

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



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A Note from Chuck

Dear friends,

Spring has officially arrived and we have put the snow shovels and ice melt away! With the coming of this beautiful season we are nearing the end of our Lenten Journey and turning our thoughts towards Holy Week. Like the narratives of Christ's birth, the accounts of His crucifixion and resurrection are so familiar to us that we can sometimes miss the full intensity of the unexpected event. Though Jesus warned His disciples, they were not at all prepared for the trauma of His death or the shock of His resurrection. Because we know the outcome, it's hard for us to identify with what those early believers must have felt.

Although we may wish we could have been present at Jesus' birth, who among us wishes to have witnessed His cruel torturous death? Not me. Few want to read the details of what Jesus suffered. Over the centuries we've sanitized Easter with aromatic lilies and colorful eggs. And yet, like Ash Wednesday calls us to remember — in Holy week, we must remember all that happened.

As followers of Christ, we must know exactly why the Father let His Son hang on the cross and why Jesus chose not to escape the cross. We need to grasp the glory of His resurrection. What blending of love and power can we see in these events? How can all of this have been done out of love? Come and see. Come and hear. Come and experience again The Story.

We've just celebrated Palm Sunday which officially begins Holy Week. Please also join us at 7:30 p.m. on Maundy Thursday, noon and 7:30 p.m. on Good Friday and at 7:30 p.m. for the Great Vigil of Easter. Journey with us. Come and remember together. Bring another family member and friend. We look forward to celebrating with you.



Peace friends,

Chuck

High Notes Submissions

Articles for the May *High Notes* must be submitted to [Kelli](#) by April 22.



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

[Alex Allain](#)

Director of Spiritual Formation for Children and Youth

[Toni Buranen](#)

Organist/Choir Director

[Ryan Fitch](#)

Parish Administrator

[Kelli Corts](#)

Administrative Assistant / Receptionist

[Heather Starek](#)

Nursery Caregivers

Lilian Urrea
Rosa 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)
703-683-6158 (fax)

office@emmanuelonhigh.org
www.emmanuelonhigh.org

Spotlight on our Long-Time Members

Recently the Diocese of Virginia asked us to help honor older members of our congregation for an upcoming issue of the *Virginia Episcopalian*. We thought it was a great idea and decided to also share those stories with you in the next few newsletters.

Fred De Luca

In 1977, the organization that had employed me for 20 years was moved to Washington, D.C. My wife, Anita, and I were lifelong New Yorkers. To move meant leaving all our family and friends, but moving also made economic sense.

Once here, we went to several Episcopal churches in Alexandria but none felt like home. Time passed but then something wonderful happened.

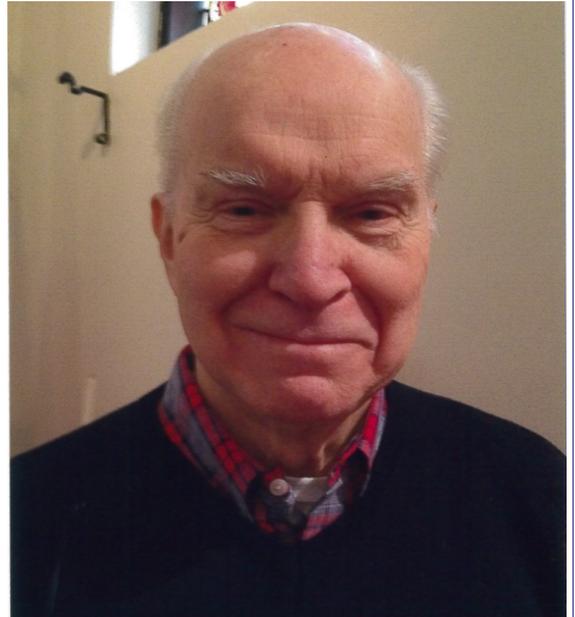
Anita was working in sales at Woodward & Lothrop in the Landmark Mall. Along the way she had met a woman from the store's office. Her name was Betty Coombs. Betty told Anita about Emmanuel. Soon after we came to the Christmas Pageant here, loved it and met lots of friendly people.

In 1983, we became members of Emmanuel, and soon were involved in the everyday life of the church. Over the years, Anita and I delivered Meals on Wheels and volunteered for the Bag Lunch program. Anita joined the Women's Sewing Group, and I filled in at the reception desk at Carpenter's Shelter. I had a term as Junior Warden on the Vestry. And then there's serving on the committees that bring together our seminarians for discussions with lay people. Both sides benefit from it.

It was truly useful and satisfying work.

The years flew by, as we have all discovered (I'm 87). Two of our three daughters live here. We have eight grandchildren, and seven great grandchildren with (news flash!) one more on the way.

All we can say is: Thank you, God! Life is Good.



Fred De Luca

Why We Chose Emmanuel

By Brooke, Matt, and Jackson Stratford

Matt and I moved to Alexandria as newlyweds in 2007. Soon after settling into our new home, we set out to find a church home. Matt was raised Catholic and was baptized Episcopalian but primarily raised in a very relaxed Congregational Church. Despite our different religious upbringings, we were completely on the same page when it came to what we hoped to find in our future church.

We wanted to find a church where we would be comfortable, feel close to God and have the opportunity to grow spiritually. We hoped to find an earnest and reverent church that also possessed humility and a healthy sense of humor. We

were looking for a church where we could listen to relevant sermons and teachings that we could relate to — a Church where we could learn without being lectured. We desired a church with a warm, accepting, graceful community — a community made up of young families



and long-time church members, who welcomed, educated and celebrated children (as we planned to start a family eventually). We also wanted a church that would give us a variety of opportunities to get involved, while also giving us the freedom to choose our own level of participation, without pressure or guilt.

