

welcome!

Introducing this month's issue of ...

# HIGH NOTES



EMMANUEL  
EPISCOPAL CHURCH



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## Emmanuel's Strategic Plan

2022. Seems like a long way off, doesn't it? In a sense, it is. Those of us who have small children, will have a hard time imagining how much bigger they will be in five years. Many of us will reach important milestones within that time period — graduations, weddings, career changes, new children and grandchildren. Thankfully Emmanuel is growing too, and with new members to be welcomed, ministries to be nurtured, and personal relationships to be forged over the next five years, we have the wonderful opportunity now to help define what the future will look like for our church community.



Over the past year, several members of the Vestry have worked with Chuck and our ministry teams to develop a five-year strategic plan for Emmanuel, which we are calling "2022". This plan captures a snapshot of who we are as a church community, including our current mission and vision, our core values, how we are organized and carry out our ministries, and how each and every person who walks in our doors can be an active member of our church community.

As a part of our outreach for this process, we heard from each part of our church community: long time members, and recent arrivals; ministry leaders and regular volunteers; and each and every ministry from our Sunday School to Service and Outreach to the Altar Guild and everyone in between. Some groups shared their detailed plans for specific activities, while others shared a long-term vision for their part of our parish's mission. From all of this input, we defined five overarching statements of how we would like to describe Emmanuel Episcopal Church in 2022:

Strong as a Community  
Active in Ministries  
Nurturing to Individuals and Families  
Connected to Tradition  
Financially Sound & Well Tended

Our strategic plan — 2022 — is a living document. We seek and welcome involvement from throughout our parish in helping us to define the specific goals and strategies that will help us achieve our vision for 2022. To begin with, the Vestry will be creating Vestry Liaison Teams for each of our strategic goals. These Vestry Liaison Teams will be tasked with developing more concrete proposals for each strategic goal over the course of the next two years. A sampling of possible proposals is included in the

(Continued on page 2)

### High Notes Submissions

Articles for the April High Notes must be submitted to [Kelli](#) by Friday, March 24.

## 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 Very Rev. Charles C. McCoart, Jr.](#)

#### Associate for Worship and Spiritual Formation

[The Rev. Joani Peacock](#)

#### Seminarians

[Gethin Wied](#)

[Rick Bauer](#)

#### Director of Spiritual Formation for Children and Youth

[Toni Buranen](#)

#### Organist/Choir Director

[Ryan Fitch](#)

#### Parish Administrator

[Kelli Corts](#)

#### Administrative Assistant

[Karen O'Hern](#)

#### Nursery Caregivers

Lillian Urrea  
Natalie De Leon Santizo  
Sara Guzman

### 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](mailto:office@emmanuelonhigh.org)  
[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)

(Continued from page 1)

Strategic Plan under each goal. Once these are defined, we will then set about putting those proposals into action and monitoring our progress in bringing this plan to life.

For anyone who has not yet received a copy of the strategic plan, there is one labeled just for you in the vestibule. Or you may contact our parish administrator, [Kelli Corts](#), who will ensure that you receive your personal copy, or click [here](#) for an electronic copy.

If you would like to help implement the Strategic Plan, please let me know.

[Adam Schildge](#), Senior Warden

## 2017 Annual Giving Campaign Wrap-up

We're happy to report that the 2017 Annual Giving Campaign was a HUGE success! While we fell just a bit short of our 'stretch' goal of 160 pledging units (20 of them being new pledgers) totaling a goal of \$425,000, we ended this year's campaign with 145 pledging units (19 of them new pledgers) for a total of \$408,724. While we can't say this is an 'official' record for the amount ever pledged to Emmanuel Episcopal Church, we're pretty comfortable saying it's the most amount pledged over the past 20 years here at Emmanuel.

Thank you, thank you and thank you again to all who pledged and to those who thought to and decided otherwise. Pledges for 2017 will be accepted throughout the year, so if you have a change of heart and wish to pledge — you're more than welcome to help us achieve our goal of reaching \$425,000 pledged this fiscal year. Just send an e-mail to [Kelli Corts](#), our parish administrator.

