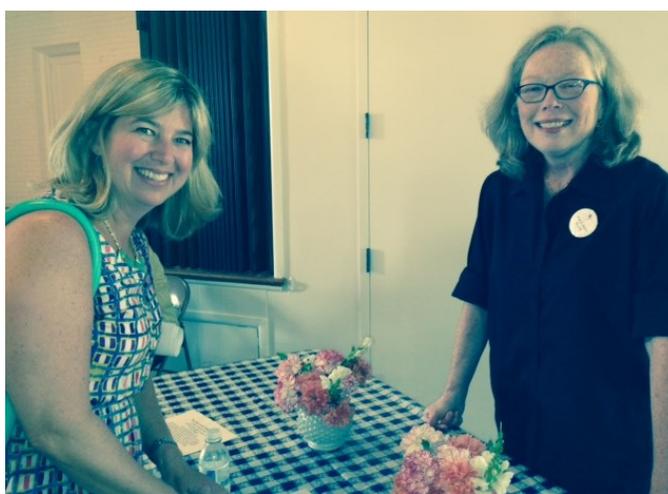
Ministry Fair and Newcomer's Lunch

A special coffee hour after the 8:00 a.m. service, and a festive lunch after the 10:30 a.m. service on September 21, provided all parishioners with the opportunity for fellowship and to learn about the many ministry opportunities available at Emmanuel. Several Outreach activities will benefit from those who signed up to participate, as did Inreach, the Altar Guild, the Coffee Hour Baristas, Buildings & Grounds, and the TnT group. Thanks to all who spoke on behalf of ministry activities, to those who brought the delicious food, and especially to those members of the parish family who sought new ways to help their neighbors, both within Emmanuel and in Alexandria and the world.



F A I T H
Don't Keep it to Yourself!





Emmanuel Preschool

**Watch here next
month for our new
logo!**

Emmanuel Preschool Staff

Director

Jeanna Reidy

Administrative Assistant

Bryn Baisley

Teachers

Michelle Brayman
Mary Beth Conry
Amy Ernst
Christy Finn
Mary Carol Gavin
Mollee Hansen
Sarah Higgins
Anne Hubbard
Ressa Jones
Alyce McLean
Dana Mutscheller
Nancy Palmer
Alithea Price-Pearlstein
Deborah Rumph
Denise Stanley
Cappie Stiers
Susan Stockton
Sara Tiedemann
Mary Anne Troxell

School Hours

Monday—Friday
9:00 a.m.—12:30 p.m.

Emmanuel Episcopal Preschool

1608 Russell Road
Alexandria, VA 22301
703-683-0303 (phone)
703-683-6158 (fax)

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Preschool News

We are excited for our Fall Family Pizza Party on Thursday, October 2! As a faculty, we have spent a lot of time discussing process-oriented approaches in the classroom, especially when it comes to children's exploration of art mediums. This year, we are working with Kathryn Coneway from Art at the Center to explore Art Studio Habits of Mind, process-oriented art, and specifically the introduction and exploration of clay, watercolor, paint, and collage with preschool-aged children. She has run one professional development experience already, and we will have another on our in-service work day on October 31. In addition, Kathryn is running a Parents' Art Exploration Evening at the preschool on Wednesday, October 15, so EPS parents can explore the arts as their children do during school. Kathryn will also spend time in the classrooms throughout the year, working side-by-side with the teachers and children.

On Tuesday, October 21, we have our Kindergarten Informational Coffee from 9:15 to 10:45 a.m. where a panel will be present to help guide parents of kindergartners next year: Admissions Director from an area private school, parents of children currently attending area public elementary and parochial schools, a WIPPSI Evaluator, and Jeanna, the Director of the Preschool. If you are a Parishioner and parent of an upcoming Kindergartner, please [RSVP](#) if you would like to attend.

EPS Class Spotlight

Welcome to Emmanuel Preschool and a monthly "snapshot" of our Sea Green 2's class.

In the Sea Green 2's class, the children spent September getting to know their new environment: classroom, choice rooms, playground, their teachers, new friends, and learning some of the rules of preschool (quiet voices and walking feet when we are in the halls). They also learned their schedule and what to expect during their day.

