

EMMANUEL EPISCOPAL CHURCH

HIGH NOTES



November 2015

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High Notes Submissions

Articles for the December *High Notes* must be submitted to [Kelli](#) by Friday, November 20.

Vestry Services for Emmanuel Episcopal Church

Last month, we mentioned that Emmanuel would be seeking candidates for 4 vestry slots in early January due to the normal transition of members at the end of each year. To help you decide whether to toss your hat in the ring for 2016, we've compiled this brief summary of what a vestry does and what the likely time commitment would be if you decide you would like to serve EEC in this capacity.

Thanks in advance for your consideration and we know that you will find this a rewarding experience should you decide to join in!

*Bob Carragher and Michelle Vaughan
EEC's Senior and Junior Wardens of the Vestry*

What is the Vestry?

The Vestry is a group of elected lay faith leaders who work with the Rector to discern, articulate and carry out the mission of the parish as defined by the congregation. (The Vestry Guide (Excerpt), The Episcopal Diocese of Massachusetts.)



Three basic functions of the Vestry:

- 1) To approve the outcomes to be accomplished
- 2) To ensure the resources necessary for achievement of those outcomes are available and used efficiently
- 3) To make sure the desired outcomes are being achieved

How do we do that?

- 1) Annual Vestry Retreat to include an orientation
- 2) Monthly go-minute to two-hour meetings to discuss and oversee business operations, programs and new initiatives
- 3) Quarterly three-hour strategic meetings offsite to discuss overall vision and implementation
- 4) Each vestry member serves as a liaison to a Ministry Team coordinating communication and consultation

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Our 10 -Year Vision for Emmanuel

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

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](#)
[Jordan Casson](#)

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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703-683-0798 (phone)
703-683-6158 (fax)

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www.emmanuelonhigh.org

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Who may serve on the Vestry?

Any parishioner who has been a member of the church for a minimum of one year and elected by the parish at the annual meeting may serve as a Vestry member. We seek those who are respected in the church community; some will be known widely while others are building that respect within smaller circles in ministry teams and responsibilities (Morris, Rev. Janie Kirt, ecfvp.org). All Vestry members must be pledging members.

How can I be considered to serve on the Vestry?

After prayerful consideration, if you discern that sharing your gifts with the Vestry would help to carry out the mission of our church, simply express your interest to Bob, Michelle or Meredith and submit a short bio to include your background and which gifts you would like to share. Leadership/background in human resources, education, financial management, event planning, community service, spiritual formation, and communications/public relations are always needed and welcomed. Bios will be published in advance and the election will be held at the Parish Annual Meeting in January.

Bios must be submitted by **December 15** to:

[Bob Carragher](#)

[Michelle Vaughan](#)

[Meredith Wade](#)



Why We Chose Emmanuel

By Mandy and Tyler Dorn

As Millennials, we've "grown up" as part of the "there's an app for that" generation. As Millennials who were married in the Episcopal Church — and later had to find a home church in a new city — we similarly learned, "There's a church for that."

When we moved from Indianapolis to DC in 2009, we began Episcopal Church "shopping." At the time, we were both working and traveling (very) full-time. To be transparent, looking for a church then meant finding somewhere to spend one to two hours on Sundays to get the most out of our faith experience in that moment. We tried an awesome array of churches and truly experienced diversity — but didn't quite find a church we consistently called our home.

When we got pregnant in 2013, we predictably bought a home in the "burbs" (Seminary Valley area of Alexandria) and felt ready to put down roots. Once again, we were church shopping, but we were looking for even more this time. While we were both raised in churches of different denominations, we shared something common — our respective families consistently attended

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church together and got very involved in those churches. We have great memories of our parents holding leadership positions; “making” us dress up, go to Sunday school, and generally behave; and the list goes on. As we started a family of our own, we wanted church to have that same consistent and big presence in our lives and in that of our children.

Thankfully, we attended Emmanuel and quickly knew we found our church home. The experience in the two hours we had at the service and in the coffee hour thereafter was outstanding. We loved the sermons Chuck and Joani delivered. They were authentic, relevant and included an explicit suggestion of how we might apply the lessons to our own lives. At coffee hour, so many different people proactively introduced themselves and we immediately felt welcome. We loved that the congregation included an excellent mix of long-



time members and new members, as well as a strong emphasis on welcoming families. We also saw that Emmanuel offers a twenties and thirties (TnT) group, childcare and other “perks” we didn’t realize we were seeking at the time...but then knew we “needed.”