As you can see from reviewing the recent [5-Year Strategic Plan](#) for Emmanuel, distributed during the Annual Meeting and available in the back of the church, there are a lot of good things planned for this year and in the future. Your gifts of time, talent and treasure are most appreciated and we all look forward to continuing to do God's work both here in our community and abroad.



*With much appreciation,  
Emmanuel's 2017 Annual Giving Campaign Team  
Vonda Delawie, Joe Dresen, Jane Kolson,  
Adam Schildge, Doug Wheeler, Bob Carragher*

## Important Documents

If you missed the January 29 Annual Meeting, be sure to pick up the following documents the next time you are in church, or contact [Karen](#) with questions.

- 2016 Annual Report
- 2017 Parish Pictorial Directory
- 2017-2022 Strategic Plan

# Vestry HiLites

At its regular meeting on February 8, the Vestry...

- shared a pre-meeting meal with the outgoing Vestry to celebrate their service and learn from their experience for a successful new term;
- approved the annual parochial report for submission to the diocese;
- reviewed the strategic plan, received a comprehensive orientation to Vestry service, and learned about Vestry Liaison assignments; (Vestry liaisons serve as a point of contact between ministry coordinators and the Vestry.)
- reviewed the calendar of 2017 parish activities.

Vestry meetings are open. Complete meeting minutes are available by contacting our Administrator, [Kelli Corts](#).



*Sarah Kolo, Clerk*

## A User-Friendly Dictionary: Liturgy

Not long ago, my seven year old grandson asked me, "What do you do in church?" I proceeded to outline what goes on in terms he could understand: sing, pray, sit, listen, have a snack, see friends, play on the playground. He got it and has enjoyed his recent visits. To be clear — sing, snack, and play are his favorite activities and I think that's a good start.

But here is the adult version of what we do in church: we do liturgy! "Liturgy is sacramental. Outward and visible realities are used to express the inward and spiritual realities of God's presence in our lives. Liturgy reflects the belief of incarnational theology that tangible and finite things may reveal divine grace and glory. By the Spirit, through liturgy, the church manifests the love of God and the unity we share in Christ. Liturgy is a public and social event. It engages our lives and faith, our thoughts, feelings, hopes, and needs — especially our need for salvation in Christ. Liturgy includes actions and words, symbols and ritual, scriptures and liturgical texts, gestures and vestments, prayers that are spoken or sung. It is also shaped by the seasons, feasts, and fasts of the calendar of the church year and the lectionaries for the Holy Eucharist and the Daily Office (BCP, pp. 15-33, 888-1001). Liturgy is to involve the various members and ministries of the church so that all are drawn together into one living expression of divine worship. It expresses what we believe and know about God, including belief and knowledge that cannot be completely stated in words."

*Meredith Wade*

Glossary definitions provided courtesy of Church Publishing Incorporated, New York, NY, (All Rights reserved) from "An Episcopal Dictionary of the Church, A User Friendly Reference for Episcopalians," Don S. Armentrout and Robert Boak Slocum, editors.

### 2016 Vestry

[Adam Schildge](#) (Senior Warden)  
[Meredith Wade](#) (Junior Warden)  
[Katie Kelly](#) / [Emily McNaughton](#) (Worship)  
[Margaret Wohler](#) / [Chris Yianilos](#) (Education)  
[Katie Deemer](#) / [Barbie Frank](#) (Service)  
[Lola Beggs](#) / [Greg Shannon](#) (Fellowship)  
[Joe Dresen](#) / [Aaron Flaen](#) (Stewardship)  
[Gene Lange](#) (Treasurer)  
[Sarah Kolo](#) (Clerk)

### Contacts for Ministry Teams

#### Worship

**Team Coordinator:** [Nancy Dupree](#)  
 Acolytes: [Kelly and Joe Dresen](#)  
 Altar Guild: [Christina Bartley](#)  
 Counters: [Jim Bradley](#)  
 Guitar Circle: [Stewart Bartley](#)  
 Music & Choir: [Ryan Fitch](#)  
 Readers (8:00): [Suji Kelly](#)  
 Readers and Chalice (10:30): [Jerry Boykin](#)  
 Ushers: [Bob Callahan](#)

#### Education

**Team Coordinators:** [Joani Peacock](#)  
[Toni Buranen](#)  
 Adult Spiritual Formation: [Beth Boland](#)  
 Sunday School: [Toni Buranen](#)  
 Youth: [Janie Piemonte](#)  
 Preschool: [Ressa Jones](#)

