

# EMMANUEL EPISCOPAL CHURCH

## HIGH NOTES

SEPTEMBER  
2015

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### High Notes Submissions

Articles for the October *High Notes* must be submitted to [Kelli](#) by Wednesday, September 23.

## Are You Ready for Your Close-Up?

*Emmanuel is creating its 2016 pictorial directory!*

Do you know the names of everyone you see at Emmanuel each week? We will be producing a directory with parishioner's pictures to help you out. We have the digital template so all we need from you is a photograph and some contact information. Your prize photo does not need to be a formal, professionally-taken photograph (although those are welcome, too). A snapshot is fine, as long as it's in focus and shows your family members close up and clearly enough to be identified. When submitting your photo, please keep in mind the following requirements:

- ① File types accepted for photographs are BMP, JPG, TGA, or PCX.
- ② Either black and white or color photographs are acceptable. Make sure that the image is in focus!
- ③ If you prefer to submit a professionally-taken photograph, you must get written permission from the photographer to include the photo in Emmanuel's directory.
- ④ Identify (left to right) the names of everyone in the photograph, using the names as you want them to appear in the directory (including those of any included pets you consider members of your family).
- ⑤ Complete a "[Parishioner Information Sheet](#)".
- ⑥ Submit your photo and [information sheet](#) by e-mail to [Karen](#), via mail, or place in labeled basket in the back of the sanctuary.
- ⑦ Submit photo and contact information by Labor Day.
- ⑧ If you would prefer to have one of our Emmanuel photographers take your picture for the directory, please let [Karen](#) know and we will schedule a photo session for you.



Feel free to contact any of the following with questions: [Kelli Corts](#), [Beth Boland](#), [Nancy Dupree](#), [Emily McNaughton](#)

## Our 10-Year Vision for Emmanuel

Emmanuel Episcopal Church is a thriving, engaged and creative parish working to educate and meet the needs of children, youth and adults; live and demonstrate our Christian values; and create a more humane and just world through community service and outreach.

### Diocesan Bishops

The Rt. Rev. Shannon Johnston  
The Rt. Rev. Susan Goff  
The Rt. Rev. Ted Gulick

### Emmanuel Church Staff

#### Rector

[The Rev. Charles C. McCoart, Jr.](#)

#### Priest Associate

[The Rev. Joani Peacock](#)

#### Seminarian

[Gethin Wied](#)

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

[Toni Buranen](#)

#### Organist/Choir Director

[Ryan Fitch](#)

#### Parish Administrator

[Kelli Corts](#)

#### Administrative Assistant / Receptionist

[Karen O'Hern](#)

#### Nursery Caregivers

Lilian Urrea  
Rosa Alarcón

### Sunday Services

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

### Church Office Hours

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

### Emmanuel Episcopal Church

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Alexandria, VA 22301  
703-683-0798 (phone)  
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[office@emmanuelonhigh.org](mailto:office@emmanuelonhigh.org)  
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# Why I Chose Emmanuel

## By Kelli Corts, Parish Administrator

This month's message is a different take on *Why I Chose Emmanuel*. As I celebrate my 10th year at Emmanuel, I want to share with you how I came to Emmanuel and why I've stayed.

In the spring of 2005, I received a call from Gene Lange asking if I'd be interested in working as a part-time bookkeeper for his church. I gratefully accepted. I had been working for a trade association with Gene's law partner. As a single mom, I had pieced together several part-time jobs so I could remain involved in my kids' daily lives. At the time, my son Brandon was entering middle school and Leah was just getting into competitive gymnastics.



After two years of working from home for Emmanuel, I was hired as Parish Administrator working in the office 20 hours a week. My responsibilities were the financial administration for both the church and preschool, building use, website maintenance, and property and equipment/contract management. Over the next few years, responsibilities and hours rapidly increased, and eventually I became full-time.

I have been blessed to work under the leadership of three incredible priests. Dan, in his relaxed and laid back ways, welcomed me fully understanding my need for flexibility. He provided me the opportunity to create and live into this new position. And I loved the way he called me "Kel." We still have Dan's desk chair in our home office. Initially, I had fear about working with Martha. Fear that was certainly not justified. She taught me so much. She was patient and caring. I still miss our regular "staff meeting" lunches at Los Tios or Cheesetique. And now I have the fortunate opportunity to work with Chuck. What more can I say about working for and with Chuck?

In addition to the priests, there have been numerous music directors, preschool directors and staff, nursery staff, Christian education directors, sextons, seminarians, and priest associates. As with any staff, we've had our challenges, but there is not one person I have worked with here at Emmanuel that I haven't appreciated and learned something from.

I truly enjoy going to work each day. My job is not only administrative, it is a ministry. I am gladly available to listen to those who are lonely, have recently lost a loved one, or just need to talk. I can still hear Eileen Thompson when I'd answer a call from her "Kell-lee is that you?" I'll never forget the day that Judy Carlton called me when she went into Hospice, and asked if I would visit her. Every Thursday for the next few weeks, she and I enjoyed her "craving of the

(Continued on page 3)

(Continued from page 2)

day" for lunch at her home. I was grateful for Judy's call and that I was able to spend those last few days with her.

I have come to love many of the children and families who attend our preschool. I've been the recipient of many hugs, Valentine's cards, and drawings for my office. My office is often a safe retreat for a teacher to bring a child who is having a rough day.



As I continue my journey here at Emmanuel, I am at a different stage of my life. Both of my kids are in college. Brandon will be a junior at MIT pursuing a degree in mechanical engineering. Leah has just begun her freshman year at the University of Mary Washington planning to study chemistry. When I was helping Leah set up her dorm room, I noticed only one book on her shelf — the Bible that the Emmanuel community gave her for her high school graduation. What a gift to know that she was not going to leave home without it.