We feared that finding a church meeting our many wants, hopes and desires would be quite challenging. However, we were committed to the quest and planned to be patient, since we knew that finding the right church would be well worth the wait. We talked to friends and neighbors, and even did some internet searching, and we created a list of promising churches in the area. Once we had our list, we set out to work our way through it. We can't recall exactly how or why, but somehow Emmanuel ended up at the top of that list. As such, it was the first church we visited. It was also the last. After experiencing Emmanuel, we just didn't need to look any further. We had found our church home.

Now that we are parents, we're particularly grateful that we get to raise our son, Jackson, in this wonderful church community. Jackson also attends Emmanuel Preschool, which is an incredibly special place that has deeply touched and enriched all of our lives. We are beyond thankful for everything this special church has to offer. Emmanuel is truly everything we were looking for in a church — and more.

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)
[Vonda Delawie](#) (Clerk)

Contacts for Emmanuel Parish and Worship-Related Activities

Acolytes: [Dave Buckman](#)
 Altar Guild: [Christina Bartley](#)
 Building and Grounds: [Dwayne Piepenburg](#)
 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: [Adam Schildge](#)
 PrimeTimers: [Jim Bradley](#)
 Readers and Chalice (10:30): [Jerry Boykin](#)
 Readers (8:00): [Suji Brown](#)
 Craft & Sewing Group: [Gudrun Callahan](#)
 Shrine Mont Parish Retreat: [Joe Scott](#)
 Twenties and Thirties:
[John and Katherine Flower](#)
 Ushers: [Bob Callahan](#)
 Vestry: [Bob Carragher](#)
 Worship: [Nancy Dupree](#)

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](#)
 Community Lodgings: [Barbara Harslem](#)
 Free School Physical Program: [Bonnie Lilley](#)
 Giving Tree: [Kerry Adams](#); [Rachel Kliewer](#)
 Haiti (Sister parish of St. Martin de Tours):
[Vonda Delawie](#)
 Meals on Wheels: Fred De Luca

Fundraising

Annual Giving Campaign: [Bob Carragher](#)
 Foundation: [Jane Kolson](#)
 Haiti Coffee Sales: [Mary Beth Edgar](#)
 United Thank Offering: [Bonnie Fairbank](#)
 Yard Sale: [Margaret Wohler](#)

From the Office of Spiritual Formation for Children and Youth

Greetings all!

I hope this finds you well. I know many of you will receive this newsletter while on spring break. Hurray! I love opportunities for a lot of rest, a lot of fun, and a little productivity. (Productivity is overrated anyway!) I hope your break is what you need it to be.

We are beginning to look to next year and I wanted to touch base with a couple of items:

- Beginning in September, Sunday school will start at 10:00 a.m. This decision was a result of the responses that we received from the survey for the Spiritual Formation of Children and Youth. Families see the need for a little more time in Sunday school while at the same time are not ready to shift to an earlier time because they value not having to get up so early on Sundays and having a more leisurely start to their day as the rest of the week they are going full speed ahead! This is our solution and we — especially the teachers — are excited about all the possibilities that a little more time brings with it. Thank you to those who responded to the survey and participated in the Town Hall!
- We are in need of both Sunday school and God and Donuts volunteers! The reason that this year was able to run so smoothly was because we had a great team of teachers who were able to have both time and flexibility to teach and to tend to their own family needs. It worked fabulously! But it can only work if we have enough people on each team. As of now, we are in need of at least 5 – 6 new Sunday school teachers and 2 – 4 God and Donuts volunteers. You do not have to have teaching experience and it is a fun way to share your own gifts with the Emmanuel community and to contribute to the common good of our children! If you are interested, please contact me at your earliest convenience.



As we enter into the Holy Triduum, my prayer for you and your families is that you are able to find time to slow down and rest in God's love and that you are able to be renewed in spirit! Easter is coming! Jesus has risen! And soon we will say "Alleluia!"

*With gratitude and peace,
Toni*

COMING UP:

Interested in having your child participate in a formal First Communion experience? The 2nd and 3rd grade Sunday school class is studying communion. This is an opportunity for formal sacramental preparation for families in that class. If your 2nd or 3rd grader would like to receive First Communion on Mother's Day, please let us know by today, April 1, by contacting [Toni](#). If your child is not in 2nd or 3rd grade, but you are still interested, please let us know and we will provide resources for you to help prepare them at home.

Family Pizza and Game Night, RESCHEDULED! Friday, April 10 from 5:30 – 7:30 p.m.

Bring a game to share, or use what we have here at the church! We will order pizza (pepperoni and cheese) and will also have veggies, fruit, drinks, and dessert.

Donations are welcome to offset the cost. Please [RSVP](#) so that we know how many to expect. All are welcome!

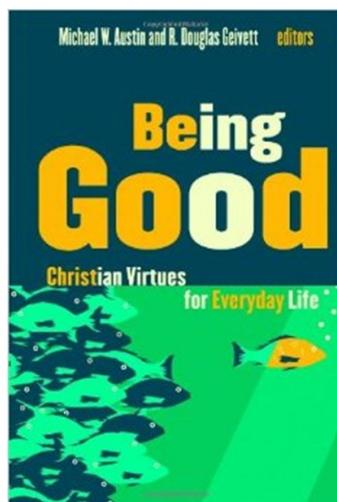


**God and Donuts meetings:
Sunday, April 13 and 27, 4:00 – 5:30 p.m.**

All middle schoolers, 6th – 8th grade welcome!