#### Service

**Team Coordinator:** [Sean Ellis](#)  
 Adult Summer Service Trip: [Joe Grassia](#)  
 ALIVE!: [Laura Macone](#); [Sarah Orndorff](#)  
 Bag Lunch Program: [Karen Coda](#)  
 Carpenter's Shelter Breakfast: [Jennifer Jones](#)  
 Carpenter's Shelter: Dinner: [Sean Ellis](#)  
 Community Lodgings: [Barbara Harslem](#)  
 Free School Physical Program: [Bonnie Lilley](#)  
 Giving Tree: [Rachel Kliever](#)  
 Haiti: [John Maass](#)  
 Haitian Coffee Sales: [Kim Scott](#)  
 Meals on Wheels: [Katie Kelly](#)  
 Refugee Family: [Kim Scott](#)  
 United Thank Offering: [Bonnie Fairbank](#)  
 Yard Sale: [Frank Elgin](#); [Laura Marble](#)

#### Fellowship

**Team Coordinator:** [Jennifer Jones](#)  
 Breakfast with St. Nick: [Courtney Keplinger](#)  
 Coffee Hour Baristas: [Elena Mazzeo](#)  
 Craft & Sewing Group: [Gudrun Callahan](#)  
 Easter Egg Hunt: [Leo & Susan Cruz](#)  
 Prime Timers: [Jim Bradley](#)  
 Shrine Mont Parish Retreat: [Joe Scott](#)  
 Super Bowl: [Gene Lange](#)  
 Twenties & Thirties (TnT): [Leo Cruz](#)

#### Stewardship

**Team Coordinator:** [Adam Schildge](#)  
 Annual Giving: [Jane Kolson](#)  
 Building and Grounds: [Dwayne Piepenburg](#)  
 Finance: [Stewart Bartley](#)  
 Foundation: [Jane Kolson](#)

# Spiritual Formation for Children and Youth

Simply stated:

*"The best way to find yourself is to lose yourself in the service of others."*

~ Mahatma Gandhi

## Sunday School Volunteers Wanted

It is that time of year again when we are looking for volunteers in our parish community to prayerfully discern teaching Sunday school. Our Sunday School works best when we have a team of 4 adults to rotate teaching the 4 classes ranging from Pre-K – 5<sup>th</sup> grade. Don't be daunted! If you have a heart for kids and a heart for God, you have everything you need! Not only do you get to work with a great team of people and hang out with great kids, but also you have the flexibility in your calendar to be able to do other fun things as well. No experience is necessary. Questions? Contact [Toni](#).



February Youth Sunday with Seminarian Rick Bauer.

## UTO— United Thank Offering:

The Sunday school and God & Donuts communities are participating in the United Thank Offering program as our Lenten Service Project. If you haven't already, be sure to pick up a UTO mite box in which to begin dropping your change. It's a worthy cause! From the website:

"The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, men, women, and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start when we recognize and name our many daily blessings. Those who participate in UTO discover that thankfulness leads to generosity. UTO is entrusted to promote thank offerings, to receive the offerings, and to distribute the monies to support mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion."

Last year, in the Diocese of Virginia, the UTO grant went to St. Philip's Episcopal Church Community Garden & Interfaith Meditation — to level and convert the land of a donated residential home into a garden for food production and education, a safe outdoor play space for children, and a meditation and prayer area near the sixth-oldest historically African American congregation in The Episcopal Church.

## Youth Retreat a Success

Thanks to the community for your prayers and support as the youth embarked on their second annual spring retreat last month. Although once again Mother Nature confounded our plans to go snow tubing, a great time was shared by all. From enjoying the outdoors, hiking to North Mountain, and finding the sink hole!, to participating in some structured activities, a good time was had by all. We are grateful to the parents, their donations of food and for making this a priority for their children.