I'm learning to embrace life as an empty-nester and even more dedicated employee. In my longed-for spare time I hope to learn more about gardening and cooking. I'm also hoping to go on a mini spiritual journey next fall.

While teaching my children the importance of saying *thank you*, I've not always followed through myself. So let me finish by thanking each and every one of you for accepting me into the Emmanuel family, providing me the opportunity to be a full-time mom along with being a full-time employee, allowing me to learn on the job, trusting my decisions, listening to my woes and my joys, and sharing your community with me.

For those of you who I have not yet met, please stop by my office and introduce yourself. I would love to get to know you all!

## Please Tell Us Why You Have Come to Emmanuel

Each month we have an article in the newsletter titled "Why I Chose Emmanuel Episcopal Church?" 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. If you're interested in reading how others have come to call EEC their church home please click [here](#).

### 2015 Vestry

[Bob Carragher](#) (Senior Warden)  
[Michelle Vaughan](#) (Junior Warden)  
[Patrick Adams](#) · [Lola Beggs](#)  
[Leo Cruz](#) · [Katie Kelly](#)  
[Bryan Moore](#) · [Adam Schildge](#)  
[Joe Scott](#) · [Meredith Wade](#)  
[Doug Wheeler](#)  
[Gene Lange](#) (Treasurer)  
[Yonda Delawie](#) (Clerk)

### Contacts for Ministry Teams

Fellowship : [Lola Beggs](#), [Leo Cruz](#), [Bryan Moore](#)

Coffee Hour Baristas: [Adam Schildge](#)  
 Craft & Sewing Group: [Gudrun Callahan](#)  
 Inreach: [Nancy Dupree](#)  
 Newcomers Welcome: [Lola Beggs](#)  
 PrimeTimers: [Jim Bradley](#)  
 Shrine Mont Parish Retreat: [Joe Scott](#)  
 Twenties & Thirties: [Leo Cruz](#), [Jennifer Jones](#)

Service: [Katie Kelly](#), [Joe Scott](#)

ALIVE!: [Laura Macone](#); [Sarah Orndorff](#)  
 Bag Lunch Program: [Karen Coda](#)  
 Carpenter's Shelter: [Marco Dkane](#)  
 Community Lodgings: [Barbara Harslem](#)  
 Free School Physical Program: [Bonnie Lilley](#)  
 Giving Tree: [Kerry Adams](#); [Rachel Kliever](#)  
 Haiti: [John Maass](#)  
 Haiti Coffee Sales: [Mary Beth Edgar](#)  
 Meals on Wheels: [Fred De Luca](#)  
 Tutoring Consortium: [Kelly Dresen](#)  
 United Thank Offering: [Bonnie Fairbank](#)  
 Yard Sale: [Tom and Taylor Craig](#)

Stewardship: [Patrick Adams](#), [Bob Carragher](#), [Doug Wheeler](#)

Annual Giving Campaign: [Bob Carragher](#)  
 Building and Grounds: [Dwayne Piepenburg](#)  
 Foundation: [Jane Kolson](#)

Teaching: [Adam Schildge](#), [Michelle Vaughan](#)

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

Worship: [Chuck McCoart](#), [Meredith Wade](#)

Acolytes: [Dave Buckman](#)  
 Altar Guild: [Christina Bartley](#)  
 Counters: [Jim Bradley](#)  
 Music (Adult and Youth Choirs): [Ryan Fitch](#)  
 Music (Guitar Circle): [Stewart Bartley](#)  
 Readers (8:00): [Suji Kelly](#)  
 Readers and Chalice (10:30): [Jerry Boykin](#)  
 Ushers: [Bob Callahan](#)  
 Worship: [Nancy Dupree](#)

# From the Office of Spiritual Formation of Children and Youth

Wow! I can hardly believe I am saying this, but...

## *September Greetings, dear EEC families!*

The summer FLEW by, yes? I hope you were each able to find some space for rest and fun. And here we are getting ready to start another school year. I am so excited and happy to say that this parish has a great team of wonderful people to work with the children and youth of Emmanuel!

The Sunday school teachers and God & Donuts team will be gathering for retreat at VTS on Saturday, September 12, to find time for spiritual renewal, community building, and practical planning. We have 4 teachers per Sunday school class and the Piemontes (Janie, mother, and Chris, son) are our fabulous God & Donuts duo! How blessed we are!

We are looking forward to a wonderful year! If you are interested in supporting the Children and Youth Faith Formation Programs in some way, please feel free to reach out. In the meantime, we can't wait to get started. Read on for important information and upcoming events.

Here we go!

*In Christ's peace,  
Toni*

## **Volunteers Wanted for Possible Holiday**

**Weekend Mini-Service Projects.** We are pondering mini-service projects that we can do onsite on 3 holiday weekends after the 10:30 a.m. service during the year (Columbus Day, MLK Day, President's Day). Think making care packages for service men and women, think making Valentines for the elderly who live in nursing homes, think advocating for some social justice issue by writing letters or some other wonderful idea that allows our children and young people to widen their circle of caring for others and promote Gospel

"The breezes taste  
Of apple peel.  
The air is full  
Of smells to feel-  
Ripe fruit, old footballs,  
Burning brush,  
New books, erasers,  
Chalk, and such.  
The bee, his hive,  
Well-honeyed hum,  
And Mother cuts  
Chrysanthemums.  
Like plates washed clean  
With suds, the days  
Are polished with  
A morning haze."

—John Updike,  
September

values. If you would like to help brainstorm and/or organize one or all of these events, please reach out to [Toni](#). They are not meant to be time-consuming and will allow us to put our faith in action in simple ways.

**All Families are Asked to Register.** We are currently registering for the 2015 – 2016 school year and ask that every family who has children planning to attend Sunday school OR God & Donuts register using [this form](#). It is important that we have a good idea of whom to expect so that the teachers have the best chance of being prepared to provide an awesome experience for your child. Also, it gives us important contact information, allergen awareness, etc.