Ethics After Easter, Sunday Adult Forum Series

"Everything Episcopal" was well received and well attended. But the course was cut one Sunday short. "Ethics after Easter" got postponed, well, until after Easter!



There are many ways we as Anglicans do ethics. There is rule ethics, situation ethics, philosophical ethics, Biblical ethics, character ethics, and comparative ethics — just to name a few.

There are lots of ways to tackle the major moral issues of our day. But 45 minutes is not enough time to tackle climate change, world poverty, or war and peace.

So instead we are going focus on what it means to a disciple day to day. How to develop our virtuous side and keep our vices in check. What ordinary ways day to day are there to make this world more just, more peaceful, and more compassionate?

By practicing the cardinal virtues of faith, hope, and charity.

Being Good: Christian Virtues for Everyday Living, published in 2013 edited by Michael Austin and Douglas Geivett, will be our guide.

Using insights from scripture, philosophy, psychology, science, and culture, we will discuss week by week how to do "Ethics after Easter!"

April 19 — *Faith & Keeping an Open Mind*

April 26 — *Wisdom & Zeal*

May 10 — *Hope, Contentment & Courage*

May 17 — *Love & Compassion*

May 24 — *Forgiveness & Humility*

Please join us at 9:15 a.m. in the Memorial Room. No reading required! All are welcome! Questions? Just ask Joani!

Unhinged: True Stories About Living with Mental Illness

I am a woman with a storied past. On my blog, UnorthodoxUnhinged.com, I tell stories weekly — stories of a "manic Christian." Ghost stories, bedtime stories, bible stories, camp fire stories, family stories, horror stories, funny stories, glory stories, and true stories of a bipolar and sometimes balanced life. I tell the truth, the God's honest truth and nothing but the truth one story at a time.

There is no better way to tell the truth than to tell a story.

Katie Kelly, a member of our parish, a new EEC vestry member, and former board member, introduced me to Amy Saidman, the executive director of SPEAKEASYDC. Amy and I met in September and we agreed — stories like mine need to be told. They need to be told live and on stage with a real audience up close and personal: A stage for people seldom seen. A venue for voices rarely heard.

But not just me, I tell crazy stories so others can, too.

According to the National Alliance on Mental Illness, one in four adults — approximately 61.5 million Americans experience mental illness in a given year. Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year and approximately 13 percent for ages 8 to 13. Despite the profound impact that mental illness has on so many individuals, families, and communities it remains misunderstood and taboo.

This is about all of us. All of God's children have a story to tell.

So coming to a stage near you, right here at **Emmanuel on High, at 8:00 p.m., on Saturday, April 25**, I am proud to present:



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Unhinged: True Stories about Living with Mental Illness

Produced by SPEAKEASYDC, called “the gold standard in storytelling” by the Washington Post, *Unhinged* will feature eight masterly crafted true stories on the theme of living with a mental illness, loving someone with a mental illness, or working in the field.

The performance is free to the public and is made possible by the generous sponsorship of the Friends of the Alexandria City Mental Health Center, Virginia Theological Seminary, The Rt. Rev. Shannon Johnston, EEC, and lots of Tiny Givers!

For tickets please [RSVP](#). Doors open at 7:00 p.m. and performance at 8:00 p.m. Come early for the best seats!

True stories, told live, truly making a difference! Hope to see you there!

*Pax vobiscum,
Joani*



Estate Planning for Young Families

The Emmanuel Church Foundation presents **Estate Planning for Young Families** with John M. Bryan, Esq., Attorney at Bean Kinney & Korman.



If you have thought about a Will but not yet done anything about it or wrote a Will a long time ago or just have questions about the process, this seminar should be worthwhile

Please join John for a discussion about the legal steps parents should take to safeguard the interests of their families.

The presentation will be on Sunday, May 31, from 12:00 — 1:00 p.m. in the Memorial Room.

Light refreshments will be served and child care will be provided.

Emmanuel Youth Head to 'The Mountain'

If you are a 6th or 7th grader and want to explore your faith, on your own terms with people your own age and want to spend a weekend devoted to learning about your spirituality and to learning about yourself — then come out to Parish Youth Ministries 6th/7th Grade Weekend @ Shrine Mont, April 17-19! Two days filled with crazy games, songs, faith, and most importantly, having fun!

If you are an 8th grader, read on: You, too, can explore your faith, on your own terms, with people your own age. You, too, can spend a weekend devoted to learning about your spirituality and to



learning about yourself at the Parish Youth Ministries 8th Grade Weekend @ Shrine Mont, May 15-17! Two days filled with crazy games, songs, faith, and most importantly, having fun!

Check out this [YouTube video](#) produced/edited by the PYM committee at its spring planning for the upcoming weekends.

Registration forms are in the God & Donuts classroom off the Parish Hall stage or [on-line](#) under Forms. Contact [Meredith Wade](#) with any questions and to complete registration. (She needs to know you want to go so you won't have to walk out there!)

Services During Holy Week

Maundy Thursday

April 2 — 7:30 p.m.

Maundy Thursday is the traditional English name for Thursday of Holy Week, so named because it is considered the anniversary of the institution of the Eucharist by Jesus at the Last Supper and His washing of the disciples' feet.

Washing feet was a job reserved for the lowest servant in the house. Yet our Lord of Lords humbled himself to wash His disciples' feet. Jesus' washing of the disciples' feet is symbolically reenacted and the altars are stripped bare until The Great Vigil of Easter Service.