# Adult Spiritual Formation: Coming Attractions 2017

## Saturday, March 4, 2:00 to 5:00 PM Bystander Intervention Training

Developed and widely-used on college campuses and grounded in the act of loving our neighbors as ourselves, this simple training empowers individuals to recognize "bullying" in all its forms: sexual, ethnic, racial, religious, partisan, or other. The technique demonstrates how to stand by a person in need in order to diffuse conflict safely, and to seek help when needed. Led by trained facilitator Tameka Bell, journalist turned community organizer, communications educator, with experience in interfaith communities. Open to the parish and the public. \$20 per participant. [Click here to register!](#)



## Wednesday, March 22, 6:30 PM, Parish Hall

### Region IV Lenten Program: *The Gospel according to Star Wars*

Led by the Rev. Greg Milliken. (See flyer on page 7 for more details, and related article on page 6 about the meal.)

## Sunday, March 26, 6:00 PM, Memorial Room *The Human Face of God* Book Discussion

This 1960's classic by British New Testament scholar Bishop J.A.T. Robinson challenged the church's orthodox understanding of Jesus as both human and divine. Out of print but widely available used on Amazon.com. Led by Joani Peacock.

## Sunday, March 5, Lent 1 Lenten Devotionals

"Ashes & The Phoenix", contemplative spiritual poetry by a variety of authors and "Moving Meditations", 50 days of whole body prayer for the season, written by a noted instructor of "Christian Yoga." Both are available in the narthex at the back of the church. A small donation is requested.

## Sunday, March 5 through Palm Sunday, April 9, 9:00 AM, Memorial Room

### *The Peace of the Lord: Contemplative Christian Practices that Lead to 'Letting Go' During Lent*

Discover ways to use Scripture and meditative practices in order to rest more fully in our lives in Christ in a fast-paced and chaotic world. The program will mix music, video, and embodied practices to direct us toward a deeper understanding of God's peace. Led by seminarian [Rick Bauer](#).

## Sunday, March 19, 6:00 PM, Memorial Room Popcorn Theology Film Club

Movie screening of "*Loving*", the true story of an interracial Virginia couple who wed in 1958. Yes, with popcorn! Led by Joani Peacock.

## Sunday, April 23, 6:00 PM, Memorial Room Popcorn Theology Film Club

Movie TBD. Yes, again with popcorn! Led by Margaret Wohler.

## Friday, May 5 to Sunday, May 7, Shrine Mont Parish Retreat Weekend

Adult Program: *The Human Face of God*, led by seminarian Rick Bauer; and Children's Program led by Margaret Wohler. Registration information coming soon.

## Sundays, September 10 through October 27, 6:00 PM, Memorial Room

### Oprah's "*Belief*" Series

Interfaith stories beautifully told, in seven DVD episodes, followed by discussion. Refreshments served. Led by the Adult Spiritual Formation Ministry Team.

Stay tuned for more details and updates! Questions, comments? Contact [Joani Peacock](#).

## Welcome “The Force” to Emmanuel on March 22!

As you prepare for Lent, consider participating in the Alexandria Ecumenical Lenten Series, which this year will feature a “Star Wars” theme (you can find more information in the flyer on the opposite page).

Emmanuel’s turn to host this series will be on Wednesday, March 22. The evening will start with a short worship service in the church at 6:30 p.m., followed by a simple supper — which WE prepare! — at 7:00 p.m. and the program from approximately 7:30 to 8:30 p.m. For our meal, we are planning to offer a variety of soups, bread, beverages, and cookies. Emmanuel is known for its welcoming spirit, so let’s display it on the 22<sup>nd</sup>! We need volunteers to help set up, contribute soups and cookies, serve in the kitchen, and help clean up. Please contact [Beth Boland](#) (703-538-6806) to volunteer.

## Support, Solidarity & Friday Prayers

Join The Rev. Joani Peacock at the [Muslim American Society Mosque](#) (6408 Edsall Road) at 1:15 p.m. to observe daily prayer and stand with our Muslim neighbors whose community and school have been threatened with hate mail. This is not just a one-time visit but the start of a faithful relationship. We support our neighbors every Friday. RSVP to [Joani Peacock](#) or just come.

## Smithsonian Religious Program

Love in World Religions: Comparative Religious Experiences

Saturday, April 8, 9:30 a.m. to 4:15 p.m.

What do some of the great religious traditions of the world teach us today about the nature of love, that most powerful of human emotions? This thoughtful day-long program explores and compares the scriptural, poetic, artistic, and musical expressions of perfect love found in the Jewish, Christian, Islamic, Hindu, and Buddhist traditions — as well as our modern ideas and experiences.