**Sunday School Begins at 10:00 a.m.** A reminder that we have a new time for Sunday school this year! Classes for our pre-K through 5<sup>th</sup> grade begin at 10:00 a.m. and end at 11:00 a.m. at which time the children will join the service.

**Sunday School Open House.** We will have a 30-minute open house on Sunday, September 13, from 10:00 — 10:30 a.m. for our Sunday school children to meet their teachers.

**Teacher Commissioning and Back-to-School Blessing.** On Sunday, September 13, during the 10:30 a.m. service (After the Open House!), we will have a Teacher Commissioning for all those involved in our Faith Formation Programs and a Back-to-School Blessing for all those in our community, students and teachers, administrators and all school staff, heading back to school for this new year.

**Family Sundays.** Our Family Sundays begin again on Sunday, October 4, the Feast of St. Francis of Assisi! There will be 6 total throughout the year from October through March.

**2015-2016 Calendar.** Please find the link for the new Sunday school and God & Donuts year [here!](#)



## What is PYM?

PYM stands for "Parish Youth Ministry," a Committee of the Diocese of Virginia made up of 25-30 high school students from around the diocese. The Committee plans and then leads three retreat weekends and a Day of Service for middle and high school youth. The retreats are held at Shrine Mont, beginning on a Friday evening (registration generally around 7:00 p.m., with the opening session beginning after dinner), and ending about 11:00 a.m. on Sunday morning. For full details and descriptions and, when the time comes, [click here for the registration form](#).

## What does PYM mean for Emmanuel Youth?

First, an opportunity to do good works on a day trip to the Sprout Therapeutic Riding and Education Center in Aldie. Then, good times on retreat with your God & Donuts friends while making new friends from youth groups around the Diocese. It's a weekend away to relax and recharge...although you will get home with enough time on Sunday to take a nap! John Dresen, Hannah and Andrew Buckman, Elise Bilodeau, and Kate Vaughan can tell you all about these events and that you don't want to miss them.

Put the dates on your calendar — tell your parents you want to go — let the God & Donuts leaders or [Meredith Wade](#) know — and we'll make it happen.



- October 3, 10:00 AM – 2:00 PM: [Fall Youth Day of Service](#) in Aldie, VA ([www.sproutcenter.org](http://www.sproutcenter.org))
- November 6-8: Sr. High Weekend @ Shrine Mont
- April 15-17: 6th & 7th Grade Weekend @ Shrine Mont
- May 13-15: 8th Grade Weekend @ Shrine Mont

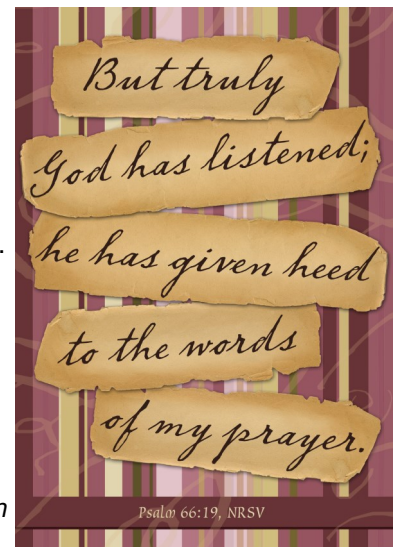
## THE POWER OF PRAYER

Those of you who have been around for many years may remember the name Richelle DeBlasio, who was on our prayer list for nearly 3 years. Richelle was the only child, a late-in-life joy and surprise to friends of mine in Pittsburgh. At age 3 she was diagnosed with an inoperable brain tumor, and her prognosis was very poor. After several years of treatment she was also diagnosed with scleroderma, an autoimmune disease that affects connective tissue in the body. And then there was more treatment.

Throughout all of it Richelle remained very upbeat, sweet and kind — a challenge for even a healthy kid. Her very devout parents and their friends (including members of our parish) prayed for her. And we prayed for her and prayed for her.

Since her diagnosis, she has captained the high school dance team, attended the Pennsylvania Governors School, and been awarded an NIH research grant to study T-cell functioning in mice. And she is bi-lingual. With her fluency in Mandarin she actually started university in Nanjing, China this summer. On August 30 she will enroll in the University of Pittsburgh Honors College in pre-med with a full scholarship. She remains lovely, sweet and bright, and she will certainly make a fine doctor in a few years. Prayers are answered!

Nancy Kuhn



## Meet Gethin Wied

Hello! I'm Gethin Wied and I am very excited to be the new seminarian at Emmanuel Episcopal Church. In a couple of weeks, I will be a Middler (second year student) at Virginia Theological Seminary (VTS) and I come from the Diocese of Los Angeles. A life-long



Californian, I grew up in the small central valley town of Lodi, but for twelve years lived in the L.A. area before coming to Virginia in order to attend VTS. I've loved the change of scenery and am looking forward to exploring more of this region over the remainder of seminary.

I am 32 years old and unmarried. I'm the youngest of three siblings, with one surviving parent and I hope to one day be the proud owner of a basset hound named Cranmer. Prior to pursuing Holy Orders, I worked as a library assistant in the corporate library of a major automaker based in Southern California. I went to undergrad at Loyola Marymount University where I studied Classical Civilizations and Archaeology. My personal interests include cooking, good conversation and lately, running.

This summer I participated in a Clinical Pastoral Education (CPE) program at the Johns Hopkins Bayview Medical Center in Baltimore. CPE is a chaplaincy internship that many Episcopal dioceses require of individuals studying for the priesthood and as a time of formation, it was a true gift for me. Over the course of the program, my colleagues and I visited patients throughout the hospital and then met twice a week for class time with our supervisor who helped us sift through our experiences as chaplains. It was an enriching opportunity and I met a number of amazing people who have helped to further shape my understanding of ministry to others. I look forward to sharing many of the insights I gained and moments of grace I encountered during these last three months. I feel tremendously blessed to have the chance to explore my call to the priesthood. It is my hope to

ultimately enter parish ministry as I believe that healthy communities drawn together in Christ and centered around the sacraments of Eucharist and Baptism can be a tremendous force for spreading the Gospel. I am joyous to have been called into this congregation and can't wait to meet, get to know and encounter God in each of you!