Good Friday

April 3 — 12:00 noon and 7:30 p.m.



*For God so loved
the world that he
gave his one and
only Son....*

JOHN 3:16, NIV

Good Friday commemorates the crucifixion and death of Jesus. Good Friday along with Ash Wednesday are two designated fast days in the Anglican calendar. The Episcopal Church is a part of the Anglican calendar, culture, church and traditions. Good Friday is more than an historical event, it also stands for the self-offering of Christ for us, the apex of Christ's sacrificial life.

The Great Vigil of Easter

April 4 — 7:30 p.m.

Holy Saturday is the final day of Holy Week, the final day of the traditional 40 day Lenten fast. Please stay tuned as we work out the details of the beautiful and highly symbolic Great Vigil of Easter, but plan to attend and celebrate with us. (Spoiler alert: come and hear Joani and Chuck sing the Exultet!)

Easter Sunday

April 5 — 8:00 a.m. and 10:30 a.m.

Easter is about Jesus rising from the dead when Christians the world over celebrate His resurrection. Jesus' bodily coming to life again stands at the center of the Gospel. All four gospels speak of it and the creeds affirm it. This is a period of much joy emphasizing the teachings of Jesus during His post-resurrection appearances. This is a time of feasting and celebration. The long fast of Lent is over. Christ is Risen! He is Risen Indeed!



Easter Egg Hunt

We invite all children to participate in the annual Easter Egg Hunt on Easter Sunday, April 5. The hunt will start about 15 minutes after the conclusion of the 10:30 a.m. service. The eggs will be hidden outside of the church, weather permitting. If the weather is not cooperative the eggs will be hidden inside. There will be a designated area for children under 4. Please bring a basket and "Happy Hunting."



Annual Retreat to Shrine Mont — May 1-3

Here's a little teaser to get you interested (or daydreaming) — Just under two hours away, tucked away beyond the seemingly forgotten little village of Orkney Springs, Virginia, Shrine Mont is a place where friends, fellowship, prayer and reflection, rest and recreation are more important than meetings and schedules. It's a place where people may appreciate and enjoy creation — from the beauty of the streams, flowers and wildlife which are at home here, to the people who come to this place to celebrate being part of God's family. Come join us for a weekend of relaxation, golf, hay rides, hiking, quaint cabins, home-style cooking, bon-fire, s'mores, bingo, songs, worship and more. If you don't know about [Shrine Mont](#), ask someone about it. Contact [Joe Scott](#) if you have questions or would like to volunteer to help.

Do you feel especially connected to God in nature? Get ready to be in touch with your creative

side to express this connection at Shrine Mont. Margaret Wohler, a naturalist at Alexandria's Huntley Meadows Park, will lead us in "Nature, Art, and Spirit: Let's Worship Outdoors!" on Saturday.

Shrine Mont Sunday is April 12 at Emmanuel. If you don't know about Shrine Mont, you need to come to church this day! Experience the feeling and learn about our annual retreat. Call it the acoustic version — Paul Frank will get you out of your seat with some jazzy piano playing and our Guitar Group will strum us through the service. Listen and learn — Kirk Gibson will come from Shrine Mont to give you history and talk about what Shrine Mont means to the Episcopal Diocese of Virginia. Come comfortable — sneakers, jeans, t-shirts, sweatshirts (this is how we dress at Shrine Mont). As always, ask questions if you don't know — there are plenty of people that will tell you what a great weekend it is.

Shrine Mont Retreat 2015

Friday, May 1 — Sunday May 3

Adults	\$195	Price Includes: lodging, breakfast, lunch, dinner, Shrine Mont activities
Teens (13-18)	\$90	
Children (4-12)	\$30	

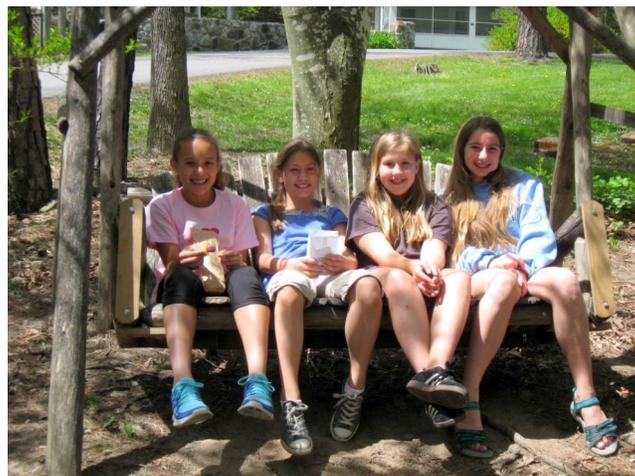
** Respond and Pay by APRIL 19 to lock in your reservation** [Joseph Scott](#)

Names of all attending:			
		Ages of children:	
Phone #		Email	
Interested in Saturday Golf? (Names)		Shrine Mont Activity you would like to support	
Paid (Y / N)	Amount:	Please make checks payable to <i>Emmanuel Episcopal Church</i> Or go to e-giving to pay electronically	

Annual Retreat to Shrine Mont — May 1-3

Please join us for quality time spent with each other at our annual parish retreat at Shrine Mont the weekend of May 1-3. If you have any questions please e-mail [Joe Scott](mailto:Joe.Scott@shrinemont.com).

Check out memories of Emmanuel retreats over the years.



In Memory of The Rev. Daniel W. Eckman, Jr.