Comparative religion scholar Graham M. Schweig sheds light on the nature of love and its many varieties — both human and divine — across cultures and across time. Click [here](#) for more information or to register.

## VTS Lifetime Learning

Following is the Lifetime Learning calendar at the Virginia Theological Seminary, 3737 Seminary Road, Alexandria; 703-370-6600

[March 4: Anglican Women in Muslim-Christian Dialogue](#)

[March 31 to April 1: Vital Teams – Strengthening Congregational Leadership](#)

[April 1: Grief and Glory: Exploring Bach’s St. Matthew Passion](#)



Prime Timer’s Mardi Gras Party.



## 2017 Alexandria Ecumenical Lenten Series

### THE THEOLOGICAL THEMES IN

# STAR WARS

6:30 p.m. worship, 7:00 p.m. simple supper, and 7:30-8:30 p.m. program

<i>Date</i>	<i>Topic</i>	<i>Host</i>
Wednesday, Mar. 8	<b>Myth/Legend, call narratives in the Old Testament</b>	<b>Church of the Resurrection</b> 2280 N Beauregard St, Alexandria 22311 <a href="http://www.welcometoresurrection.org">www.welcometoresurrection.org</a>
Wednesday, Mar. 15	<b>Temptation</b>	<b>St. Paul's</b> 228 S. Pitt St., Alexandria 22314 <a href="http://www.stpaulsalexandria.com">www.stpaulsalexandria.com</a>
Wednesday, Mar. 22	<b>Journey</b>	<b>Emmanuel Church</b> 1608 Russell Rd., Alexandria 22301 <a href="http://www.emmanuelonhigh.org">www.emmanuelonhigh.org</a>
Wednesday, Mar. 29	<b>Spirit</b>	<b>Immanuel Church-on-the-Hill</b> 3606 Seminary Rd., Alexandria 22304 <a href="http://www.icoh.net">www.icoh.net</a>
Wednesday, Apr. 5	<b>Redemption</b>	<b>Meade Memorial Church</b> 322 North Alfred St., Alexandria 22314 <a href="http://www.meadechurch.org">www.meadechurch.org</a>



**The Rev. Greg Millikin** serves as Assistant to the Rector at St. Paul's. Greg joined St. Paul's in 2014 as a clergy resident, and is responsible for pastoral care and hospitality. A cradle Episcopalian born and raised in Richmond, Va., Greg received his bachelors in Communications at UNC-Chapel Hill and his M.Div. at Virginia Theological Seminary in 2015. This followed a ten-year career in the film business in Los Angeles, working in marketing at Fox Searchlight Pictures. Greg is involved in baptismal preparation, newcomer incorporation and assists in various other ministries at St. Paul's. Greg can be reached at [greg@stpaulsalexandria.com](mailto:greg@stpaulsalexandria.com).

## Ash Wednesday

March 1 is Ash Wednesday, the first day of Lent, which signals the approach of Easter Sunday, April 16. We will have two Ash Wednesday services: Noon and 7:30 p.m. All are welcome.

Ash Wednesday marks the first day of the 40 days of Lent, a roughly six-week period (not including Sundays) dedicated to reflection, prayer and fasting in preparation for the celebration of Easter. Lent ends on Maundy Thursday by marking the Last Supper and Jesus' washing the feet of His disciples. During Lent some people fast from food or certain activities, while others may add something to their life, such as reading a daily devotional or volunteering to help others.

Where do the ashes we use come from? Ashes are obtained from the burning of the palms from the previous year's Palm Sunday, the Sunday before Easter. Palm Sunday marks Jesus' return to Jerusalem, when people waved palm branches to celebrate his arrival. The ashes, applied in the shape of a cross on our foreheads, are a symbol of mourning and mortality. Centuries ago, participants used to sprinkle themselves with ashes and repent much more publicly, but the practice fell away sometime during the 8th-10th century before evolving into what it is today. Participants in the Ash Wednesday service typically "wear" the sign of the cross throughout the day as a sign of humility and in anticipation of celebrating the Lord's resurrection on Easter.