*Blessings,  
Gethin*

## Gethin's Seminarian Lay Committee

Emmanuel is privileged to have Gethin participating in the field work program through Virginia Theological Seminary. He will assist Chuck and Joani and our parish community in a variety of ministries.

Gethin will have a Lay Committee and his Committee will be led by Gail and Ron Eger, parishioners who usually attend the 8:00 a.m. service. The purpose of the Lay Committee is to encourage Gethin in his spiritual development and to walk with Gethin on his journey towards becoming an ordained minister of the Episcopal Church. The Committee meets about once a month to discuss his work in the parish and his ongoing contributions to Emmanuel. Special attention will be paid to his sermons, providing feedback and encouragement. Other topics the Committee will discuss during committee meetings will include Gethin's discernment process with his home diocese, his life as a seminarian, academics, his development from seminarian to ordained minister and his plans for following his priestly call after graduation.

If you are interested in serving on Gethin's Seminarian Lay Committee please let [Chuck](#) know.

# Music Ministry

## September Adult Choir Schedule

- **Sunday, September 13** — 9:20 AM  
Rehearsal for 10:30 AM Worship
- **Thursday, September 17** — Third  
Thursday Choir Rehearsal at 7:00 PM
- **Sunday, September 20** — 9:20 AM  
Rehearsal for 10:30 AM Worship
- **Sunday, September 27** — 9:20 AM  
Rehearsal for 10:30 AM Worship



## Music Notes

*"Will you love the 'you' you hide, if I but call your name? Will you quell the fear inside and never be the same? Will you use the faith you've found, to reshape the world around, through my sight and touch and sound in you and you in me?"*

That verse is one of the most striking and touching for me in my journey as a Christian and musician. During the month of September, together we will lift our voices and sing, "Will You Come and Follow Me?," sometimes known as "The Summons." This hymn has been set to a number of different hymn tunes, but has a wonderful lilt when sung in a compound meter (that's fancy music theory for 6/8) to the tune of Kelvingrove. The hymn is printed here, so that you might try it at home and ponder the text for your own life. Take a moment to search the tune on youtube and try it out. I came to know this hymn during my time as a Methodist music director, but this hymn is found in many hymnals and is loved by many for the poignant

poetry. A probing and moving piece, it ultimately is a charge and call to action for us. During the fall, many of us will undertake new responsibilities, set different

goals for ourselves, or try to "spice up" the return to our familiar schedules and routines. Please do consider trying something new for yourself this autumn, but

especially try making music at Emmanuel part of your schedule. It might be that music could be the best way for you to come and follow. Whether you are interested in being a part of music at Emmanuel yourself or making sure your children have the opportunity — there's no better time than now!

If you have any questions, please email me.

[Ryan W. Fitch](#), MM

Music Director | Organist | Countertenor

DISCIPLESHIP AND MISSION

## 726 Will You Come and Follow Me

The Summons



1 "Will you come and fol - low me if I but call your name?  
2 "Will you leave your-self be-hind if I but call your name?  
3 "Will you let the blind-ed see if I but call your name?  
4 "Will you love the 'you' you hide if I but call your name?  
5 Lord, your sum-mons ech - oes true when you but call my name.



Will you go where you don't know and nev - er be the same?  
Will you care for cruel and kind and nev - er be the same?  
Will you set the pris-oners free and nev - er be the same?  
Will you quell the fear in - side and nev - er be the same?  
Let me turn and fol - low you and nev - er be the same.



Will you let my love be shown; will you let my name be known;  
Will you risk the hos - tile stare should your life at - tract or scare?  
Will you kiss the lep - er clean, and do such as this un - seen,  
Will you use the faith you've found to re-shape the world a - round,  
In your com - pa - ny I'll go where your love and foot-steps show.



will you let my life be grown in you and you in me?"  
Will you let me an - swer prayer in you and you in me?"  
and ad - mit to what I mean in you and you in me?"  
through my sight and touch and sound in you and you in me?"  
Thus I'll move and live and grow in you and you in me.

The first four stanzas of this ballad-like hymn are understood to be in the voice of Christ, with the fifth reflecting the individual singer's response. Created for this traditional Scottish tune, the text was written to mark the conclusion of a youth volunteer's time of ministry.

TEXT: John L. Bell and Graham Maule, 1987  
MUSIC: Scottish melody; arr. John L. Bell, 1987  
Text and Music Arr. © 1987 WCRG; Iona Community (admin. GIA Publications, Inc.)

KELVINGROVE  
13.13.7.7.13





# The Hitchhikers Guide to the Book of Common Prayer: An Anglican Roadmap to the Cosmos

Douglas Adams' highly entertaining "*The Hitchhiker's Guide to the Galaxy*" came out in 1983. It's a book about a book.