The Vestry of Emmanuel unanimously voted to make a \$1,000 donation in honor of our past rector, Dan Eckman, who recently died after a short but hard-fought battle with cancer. World ministry was one of Dan's passions, and he found great satisfaction in that realm during his last years at Emmanuel with his mentoring of Virginia Theological Seminary student, the Rev. Sonley Joseph of Haiti. The vestry consulted with Dan's widow, Barbara, about where to put the donation to work, with Haiti being one of our suggestions. She was very enthusiastic about having it go to Sonley's mission to spread the Good News of the Gospel. Barbara has even made this more meaningful by matching the gift with another thousand dollars. God Bless her and God Bless the good works this memorial will reap.

Memories that members and friends of Emmanuel shared about Dan:

Marianne Bailey (Bambara): *My favorite memory of Dan is how he would pal around with James when James was still pretty young, and enjoy the antics of the kids at social hour. He really made kids feel at home in the church.*

Ruth Bilodeau: *My favorite memory of Dan is when we were at Shrine Mont and decided it would be great if we could have Elise, who was just over a year old (now 13 years old), baptized. We decided this on Saturday, cleaned out the polliwog eggs from the baptismal font and he baptized her on Sunday morning. We really appreciated this and have extra special memories of her baptism at Shrine Mont.*

Jerry Boykin: *I remember Dan for many things, but especially for introducing me to the Bishop's Golf Tournament at Shrine Mont. Dan was a pretty good golfer and very competitive. We had a lot of fun and some memorable moments at the tournament (but no victories).*

Jim Bradley: *Dan was always willing to go out for a drink and lunch. In that spirit he was an active participant in the EEC Downtown Lunch Bunch. The lunch bunch used to meet on a monthly basis. As I recall it was the third Thursday of each month at the old Ascot restaurant, 17th and K Streets, NW. We would coordinate the date with Dan and if he could not attend on the regularly-scheduled*

date we would change the date. It really was his Lunch Bunch. He thoroughly enjoyed these gatherings for food, drink and fellowship. Dan always wore his collar and ensured that grace was offered before we began our meal.

Judi Brush: *I will never forget how grateful I was to see Dan walk into my hospital room. He meant so much to my recovery. I shall miss him.*

Amanda Eiman (former Assistant Rector): *One of my favorite memories of Dan is from early one March. I was sitting in my office as Dan walked by, motioned to me and said, "Amanda, come outside, I have something to show you." Since this wasn't a usual request during our workday I was quite intrigued at what might await outside the door. So I got up and he led the way outside into the brown, winter, muddy grass along Russell Road. He crouched near a tree and pointed to a few crocuses poking up through the soil near the tree's roots. "Look!" He said with a huge smile. "This means spring is almost here! I love to find the first crocuses popping up each year, it gives me so much joy and hope." As we stood there looking at one of the first signs of spring and new life of the season, what touched me most during that moment was witnessing the joy and the pure delight on Dan's face and in his spirit. His joy was stronger than that of the crocuses and it broke into my late winter day like a ray of hope. He revealed a part of himself that I soon learned he loved gardening, flowers, plants, and helping things to grow. I too love*

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gardening, so it was a special moment to connect with him outside of our usual vocations, yet at the same time the moment was so connected to our common journey as Christians. We were living in the midst of Lent and could look together at the hope and new life of Easter. I like to imagine Dan now, as he is welcomed into new and eternal life with God, rejoicing at his own new life and also all of the new and glorious life around him. One day we will see and know that kind of life more fully too. But for now I give thanks that he is in a place filled with more life than we might ever imagine, and with more crocuses, roses, tomatoes, (the plants he loved) than he can count.

Barbara Helsing: One of Dan's strong points was visiting the sick and dying. Amanda came a lot, also. He visited Vera Willis in the hospital numerous times and when she passed on the evening of 11/22/08 he came right away. He said prayers over her in the bed and when the undertakers came he accompanied them to the hearse and said more prayers. He came back to Rance's apartment and stayed and gave comfort to us, as I was there too.

Nancy Kuhn: I think that I finally "got" Dan Eckman when Joe McFall, a long-time parishioner, lay dying. Joe had no local family, so his Emmanuel family stepped in to see that he was taken care of. When Dan and I visited Joe the day before he died, I saw such unconditional love on Dan's face for this eccentric, sometimes challenging, man that I knew God was truly with us.

Matt and Brooke Stratford: Dan came to the hospital to bless our son, Jackson, after he was born. That meant so much to us. Dan later baptized Jackson on Easter Sunday. We will

remember Dan as incredibly warm, kind and caring and we will always be thankful for the many ways in which he touched our lives.

Doug Wheeler: The Wheelers have many wonderful memories of Dan...at Shrine Mont, at my bedside before surgery, as a mentor to our Seminarians, reaching out to Churchill Gibson to return and preach, welcoming and celebrating Sonley's development and Vision, leading us after a difficult transition and finally, providing the leadership to take us through a major, successful capital campaign and renovation...he was special!

Rance Willis: During Vera's illness Dan was a faithful rock of love and support. What a Pastor!