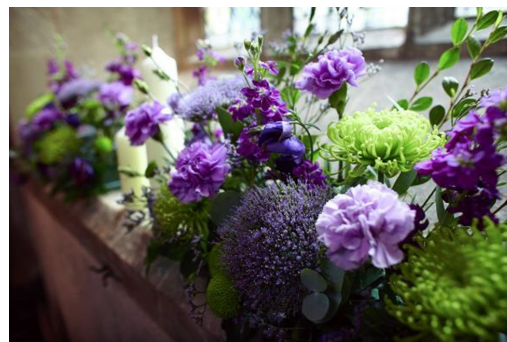
We look forward to seeing you at one of our Ash Wednesday Services.



## The Way of the Cross

The Way of the Cross refers to a series of images (stations) depicting Jesus Christ on the day of His crucifixion and accompanying prayers. The stations grew out of imitations of the Via Dolorosa in Jerusalem which is believed to be the actual path Jesus walked to Mount Calvary. We pray the accompanying prayers to help us as the Christian faithful to make a spiritual pilgrimage through contemplation of the Passion of Christ. This has become one of the most popular expressions of our faith during the season of Lent. Here at Emmanuel we will pray the Way of the Cross each Friday night during Lent (beginning March 3) at 7:30 p.m. The service lasts approximately one half hour. All are welcome.

## Easter Flowers



The Altar Guild is once again looking forward to a fabulous spring, and decorating the church with some beautiful arrangements for Easter!

We now invite you all to contribute to our Easter flower fund. It's a beautiful way to honor loved ones, or mark any other special life event, such as a birth and birthdays, anniversaries, baptisms, confirmations, the memory of a loved one, or as a thanksgiving for life's blessings. These honorariums, remembrances and thanksgivings are then acknowledged in the Easter Sunday bulletin.

You may contact [Karen](#) or [Kelli](#) in the office to make arrangements, or go to our website and donate through [e-giving](#). All gifts, great and small, are graciously appreciated, but we suggest a minimum of \$60. There is also a sign up sheet in the back of the church. While there is no deadline for giving, the deadline to submit dedications for printing purposes is Sunday, April 9.

*Kindest regards,  
Your Altar Guild*

### Holy Week Services

#### **Palm Sunday**

April 9 — 8:00 AM & 10:30 AM

#### **Maundy Thursday**

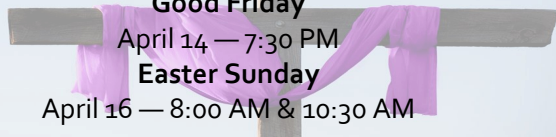
April 13 — 6:30 PM

#### **Good Friday**

April 14 — 7:30 PM

#### **Easter Sunday**

April 16 — 8:00 AM & 10:30 AM





## Prime Timers St. Patrick's Day Gathering — March 16

Put on your green and do a gig an Irish gig. We will have a lunch/dinner in the Parish Hall on Thursday, March 16 at 2:30 p.m. **Green** beer, **green** wine and lots of **green** things. Questions? Contact [Beth Boland](#) or [Bonnie Fairbank](#). Our Mardi Gras event was a huge success (see photos on page 6). We had lots of fun getting to know each other. Come and have some fun in the middle of the day. What else will you be doing? It beats watching TV.

## Old Town Walking Tour

On May 13, join EEC member and U.S. Army military historian Dr. John Maass on a half-day walking tour of historic churches, buildings, and sites in Old Town Alexandria. Sites will include Christ Church, Old Presbyterian Meeting House, Washington's Town House, and several other places "hidden in plain sight."

The event is free, and will be followed by a "Dutch treat" lunch about 12:30 p.m. The tour will begin at 9:00 a.m. in front of the Burke and Herbert Bank at the corner of King Street and South Fairfax Street, near the entrance to Swift Alley.

John is the author of *Defending a New Nation, 1783-1811* (2013); *The Road to Yorktown: Jefferson, Lafayette and the British Invasion of Virginia* (2015); *The Petersburg and Appomattox Campaigns, 1864-1865* (2015); and the forthcoming book *George Washington's Virginia* (April 2017). He is also a historian at the Army Center of Military History at Ft. McNair in Washington, D.C.



## Annual Shrine Mont Retreat

May 5 to 7

Details and registration information coming soon.