*"It's the story of a book — not an earth book, never published on Earth ... never seen or even heard by any Earthman."*

*A remarkable book and also a highly successful one — more popular than "The Celestial Home Care Omnibus", better selling than "Fifty three More Things to Do in Zero Gravity, and more controversial than Oolon's philosophical blockbuster: "Who is this God Person Anyway?"*

*In many of the more relaxed parts of the Galaxy, the "Hitchhiker's Guide" has already supplanted the great Encyclopedia Galactica as the standard repository of all knowledge and wisdom!"*

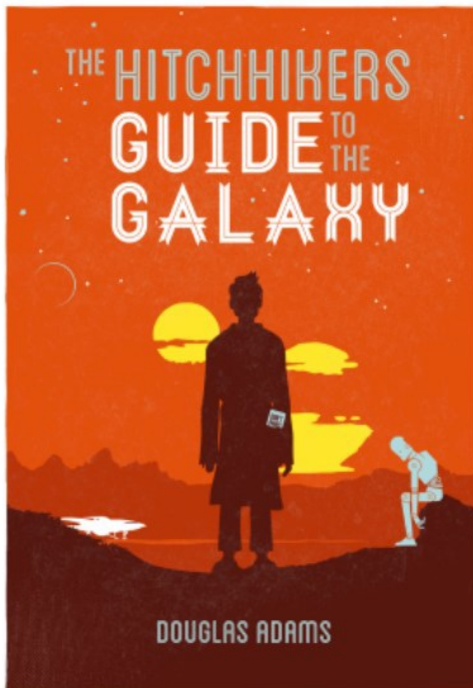
Adams' science fiction phone book remains a best seller — a hilarious, self help star chart to help you find your place in the cosmos.

Now we Episcopalians are the People of the Book: Two remarkable books actually — the Bible and the Book of Common Prayer. In worship every Sunday we use both — just printed on different paper.



While scripture is always primary, it is with the Book of Common Prayer that we both proclaim our faith and stake out our place in God's universe.

So on six Sunday mornings this fall at 9:15 a.m. in the Memorial Room, you are invited to stick out your thumb and join me for "*The Hitchhiker's Guide to the Book of Common Prayer: An Anglican Roadmap to*



*the Cosmos.*" Together we'll explore the traditions, prayers, sacraments, history, spirituality, and ethics

found between the BCP's pages.

- September 20 — *Pray Your Way thru the Day: The Daily Office*
- September 27 — *We receive you into the household of God: Baptism*
- October 4 — *Unite us to your Son in this Sacrifice: Holy Eucharist*
- October 18 — *Rites of Passage: The Pastoral Offices*
- October 25 — *The Communion of Saints: Holy Women and Holy Men*
- November 1 — *Everyday is a Holy Day: The Liturgical Year*

Each session will be both interactive and hands on. Each participant will get their very own copy of the BCP!

Explorers of all kinds are welcome — cradle Episcopalians, as well as newcomers to the faith. **The class culminates with the Bishop's Visitation on Sunday, November 15. Participants who choose may go forward for confirmation, reception, or reaffirmation.**

Interested? Questions? Want to sign up? [Contact Joani.](#)

## Tuesday Morning Bible Study

The Tuesday morning Bible study is currently studying the Gospel of Matthew. Please come for a cup of coffee and join in on the discussion. The group gathers at 10:00 a.m. in the Memorial Room.



# Exploring Christian Meditation: A Spiritual Workshop

*Saturday, October 24. 5:00 – 8:00 PM | Led by Dr. Kathleen Staudt*

*Do Christians meditate? And if so, what does that look like?*

Many people think that meditation originates with Eastern religions and certainly we learn a great deal from interfaith prayer and practice. But, a number of meditative practices have actually been a part of the Christian tradition from its earliest beginnings. These include meditation with a “holy word,” meditation that begins from Scripture or “holy reading” and practices that engage the senses and the imagination to deepen our connection to the holy. Please join us on October 24 from 5:00 to 8:00 p.m. for an evening time of “retreat” as we explore the history and context of some of these practices, and experience them for ourselves.

Dr. Kathleen Henderson Staudt (Kathy) works as a teacher, poet and spiritual director at a number of



institutions in the Washington, DC area, including Virginia Theological Seminary and Wesley Theological Seminary. Her classes focus on writing, literature, spirituality and explorations of vocation. Kathy has offered retreats and workshops at many area churches and retreat centers, including the annual Evelyn Underhill Day of Quiet offered at the Washington National Cathedral each year in June, as well as conferences on poetry as spiritual practice. She is the author of two books of poems: *Annunciations: Poems out of Scripture*, and *Waving Back: Poems of Mothering Life*, as well as a scholarly study of the artist and poet

David Jones. [Dr. Staudt's blog can be found here.](#)

All are welcome. Bring a friend. Contact Joani @ [celticjlp@yahoo.com](mailto:celticjlp@yahoo.com) if you would like to attend.

## Red Doors

Did you notice the front doors of our church are now painted Episcopal Red? One of the defining aspects of many Episcopal churches is a red front door. As you know Emmanuel is located between three streets and has no parking lot. Weekly we watch our visitors walk round and round not knowing which door to enter; now we can simply say to them, “Enter through the red doors!” I’m told that traditionally the doors of Episcopal churches were painted red to indicate the Holy Spirit’s presence. I hope the Holy Spirit is present not only in our church but also in our hearts and minds and souls. I also read that red doors were a sign for others seeking sanctuary. How cool is that? I hope that no matter what the color — that everyone will know that the doors of Emmanuel Episcopal Church are open to all. Come one and all.



## Coming Soon — The Ministry Fair!

A combined effort of the Outreach and Newcomers Teams, the Ministry Fair will take place on September 20. The first session, from 8:45 – 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. For more information, or to help with the fair, please contact [Lola Beggs](#), [Vonda Delawie](#), or [Pat Hadley](#). See you at the Fair!

- Scrape and paint Church identification signs.
- Remove weeds and clean up area around 25 ton AC/heating unit and install new gate closure system.
- Prune bushes and relocate perennials along upper playground fence.
- Inspect fence and replace damaged boards as needed.
- Sand, caulk, and paint ramp railing along Mason Avenue.
- Repair water damage on ceiling in pantry by sanding and painting.
- Secure and caulk window trim in sound system closet.
- Replace window screens and burned out light bulbs.
- Replace batteries in smoke detectors.

The list will be posted in the parish hall on September 20 so you can sign up for what you are willing and able to do. You will be contacted with any special instructions for the day. If you have any questions or suggestions, please contact me via email.

I look forward to working with each of you to accomplish these projects.