Ensuring Emmanuel's Long-Term Financial Health

You may have heard something about the Emmanuel Foundation at the annual meeting or elsewhere. And you may be wondering what it is. Many years ago, Emmanuel's parishioners decided to create a foundation in order to invest and preserve the church's monetary assets. Today the Emmanuel Episcopal Church Foundation remains the vehicle for the parish's long-term investments. The funds, currently valued at over \$700,000 — with an additional \$439,000 held in semi-restricted accounts — have been donated or bequeathed by parishioners and were augmented about 10 years ago by the rectory sale proceeds. They are used for the rector's annual housing allowance, for building maintenance, and for current operations on an as-needed basis. The vestry has ultimate decision-making power over Foundation expenditures, and a group of trustees, chaired by Jane Kolson, oversees the management of the funds and hosts occasional workshops on estate planning tools and options. Today, all of the funds are invested with the Trustees of the Funds of the Diocese of Virginia.

While the Foundation has significant assets, we can ensure its long-term stability through special gifts — to mark a loved one's birth, anniversary or death, for example — and through bequests and other planned giving arrangements. You can help by considering a donation or planned gift to the Foundation as a far-

reaching investment in Emmanuel's future. We encourage parishioners to donate at any time, making sure to specify that the gift is intended for the Foundation rather than the parish.

The 1910 Society is an honorary society composed of parishioners who have designated Emmanuel as a beneficiary in their wills, trusts, IRAs, charitable gift annuities, or insurance policies. If you have questions about how to plan for such a gift, please consult your attorney and/or contact [Jane Kolson](#) (202-994-9523).

1910 Society Members

Jennifer Adams
 Lola and Hamilton Beggs
 Beth and Frank Boland
 James Bradley
 Carol and Ronald Clark
 Kathy and Bud Clatanoff
 Vonda Delawie
 The Rev. Daniel and Barbara Eckman
 Jane and Ken Kolson
 Nancy Kuhn and Bucky Mills
 Sarah Orndorff
 Jean C. Simpson (*deceased*)
 Catherine and Douglas Wheeler
 Rance Willis

Dining Out at Goodwin House

Wednesday, April 29 — 5:45 p.m.

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

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 circumstances. If you or a member or your family need 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](#).



Carpenter's Shelter Cook-Off

Please join Carpenter's Shelter on April 26 at The Birchmere Music Hall (3701 Mount Vernon Avenue) from 12:00-3:00 p.m. for this year's Carpenter's Cook-Off. Tickets are now on sale! [Click here](#) to purchase tickets for the whole family. Last year, the event sold out early. Don't miss your chance to attend this year. Tickets are \$50 for adults and \$15 for children 12 and under. Limited quantities of VIP tickets are available for \$75 until sold out. All VIP ticket holders will receive a special 'Swag Bag' gift.

Help Carpenter's Shelter spread the word! Your help is needed to make this event a continued success.

Thanks to Bag Lunch Volunteers!

The March 22 coffee hour was dedicated to everyone who helps make the bag lunch program a success. Along with six other churches, Emmanuel feeds lunch to as many as 60 people each weekday at Meade Memorial Church in Old Town. That's a lot of lunches, but indeed many hands make light work.

Along with Fred DeLuca, who is retiring from bag lunches, we thank the current volunteers:

Kerry Adams, Lola Beggs, Jim Bradley, Karma Brown, Judi Brush, Gudrun Callahan, Peggy Conner, Betty Coombs, Kelli Corts, Judy Davis, Kelly Dresen, Pat Hadley, Barbara Harslem, Bayanne Hauhart, Katie Kelly, Nancy Kuhn, Lee Larkin, Bucky Mills, Leslie Piepenburg, Doris Rudolph, Larry Tinsley, Mary Tinsley, Pat Tyler, Meredith Wade, Amanda and Jeff Wallingford, Catherine Wheeler, Anne Withers and Bill Griffiths, Margaret Wohler, and Karen Wykle.

Although not everyone who volunteers was at coffee hour, several people gathered for a photo. Emmanuel's next week to serve is April 7-10, then May 4-8, then June 22-26, etc. Anyone who is interested in helping — occasionally or on a regular basis — let me know!

[Karen Coda](#)

Spring "Punch List" Party

Emmanuel's Building and Grounds Ministry Team is planning a "Punch List" party on Saturday, April 25, between 8:00 a.m. and 11:00 a.m. Come enjoy morning coffee and a muffin and spend an hour or two of your time helping us accomplish a few grounds and building up-keep projects. Older children and teens are welcome to help out, too.

A sampling of what will be accomplished includes removing several overgrown bushes; planing and painting the kitchen swinging doors; touching up baseboard paint in the Parish Hall; anchoring loose pews and repairing a few kneelers in the Church; and repairing the fence around the HVAC area (cheers to Tom Anderson who has already volunteered for this project).

The complete list will be posted in the Parish Hall on April 12 so you can sign up for what you are willing and able to do either at the party or at a time you choose. You will be contacted with any special instructions for the day and to discuss what tools and/or supplies you will need. If you are aware of any additional up-keep projects that I may have missed, please add them to the posted list. Also, 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 and make Emmanuel look really good!

Dwayne Piepenburg
Ministry Coordinator



Alexandria Gazette Packet — March 19-25, 2015

People At Work

McCoart and Brock minister at Emmanuel Episcopal

By Shirley Ruhe

Gazette Packet



The Rev. Chuck McCoart's 120-pound German Shepherd, Brock, accompanies him to church and waits patiently in the office for McCoart's return after the Sunday service.

The Rev. Charles C. McCoart Jr. (Chuck) tosses a dog treat to Brock, his 120-pound German shepherd, takes a final gulp of diet soda and slips the Lenten purple stole over his white robe. This is the Second Sunday of Lent and the Family Service at Emmanuel Episcopal Church on Russell Road where McCoart has been since June 2013. He has welcomed 55 new families into the church since then. He says today there will be a children's message where he will compare a climbing wall that has handholds and footholds to what it is down the center aisle to the front rail where they kneel side by side to receive the sacraments. McCoart invites all who seek God and who are drawn to Christ to participate in the Holy Communion, his blue eyes connecting with each communicant as he offers the symbolic wafer and wine.