In October, the children will continue exploring their environment and will begin focusing on using some new tools in the classroom such as scissors, paint, and glue. We will also explore the outside environment and will discuss the change of seasons through outside "field trips" around the school grounds, books, and songs.

We are happy to be here and are looking forward to an exciting year!



Struggling to Earn Their Daily Bread: Two Important Films on Hunger and Poverty

A Place at the Table and **American Winter** are two provocative documentaries about hunger and poverty in the United States. As we mark **World Food Day** on October 16, as faithful Christians we need to honestly ask ourselves why people are hungry in the richest nation in the world. Each of these films seeks to answer just that question.



An American Winter is an HBO film produced in 2013 by Emmy Award winning Harry and Joe Gantz. It features the stories of eight families struggling in the aftermath of the Great Recession. While the stock market rebounded, millions of ordinary Americans still struggle to meet their basic needs. Many formerly middle class families due to the financial crisis find themselves

needing assistance for the first time in their lives. Filmed over the course of one winter in Portland, Oregon, the filmmakers working 211Info, a nonprofit hotline, follow the stories of each family as they struggle to earn their daily bread and keep a roof over their heads. The film not only dramatizes their difficulties ; it humanizes their struggles. These are hardworking and responsible people just like you and me. Most of us are just a couple of paychecks from walking in their shoes. There for the grace of God go we all. The DVD is available at americanwinterfilm.com.

A Place at the Table: One Nation Underfed, a 2011 documentary produced by filmmakers Kristi Jacobson and Lori Silverbush, is equally thought provoking. The story it tells is both "engaging and enraging". Fifty million Americans – 1 in 4 children – don't know where their next meal is coming from. A Place at the Table tells the powerful story of three such Americans, who maintain their dignity even as they struggle just to put food on the table. In a riveting journey that will change forever how you think about the hungry, A Place at the



Table shows how the issue could be solved once and for all -- once the American public decides – as it has in the past – that ending hunger is in the best interests of all. We'll screen **A Place at the Table** on Sunday, **October 19 at 7:00 pm in the Memorial Room.**

Not just food for thought but a call to action. Come join the discussion and explore how as Christians we can make a difference.

Joani Peacock





October

- 1 Carpenter's Shelter Dinner
- 2 Preschool Fall Family Pizza Party
- 4 God & Donuts PYM Day of Service
- 5 Family Sunday
- 5 Pet Blessing
- 8 Vestry Meeting
- 11 ALIVE! Rock & Stroll
- 13 Columbus Day (office closed)
- 15 Preschool Parent Art Exploration Night
- 16 World Food Day Celebration Supper
- 19 Annual Giving Kick-Off
- 19 TnT Apple Picking
- 19 *A Place at the Table* Documentary
- 20 Preschool Board Meeting
- 20-22 Clergy Conference
- 21 Kindergarten Informational Coffee
- 22 TnT Planning Event
- 25 ALIVE! Last Saturday Food Distribution
- 26 Sketch Hike at Huntley Meadows
- 29 Goodwin House Dinner
- 31 Halloween

November

- 1 Shrine Mont Camps Fundraising Dinner
- 2 Daylight Savings Time Ends
- 2 All Saints Day / Family Sunday
- 4 Election Day
- 5 Carpenter's Shelter Dinner
- 7 Family Spaghetti Dinner and Semi-Potluck
- 11 Veteran's Day
- 12 Vestry Meeting
- 16 Pie-Making Clinic
- 17 Preschool Board Meeting
- 19 Region IV Meeting
- 23 Visit from Bishop Johnston — NOTE: only one service this day at 10:30 a.m.
- 27 Thanksgiving Day
- 30 Advent I
- 30 Annual Giving Conclusion

December

- 3 Carpenter's Shelter Dinner
- 6 Gala Celebrating Advent
- 7 Breakfast with St. Nicholas
- 10 Vestry Meeting
- 14 Crèche Sunday
- 22 St. Petersburg Choir Concert
- 24 Christmas Pageant
- 25 Christmas Day
- 28 Lessons and Carols



Remember to set your clocks back an hour before you go to bed on Saturday night, November 1.