[\*Dwayne Piepenburg\*](#)

## "Punch List" Party

Emmanuel Church's Buildings and Grounds Ministry Team is planning a "Punch List" party on Saturday, October 3 between the hours of 8:00 and 11:00 a.m. for you to enjoy morning coffee and a muffin and spend an hour or two of your time to help us accomplish a few up-keep projects. Older children and teens are welcome to come too. We have compiled a "punch list" that we'd like to finish in a day. Here is an initial listing of projects. Any materials needed to complete the projects will be provided.

- Repair, adjust, and replace several door handles.
- Install grab bar for kids to hold on to when using urinal in boys bathroom.
- Repair supports for shelves at serving window in kitchen.

## We're Building a Team to Talk About an Adult Volunteer Mission Trip

I'm thinking Appalachia. What about you? If you're interested in discussing or being a part of a team of volunteer adult parishioners who will travel to some other part of our country to do a week's worth of service work during the summer of 2016, let's talk. Please contact [Chuck](#).





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

Friday, October 16, 6:30 PM

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! Emmanuel'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! For the past year EEC has prepared and served 12 monthly meals for 75 residents at **Carpenter's Shelter**! Emmanuel is passionate about feeding our neighbors in need. Many, many generous hearts and helping hands make this important ministry possible. This is cause for celebration! So once again the Adult Spiritual Formation and Outreach Ministry Teams are proud to sponsor this special parish wide event.

Come **celebrate** the work of all of Emmanuel's dedicated volunteers on World Food Day, October 16 at 6:30 p.m. 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 and food for thought provided by Karen Banks from **Share Our Strength**.

The price of admission is **at least one food item** for the ALIVE Food Pantry! A **\$25 donation** can buy a **kitchen starter kit** for the ALIVE Housewares Ministry **or** go to support the mission of the **SOS No Kid Hungry Campaign**.

The Outreach Team will be organizing the meal. If you would like to help, volunteer to cook, set up and clean up, you are most welcome. Please contact [Joan Peacock](#) or [Vonda Delawie](#).

Everyone is invited — ages 0 to 99! Stay tuned to the weekly e-news for more details and to RSVP.

## ALIVE!

### ALexandrians InVolved Ecumenically

**Ensuring Food for Those in Need.** ALIVE!, a nonprofit organization of volunteers from over 40 religious congregations and the community, distributes donated food to almost 1,000 needy families each month, through the help of volunteers and donations. ALIVE!'s Last Saturday Food Distribution program distributes food to those in need at Cora Kelly Elementary School at 8:30 a.m. every last Saturday of the month. **Two ways you can help:** **1) Donate food:** Drop off canned and packaged food at Emmanuel in the basket in the lobby. **2) Volunteer at the food distribution:** Upcoming dates are Saturdays, September 26 and October 31. To volunteer, please call ALIVE! at 703-837-9300 (option 4).



### Furniture Distribution Program Thanks

**Volunteers.** ALIVE! thanks volunteers from Emmanuel — Greg and Vonda Delawie, Nate Ho, Sarah Orndorff, John Rider, and Anne Seville — for helping with its July 18 furniture distribution. This program picks up furniture (mattresses, beds, tables, chairs, sofas, chests, etc.) donated by Alexandria City residents and delivers it to Alexandrians in need on Saturday mornings. To help out, call ALIVE! at 703-837-9300 (option 4)... and look for future announcements at Emmanuel!

## We are Here for You



Emmanuel Church is a community of faith which seeks to nurture and support individuals and families in every stage of life and circumstance. If you or a member or your family needs assistance with meals, transportation, prayers, cards, letters of encouragement or any other kind of support, please contact the Inreach Team by e-mailing [Nancy Dupree](#).

# The Twenties and Thirties of Emmanuel Present



**Saturday, September 26**

**4:00 – 7:00 PM**

Tickets to be sold in advance:  
\$50 includes night of fellowship,  
Souvenir Emmanuel Episcopal Church beer glass,  
unlimited beer and soft drinks

Bavarian Inspired Food  
Brats w/sauerkraut - \$5  
Soft pretzels - \$2  
Hot dogs - \$2

Festival Games  
\$5 Game Tickets

All proceeds benefit Emmanuel Outreach activities

Open to EEC members and friends  
Free admission under 21

Please find a member of the Oktoberfest committee for tickets  
(Leo & Susan Cruz, Jennifer Jones & James Kaelin,  
Adam & Amy Schildge, Joe & Kim Scott )



## December Save the Date

The Stewardship Ministry is planning for this year's Holiday Gala. Save Saturday, December 19 from 6:00 to 9:00 p.m. for a family-friendly dinner and both live and silent auctions. Entertainment for children will be part of the evening. Full details will be published soon.



## Hand-In-Hand Listening Sessions

With a focus on gaining a better understanding of rising racial tensions, the Diocese is continuing to host a series of *Indaba* listening sessions this fall.



As Bishop Johnston outlined in his Pastoral Address at the 220th Annual Council in January of this year, "We must do all we can to put our own house in order before we can have real impact upon the problems of society. In other words, it is when we can witness and minister out of the reality and integrity of our own healing and wholeness that we can make the most difference in our communities."

Calvary, Front Royal: Sept. 19, 10:00-11:30 AM  
Trinity, Charlottesville: Sept. 24, 7:00-8:30 PM  
Grace, Kilmarnock: Oct. 1, 7:00-8:30 PM

The Hand-in-Hand Listening Sessions are open to all members of the Diocese. Please help us spread the word in your congregations. [Register online.](#)

## Lookin' for a Logo

Our preschool created a new logo last year.



Immanuel-Church-on-the-Hill (across from Virginia Theological Seminary) has a new logo.