As the service draws to a close the benediction is "Go in Peace ... to the pancake breakfast downstairs" (twice postponed from Shrove Tuesday due to bad weather).

When he came to Emmanuel, McCoart says he had to pace himself for the marathon, not the sprint and also learn to say no: "I try to envision how to use my skills and gifts. But this isn't just up to me. We're growing together

as a community welcoming everyone into the process of ministry, to be more and more the people God is calling us to be."

McCoart says that he is the eldest son of a large Irish Catholic family, and God called him when he was 17. "It was the inaudible voice of God speaking to my heart saying 'this is what I want you to do Chuck.' It took a while for me to find my way because it was pretty overwhelming."

McCoart attended seminary from 1986-90 and held various positions in the Catholic church. He came to Emmanuel after serving for eight years as pastor of Good Shepherd Roman Catholic Church on Mount Vernon.

As McCoart explains his faith, he says from the like following God — ascending higher — sometimes it's scary, sometimes it's tiring or exciting but it's worth it in the end.

McCoart said, "I believe the example of Jesus speaking in parables is a healthy model. My job is to find the modern day parable. I'm a storyteller," he said.

The organist begins Adagio in G Minor as parishioners filter in and find their places. Small faces sprinkle the pews. McCoart opens the service with The Decalogue which he said, "I've never done before. It highlights the Ten Commandments." He explains that he is still learning things since he has recently transitioned over to the Episcopal Church from the Roman Catholic Church where he spent the first 50 years of his life. "This just feels like the theology where I'm supposed to be, welcoming and diverse, more like me — things like the ordination of women, marriage of clergy and welcoming the gay and lesbian community."

McCoart moves to the pulpit and looks out at the congregation as if he is talking to each person individually. A

(Continued from page 14)

parishioner comments that you feel like you are sitting in his living room and he is talking directly to you. "Everyone knows," he said, "about going through life and you feel like you just can't hang onto the rope. Life is peppered with challenges but just hold on and the reward will blow your mind."

Children line up in the front of the church and a ukulele leads tiny voices in "Lord I want to be a Christian in-a my heart" punctuated by red and blue bells wielded by several determined ringers. They move into Communion as rows of parishioners proceed down the center aisle to the front rail where they kneel side by side to receive the sacrament. McCoart invites all who seek God and who are drawn to Christ to participate in the Holy Communion, his blue eyes connecting with each communicant as he offers the symbolic wafer and wine.

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As McCoart explains his faith, he says from the time he gets up until the time he goes to bed he thinks about his church, responding to whatever needs have arisen. Every day turns out to have surprises and he has to triage what to do first. He sees the good in people and is a cheerleader for God "and I learned it is a sin to bore someone with the Gospel message of Christ so I try never to be boring," he joked. "It's not easy to love people who wrong you," he continued, "but we are called on to try." Sometimes it takes a long time. "I try to remember those Bible verses like 'love your enemy' and 'rain falls on the just and the unjust'." For McCoart praying is like blinking. "It is so much a part of what you do that you can't separate it from yourself. The rest is the presence or awareness of God. You have to choose to believe. You have to exercise that muscle."



The Rev. Chuck McCoart dons the white robe, will add the purple Lenten scarf and tie on his belt, then head to the sanctuary for the Family Service at Emmanuel Episcopal Church on Russell Road.



The Rev. Chuck McCoart reminds his congregation that holding on is worth the end result that will "blow your mind."



The Rev. Chuck McCoart offers the sacrament of wafer and wine symbolizing the body and blood of Christ at Communion during the service at Emmanuel Episcopal Church on the second Sunday of Lent.



EMMANUEL
PRESCHOOL

Emmanuel Preschool Staff

Director
[Jeanna Reidy](#)

Administrative Assistant
[Bryn Baisley](#)

Bookkeeper
[Kelli Corts](#)

Teachers
Michelle Brayman
Mary Beth Conry
Amy Ernst
Christy Finn
Mary Carol Gavin
Mollee Hansen
Sarah Higgins
Anne Hubbard
Ressa Jones
Kelly Lee
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)
preschooladministrator@epsonhigh.org
www.emmanuelonhigh.org

Preschool News

We wrapped up our collaborations with Kathryn Coneway from Art at the Center the third week in March, and she visited every class to work alongside teachers scaffolding a collage experience with the children. The children were engaged, inspired and also learned various design techniques from one another as they explored the world of creating with collage materials and glue.



The Preschool returns from spring break on Tuesday, April 7.

We are looking forward to our Spring Fundraiser Gala on Friday, April 17. With a "Wild West" theme, we plan to "put on our boots and saddle up for a hooting' and hollering' good time!"

Jeanna Reidy, Director

Green 4/5s Classroom Spotlight



Happy Easter from the Green 4/5s! We are looking forward to a busy month of fun at EPS. When we return from spring break we will finish up our desert theme. We have been exploring plants and animals of the desert, with a special interest on the cactus. We have our annual fundraiser coming up this month and the Green 4/5s have decided to create their own cacti as our part of decorating for the Wild

Wild West party. Mark your calendar for April 17!

The children continue to enjoy our Chapel time with Pastor Chuck every Wednesday. We have been learning about miracles and have really enjoyed our new song about Zacchaeus.