## The Barista Team is Seeking Volunteers!



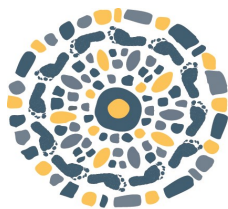
Are you interested in a simple way to volunteer at Emmanuel? Please consider joining the Barista ministry.

Coffee Hour is a time of fellowship following our 10:30 AM Sunday service. It provides an opportunity to meet new people, relax with friends, and talk with clergy. Our barista ministry hosts provide light refreshments and prepare coffee, tea, and lemonade each Sunday. Barista families host two to three coffee hours a year and help out with special events such as the Easter and Confirmation receptions. Please contact [Elena Mazzeo](#) if you would like more information about joining the team.

## Super Bowl Party



On February 5 Emmanuel held our annual Super Bowl Party! It was a wonderful turnout with old timers, new timers, Prime Timers, and young families galore! A big thanks to Gene Lange for setting up the big screen TV. What a thrill to watch the Falcons take on the Patriots — and the Patriots turn the game around in the second half! The event was a classic for EEC with plenty of food, good company, and welcoming people. If you are new to Emmanuel, think about joining us for one of these intergenerational events. It's a great way to get to know each other beyond Sunday morning!



EMMANUEL  
PRESCHOOL

### Preschool Board of Directors

Melissa Bennett (Chair)  
Carrie & Ben Lewis (Treasurer)  
Megan Shannon (Secretary)  
Chris Yianilos (Vestry Liaison)  
Cappie Stiers (Teacher Representative)  
Jen Zwiselberger (Resource Parent)  
Matt Stratford (Parishioner)  
Chuck McCoart (Ex Officio)  
Ressa Jones (Ex Officio)

### Preschool Staff

#### Director

[Ressa Jones](#)

#### Office Administrator

[Dawn Doucette](#)

#### Financial Administrator

[Kelli Corts](#)

#### Teachers

Michelle Brayman  
Mary Beth Conry  
Nicole Crochet  
Amy Ernst  
Christy Finn  
Mollee Hansen  
Anne Hubbard  
Jacqueline Kittredge  
Dana Mutscheller  
Nancy Palmer  
Kate Schneider  
Cappie Stiers  
Susan Stockton  
Sara Tiedemann  
Mary Anne Troxell  
Sarah Watson

### 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)

[preschooladministrator@epsonhigh.org](mailto:preschooladministrator@epsonhigh.org)  
[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)

## Preschool News

As we move into March, there are some fun things on the horizon for the Preschool. We will host a Welcome Coffee for new families, our first opportunity to chat with and get to know some of the children and parents who will be coming to EPS next school year. We will also have a Teacher Inservice Day, when our teachers will participate in a Professional Development workshop led by Dr. Rene Hackney. Dr. Rene is a psychologist who offers parenting playgroups, as well as workshops for parents and teachers on Positive Discipline and a variety of other topics related to child development. In March we will be offering Occupational Therapy screenings for families interested in learning more about their child's fine motor and sensory development. We also look forward to our second round of Parent-Teacher Conferences, when parents have the opportunity to hear about their child's progress and individual strengths and learning style.

*Ressa Jones, Director*

### Purple Three's Class

March will blow in with kites, a dinosaur exploration, and a St. Patrick's Day celebration. Leprechauns have been known to sneak in our classroom, make a big mess and leave trails of glitter and gold coins. Will they visit again this year?

We'll spend the first few days of March talking about the idea of "lamb" and "lion" weather. We'll create a bar graph, observe if the day was a "lamb" or "lion" and chart our daily conclusions.

Fly swatter badminton using balloons? What a super indoor activity for our gross motor skills development! We're fortunate to be able to utilize a large indoor playground known as the "big room" for activities such as this!

We'll practice our scissor skills by cutting out shamrocks, hide and find gems and other treasures in our play dough, practice writing our names at our writing center and continue with our weekly fun science experiments. What happens when we add water to oil? Will the oil and water mix together? Let's predict what will happen if we add liquid dish washing detergent to the mixture? Curious minds want to know!