I'm jealous. I want a new logo for our church too! A spiffy piece of design we can attach to letterhead, polo shirts, banners and such as we advertise parish events and communication. I'm looking for a group of volunteers to participate in this process. My hope is that we'll come together as a group and we'll decide the steps necessary to find the right artist or company to provide us with a current design we're excited to proudly display and use. If this project intrigues you or you think you have something to contribute to the conversation [please send me an email](#) and I'll gather us to get us started.

Thanks,  
Chuck




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### Emmanuel Preschool Staff

**Director**[Ressa Jones](#)**Office Administrator**[Dawn Doucette](#)**Financial Administrator**[Kelli Corts](#)**Teachers**

Michelle Brayman  
 Mary Beth Conry  
 Amy Ernst  
 Christy Finn  
 Mary Carol Gavin  
 Mollee Hansen  
 Sarah Higgins  
 Anne Hubbard  
 Alyce McLean  
 Dana Mutscheller  
 Nancy Palmer  
 Deborah Rumph  
 Kate Schneider  
 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)

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

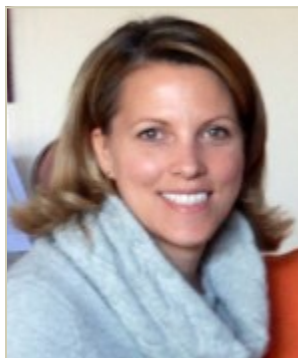
## Preschool News

We have been busy in the preschool this summer sprucing up classrooms with new paint and magnet boards, ordering new materials, and preparing for teachers and students to return! The teachers will be back on August 31 for two weeks of classroom set-up and Professional Development. We are very excited to welcome back Kathryn Coneway from Art at the Center, who again this year will be working with both teachers and students on open-ended art explorations. We are also looking forward to a visit from Stefanie Copp from UVA who will be providing a workshop for teachers on Early Literacy. We will round out our teacher workweeks with Back-to-School Night on September 10 and Meet and Greet on September 11. Then finally on Monday, September 14, the moment we have been working toward will arrive and our students will return! We can't wait to welcome back familiar faces and meet our new preschoolers and their families. We are excited about another year of offering children and families a warm and nurturing environment with an amazing faculty, centered around a play-based curriculum that allows children to develop and grow socially, emotionally, and academically.

*Ressa Jones, Director*



Meet our new director and office administrator:



[Ressa Jones](#) is a long-time preschool educator and is thrilled to have been named as the Director of Emmanuel Episcopal Preschool. She has a Masters degree in Early Childhood Special Education and has taught in private and public schools in Alexandria and Fairfax County for over a decade. Ressa was inspired by her experience teaching at EPS this past year and is eager to continue her work here in her new role.

Ressa lives with her husband and two children in Alexandria. In her elusive spare time she enjoys music, reading, yoga, art and gardening. Ressa loves nature and animals, and especially enjoys encouraging children's curiosity about the natural world.



[Dawn Doucette](#) has more than 10 years experience in non-profit marketing. She has a BA in English with a minor in Women's Studies from Franklin & Marshall College. Most recently, Dawn enjoyed five years as a stay-at-home mom to her two children — Owen, a current EPS student, and Charlotte, an EPS alum and current SSSAS student. She served as the 2014 EPS Fall Fundraiser Chair, a 2015 EPS Spring Fundraiser donations team member, and a room parent for two years.

Dawn lives in Alexandria with her family. In her free time, she enjoys Pilates, baking, traveling and spending time with her family.

## Prime Timers

A quiet summer, not much activity. Did get a few Prime Timers out to see "I'll See You in My Dreams" in mid-August. Otherwise with folks back from vacation ( and I will point out that many of the Prime Timers, myself included, are on a full-time vacation schedule) we should see more activity this fall. If you would like to be added to our email directory please contact [Jim Bradley](#). As an aside, the Prime Timers are the principal supporters of our fall and spring Goodwin House Dinners. The fall dinner will be held in late October/ early November. If you would like to attend, please also contact Jim Bradley.



## We're Building a FUN Team



We're building a FUN Team. Yep, you read that correctly — a FUN TEAM. I love the direction our parish is heading. We have more people involved in every aspect of our parish life.

More Sunday School teachers. More members of the Altar Guild. More parishioner families in our preschool. More folks in our pews. More people participating in one form or another of Outreach. We're humming along very well. AND I've been wondering if some of you would like to get together with me to pow-wow and talk about how we might offer some FUN events for our parishioners to enjoy together. I'm interested in your ideas, but some I've had are: karaoke, golf, movie night, rope course, zip line, sky dive. If you're interested in being a part of this newly forming team, please contact [Chuck](#).

## WGTS—91.9 FM

My truck radio is pre-tuned to all of the stations I love to listen to. Your automobile is tuned the same way — to the stations you love. There's a chance that some of our



pre-tuned stations are the same; and a chance that mine don't resemble yours at all. Yet, every Sunday, week after week, we find ourselves coming to our church to listen to and sing songs together. Have I told you about WGTS? Like you, my days are busy; and when I get in my truck to head from one place to another my first instinct, after buckling in, is to tune in to 91.9 FM. WGTS is a public radio contemporary Christian music station. They always broadcast a positive message of hope. You never have to worry about what your kids might hear or worry that you'll be politically offended one way or another. They're positive, fun, neat radio people who bring Christian music to the airwaves of the nation's capital. Come on, give it a try — I know what you're thinking — how UNcool could contemporary Christian music be? Give it a try, you just might find your travels and commute inspirational.

## Baristas



If you are interested in joining the Sunday coffee hour barista team, contact [Adam Schildge](#).

## "Silence: A Christian History" by Diarmaid MacCulloch

I am not by nature a quiet person. Third child in a household of six, I had to speak up loud and clear to be noticed. An extrovert par excellence, I feel compelled to fill awkward silences in awkward conversations. An Anglican, I love the "out loud" prayers of the Book of Common Prayer.

Silence does not come naturally to me. I am a "noisy Christian." But even in me there is a contemplative streak and space for spiritual quiet.