One of the highlights of our class is our pet frogs, Hopper and Skipper. We have watched them grow since they were tadpoles and they are now almost two inches long! Each child in our class has a revolving job every day, one of which is

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the Zookeeper who gets to feed Hopper and Skipper. We also have a class photographer so you can imagine the number of photos of Hopper and Skipper we have collected!

We love collage! Kathryn Coneway, of Art at the Center, spent a day with all of the 4/5s exploring different ways to use simple materials to create beautiful pieces of art. We will continue to expand on this and create another masterpiece or two to present at our very own art show in May.

We will close the month with the arrival of our caterpillars, actually larvae. We will explore the life cycle of the butterfly, from egg to the final release of our beautiful Painted Lady butterflies.



Cappie Stiers, Denise Stanley, and Sara Tiedemann

Racial Reconciliation Listening Sessions Scheduled Around the Diocese

In his pastoral address to Annual Council, the Rt. Rev. Shannon S. Johnston announced a new racial reconciliation initiative for 2015:

"Surely, as communities of faith we as a diocese are especially suited, and divinely charged, to be facilitators of reconciliation, both within our own walls and in the broader community. Therefore, I am now announcing a major initiative for this year of 2015 that will focus on gaining a better understanding of rising racial tensions. We will begin this effort by holding a series of listening sessions in the mid-year around our diocese. These sessions will be the same Indaba style gatherings that were so successfully used here a few years ago to address tensions and divisions regarding the Church's ministry in the quickly evolving matter of human sexuality. Indaba listening sessions involve no debate, no cross-talk, but rather give every person present the opportunity to speak their hearts and minds in a safe, non-reactive environment."

We're excited to announce that the first three of these listening sessions will take place in late April in Northern Virginia, Fredericksburg and Richmond. Additional sessions for the eastern and western parts of the Diocese will be scheduled for fall 2015.

- Thursday, April 16: Epiphany, Richmond, 7-8:30 p.m.
- Saturday, April 18: Trinity, Fredericksburg, 10-11:30 a.m.
- Thursday, April 23: The Falls Church, Falls Church, 7:30-9 p.m.

The Hand-in-Hand Listening Sessions are open to all members of the Diocese. Our hope is to gather a group representing as many viewpoints as possible. Please help us spread the word in your congregations.

Stay tuned for more details and updates on this racial reconciliation initiative.

[Please click on this link to indicate your attendance at one of the sessions.](#) Although registration is not required, this will help us to prepare for the appropriate number of attendees.

Questions? Please contact [Ashley Cameron](#), 800-DIOCESE x1048.

Update on Our Seminarians

Meet Gethin Wied

Hello! I'm Gethin Wied and I am very excited to be the new seminarian at Emmanuel Episcopal Church starting in the Fall. Currently, I am a Junior (first year student) at Virginia Theological Seminary, but 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 the past twelve years have lived in the L.A. area before relocating to Virginia this past August. I've loved the change of scenery and am looking



forward to exploring more of it over the remainder of seminary.

I am 32 years old and unmarried. I'm the youngest of three siblings, with one surviving parent. 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.

I'm a life-long Episcopalian and feel tremendously blessed to have this opportunity 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*

What's next in Alex Allain's life?

After graduating from Virginia Seminary on May 21, Alex will serve one year as a hospital chaplain in a Clinical Pastoral Education program at University of Alabama-Birmingham. Alex will then return to his home diocese of Mississippi, where he will enter into parish ministry.



Please join us on Sunday, May 17 following both the 8:00 a.m. and the 10:30 a.m. Services when we'll gather as a parish with Alex to formally say farewell for now, until he is able to come back and join us to celebrate the Eucharist with us again some day.

(Hint: to celebrate the Eucharist with Alex as a priest, save the date of June 28!)



Our 2015 parish directory is now available for pick up in the foyer.

If you would like an electronic version of the directory please e-mail [Kelli](mailto:kelli).

Member DIRECTORY

Piano Dedication Concert on March 29





April

- 1 [Carpenter's Shelter Dinner](#)
- 2 Maundy Thursday (7:30 PM)
- 3 Good Friday (12:00 noon & 7:30 PM)
- 4 Easter Vigil (7:30 PM)
- 5 Easter Sunday (8:00 AM & 10:30 AM)
- 5 Easter Egg Hunt (11:45 AM)
- 6 Easter Monday (Church Office Closed)
- 8 Vestry Meeting
- 12 Shrine Mont Sunday (10:30 AM)
- 12 God & Donuts (4:00 PM)
- 17 Preschool Spring Fundraiser
- 17-19 6th & 7th Grade Weekend at Shrine Mont
- 20 Preschool Board Meeting
- 25 Spring "Punch List" Party (8:00 AM)
- 25 Mental Health Part II—Speakeasy (8:00 PM)
- 26 God & Donuts (4:00 PM)
- 29 Goodwin House Dinner (5:45 PM)

May

- 1-3 Shrine Mont Retreat
- 6 [Carpenter's Shelter Dinner](#)
- 10 Mother's Day
- 10 First Communion (10:30 AM)
- 13 Vestry Meeting
- 15-17 8th Grade Weekend at Shrine Mont
- 17 Outreach Team Meeting
- 18 Preschool Board Meeting
- 25 Memorial Day (Church Office Closed)
- 30 Speakeasy Boot Camp
- 31 Estate Planning for Young Families (12:00 AM)

June

- 3 [Carpenter's Shelter Dinner](#)
- 10 Vestry Meeting



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



Emmanuel's Twenties and Thirties (TnT) Group.