*Mollee Hansen & Sarah Watson*





## Emmanuel Bakers, Start Your Ovens!

The Outreach Team will hold a bake sale after both services on March 5, with all proceeds going to support our refugee family, the Jafari's. Please bring your baked goods to church on March 5 (or drop them off in the church kitchen beforehand, marked for the sale). Any questions: contact [Vonda Delawie](#) or [Pat Hadley](#).



## Haiti Update

On February 12 all of the school supplies we have collected since the call at EEC were delivered to a local volunteer who will take them with her to Haiti when she moves there this spring. EEC is also sending a check for the use of Ste. Croix School in the amount of \$8,253.16, collected from various projects and donations such as the Giving Tree and coffee sales.



Lunch time at Ste. Croix.

Please consider including Emmanuel Church or Foundation in your will or living trust. For more information, contact [Jane Kolson](#).



Left: Friday Prayer's at Muslim American Society. Below: Refugee support potluck.





- 1 Ash Wednesday Services (12:00 PM & 7:30 PM)
- 1 [Carpenter's Shelter Dinner](#)
- 3 The Way of the Cross (7:30 PM)
- 5 Inquirer's Class Begins (9:00 AM)
- 5 Lent 1 / Youth Sunday Service (10:30 AM)
- 5 God & Donuts (4:00 PM)
- 6 Meals on Wheels Deliveries
- 7 Adult Spiritual Formation Team Meeting (11:30 AM)
- 8 Region IV Lenten Series (Church of the Resurrection, 6:30 PM)
- 8 Vestry Meeting (7:30 PM)
- 10 The Way of the Cross (7:30 PM)
- 12 Lent 2 / Daylight Savings Time Begins
- 15 Region IV Lenten Series (St. Paul's, 6:30 PM)
- 16 Prime Timer's St. Patrick's Day Party (2:30 PM)
- 17 St. Patrick's Day
- 17 The Way of the Cross (7:30 PM)
- 19 Lent 3
- 19 God & Donuts (4:00 PM)
- 19 Popcorn Theology Movie Night (6:00 PM)
- 20 First Day of Spring
- 22 Region IV Lenten Series (**Here at Emmanuel**, 6:30 PM)
- 24 The Way of the Cross (7:30 PM)
- 25 [Carpenter's Shelter Breakfast](#)
- 26 Lent 4
- 26 "The Human Face of God" (6:00 PM)
- 29 Region IV Lenten Series (Immanuel, 6:30 PM)
- 31 The Way of the Cross (7:30 PM)



For a look at our continually-updated church calendar, click on the calendar to the left.



- 2 Lent 5 / Youth Sunday (10:30 AM)
- 2 God & Donuts (4:00 PM)
- 3 Meals on Wheels Deliveries
- 4 Adult Spiritual Formation Team Meeting (11:30 AM)
- 5 [Carpenter's Shelter Dinner](#)
- 5 Region IV Lenten Series (Meade, 6:30 PM)
- 7 The Way of the Cross (7:30 PM)
- 9 Palm Sunday
- 13 Maundy Thursday Footwashing, Agape Supper and Eucharist (6:30 PM)
- 14 Good Friday Service (7:30 PM)
- 16 Easter Sunday Services (8:00 AM & 10:30 PM)
- 16 Easter Egg Hunt (11:45 AM)
- 16 Easter Monday (Church Office Closed)
- 22 [Carpenter's Shelter Breakfast](#)
- 23 God & Donuts (4:00 PM)
- 23 "Popcorn Theology" Movie Night (6:00 PM)
- 28 Preschool Spring Social and Silent Auction (6:30 PM)
- 29 Spring Work Day (8:00 AM)

## Inclement Weather Policy

Emmanuel Episcopal Church follows the Alexandria City Public School (ACPS) system regarding closings for inclement weather. If Alexandria Public Schools are closed, then Emmanuel Episcopal Church is closed. All day and evening activities and meetings are cancelled. This applies to weekdays and weekends. If Alexandria Public Schools have a late opening or an early closing then we will follow their lead as well. This inclement weather policy includes the 8:00 a.m. and 10:30 a.m. Sunday services. If it is unsafe for the school system to be open, then it is unsafe for our church to be open. God will completely understand — yes, even applaud — your taking care of yourself and others by staying home. In the event of a Sunday closing, an e-mail will be sent to all who currently receive the weekly e-news. The closure will be placed on the website as well.