Recently I picked up Diarmaid MacCulloch's book, *"Silence: A Christian History"*. I got it from the sale cart at Bishop Payne Library where I book jockey Monday through Friday. The title leaped out at me. Chuck preached on meditation just the Sunday before. The Adult Spiritual Formation team, of which I am a part, had also just decided to pursue the topic in our fall schedule. And the book was free!

It's good — very good! The book is scholarly, engaging, and a joy to read — just under 250 pages.

The practice of silence came late to Christianity. Yahweh is a God who speaks. His people "make a joyful noise" and lament aloud. Just read the psalms! The prophets speak truth to power. God's wisdom is proverbial. His Son comes to us as Logos — *"In the beginning was the Word."* Jesus speaks in parables. Only briefly for rest does he withdraw into silence. His disciples are sent out to preach good news. The Evangelists write the Gospels. Paul writes letters.

Noisy Christians.

But when Jesus didn't come back as the early Christians had hoped, it seemed that God himself was silent. This time is aptly known as *"The Great Disappointment"*.

These disappointed Christians developed a different kind of spirituality. This is the spirituality of the Desert Fathers and Mothers, the aesthetic practices of philosophers — both of which led to a more mystical brand of theology.

In 20 centuries of Christian history, the practice of silence has been both used and abused.

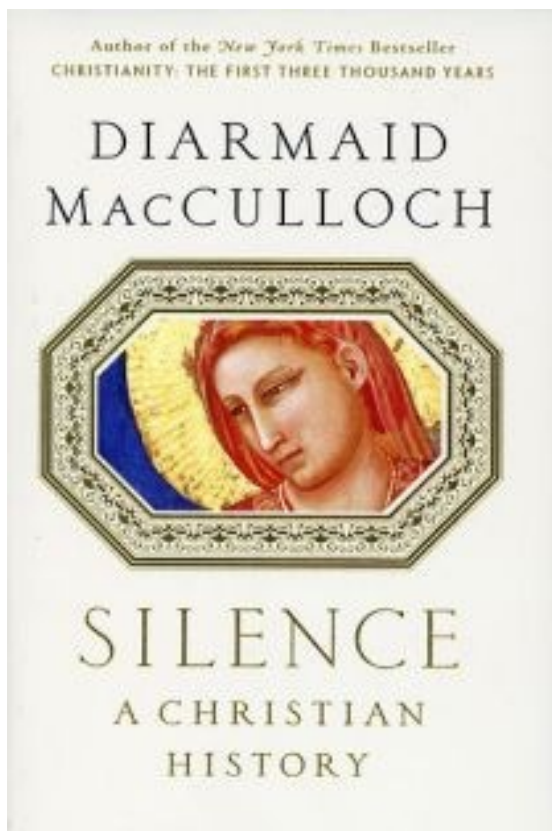
*"There are many forms of religious silence, both positive and negative, from contemplation and prayer to repression and evasion. Diarmaid MacCulloch's book takes us on a guided tour of the role of silence in Christian history and tradition. He considers Jesus' strategic use of silence, the lessons of the first mystics in Syria, and the long arc of monastic tradition. He discusses different views of silence in Protestant and Evangelical circles and confronts more sinister institutional forms of silence within the Catholic Church."*

*"In a deeply personal final chapter, MacCulloch brings a message of optimism for those still seeking God beyond the clamor of overconfident certainties."*

*"At once comforting and thought provoking, "Silence" challenges our fundamental views of spirituality and illuminates the deepest mysteries of faith."*

"Silence" — the book — I recommend it most highly.

*Pax vobiscum,  
Joani*





## 9th Annual Northern Virginia Pride Multi-Faith Worship Service

Ryan Fitch and several members of Emmanuel's choir participated in the Northern Virginia Pride Multi-Faith Worship Service along with choristers from Commonwealth Baptist Church and Beth El Hebrew Congregation. Ryan directed the choir and sang a beautiful duet with the Cantor from Beth El. Emmanuel was not an official host church this year, but the Vestry will discuss being one next year.





- 2 [Carpenter's Shelter Dinner](#)
- 7 Labor Day—Office Closed
- 12 Sunday School Teacher Retreat (9:00 AM)
- 13 Sunday School Open House (10:00 AM)
- 13 Teacher Commissioning and Back-to-School Blessing (10:30 AM)
- 14 First Day of Preschool
- 15 Vestry Meeting (7:30 PM)
- 19 Hand-in-Hand Listening Session
- 20 Ministry Fair / Newcomer Sunday
- 21 Preschool Board Meeting (7:30 PM)
- 23 First Day of Autumn
- 24 Hand-in-Hand Listening Session
- 26 ALIVE! Food Distribution
- 26 Oktoberfest (4:00 PM)
- 27 Neighborhood Outreach Project



- 1 Hand-in-Hand Listening Session
- 3 Fall Punch List Party (8:00 AM)
- 3 Fall PYM Youth Day of Service
- 4 Blessing of the Animals (11:45 AM)
- 7 [Carpenter's Shelter Dinner](#)
- 12 Columbus Day—Office Closed
- 14 Vestry Meeting (7:30 PM)
- 16 World Food Day Dinner (6:30 PM)
- 24 Meditation and the Christian Tradition of Prayer (5:00 PM)
- 31 ALIVE! Food Distribution



- 4 [Carpenter's Shelter Dinner](#)
- 6 Family Night
- 6-8 PYM Senior High Weekend
- 7 One-Woman Show (7:00 PM)
- 11 Vestry Meeting (7:30 PM)
- 15 Service with Bishop Jones (2:00 PM)  
\*\*NOTE: This is the only service this day\*\*
- 21 Bake Sale at TC Williams Craft Fair (10:00 AM)
- 22 Warm Clothing Drive Begins
- 26 Thanksgiving Day—Office Closed
- 27 Day after Thanksgiving—Office Closed
- 29 Advent 1



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