When we communicated that we were ready to become members, our experience got better and better. Chuck took

the time to meet with us to understand how we might get engaged. We started attending TnT functions and other events — and formed friendships we looked forward to growing each week.

Since becoming active members, we’ve benefited in ways we didn’t anticipate but now count among our many blessings in life. We’ve served in ways big and small, all of which we’ve enjoyed. Tyler was asked to serve on the Lay Committee for one of Emmanuel’s past seminarians...and was also asked to serve the beer at the recent Oktoberfest. Mandy started teaching Sunday School...and has been asked to help with some communications. We baptized our now 23-month-old daughter, Camilla, at the church, and she now asks almost daily if she can go (and have the crackers they serve at coffee hour...but still). Some incredibly kind members of the congregation organized a meal train when our now 2-month-old daughter, Kennedy, was born, and delivered amazing dinners to our door for a week. We look forward to baptizing her at Emmanuel soon as well.

Initially, we chose Emmanuel because the church is so welcoming and relatable. Ultimately, we’ve become increasingly active members because Emmanuel surrounds us with a community we want to be around, worship and serve with, learn from, and have our daughters always remember as a part of our family. When we church shopped, we didn’t even realize “there’s a church for *all* of that.” But we’re so grateful we found it in Emmanuel.

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 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: [Rachel Kliever](#)
 Haiti: [John Maass](#)
 Haiti Coffee Sales: [Kim Scott](#)
 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 for Children and Youth

"Do not call me a saint. I do not wish to be dismissed so easily." — Dorothy Day

Dear friends,

There she is again! I can't help it, but Dorothy Day provides so much inspiration for me in the call to follow Christ. But what on earth did she mean? From an article in *America* magazine: "What Dorothy... Opposed — and what saint wouldn't? — was being put on a pedestal, fitted to some pre-fab conception of holiness that would strip her of her humanity and, at the same time, dismiss the radical challenge of the gospel. 'Dorothy Day could do such things (live in poverty, feed the hungry, go to jail for the cause of peace). She's a saint.' For those who said this sort of thing, the implication was that such actions — which would be out of reach for ordinary folk — must have come easily for her. She had no patience for that kind of cop-out." (*America*, "Don't call me a saint", Robert Ellsberg/James Martin, 11/14/12.)

I think it is so important to recognize that we are all called to be saints, to roll up our sleeves and do the work of caring for each other, for our community, and for our global family. We bring to this work all of our gifts and growing edges, the good the bad and the ugly. We are not perfect, and we are not called to be perfect. Voltaire said, "The perfect is the enemy of the good." May we all bring our imperfect selves to our faith life in a commitment to the common good and may we teach our children to do the same.

Happy Feast of All Saints!

*With gratitude and peace,
Toni*

Upcoming events

Youth Sunday, November 1

Please join us for the 10:30 a.m. service on this day. The worship committee is working hard to make the liturgies more and more accessible to the young people of our parish. If you think your family or your

child might be interested in participating in a unique way, please be in touch. All the children and youth will be participating musically in some way. Please arrive at 10:00 a.m., the normal Sunday school time, so that they may rehearse and feel comfortable singing in front of the congregation.

Family Potluck and Game Night

Please join us for our Fall Family Potluck and Game Night on Friday, November 6, from 5:30 to 7:30 p.m. in the parish hall. This

is meant to be a low-key evening of fellowship and dinner with our church community. We will provide spaghetti and drinks. Families are asked to bring one of the following: a loaf of Italian bread or baguette, an easy salad, OR a dessert. Again, think "easy!" Think "store-bought!" (Also, for the sake of keeping our children safe, think no peanuts, tree nuts or sesame seeds.) There will be board games set up for families to enjoy. All are welcome! Hope to see you! Any questions? Contact [Toni](#). Click [here](#) to RSVP.



Volunteers Needed

We need volunteers to manage the children's worship bags and to help out with mini-service projects for MLK and Presidents' weekend. Both of these jobs are a great service to our children while having a low time commitment. Please contact [Toni](#) for more information!



A Note from Chuck

Dear Fellow Travelers,

I started to write "Dear Friends" but I wanted to be a bit more accurate and descriptive as I set out to speak of our life together. I am more aware than ever in my short time here at Emmanuel that we share a journey together, one in which we are encouraged and strengthened by the community with whom we travel. Though I'm sure we would all describe the journey in different ways, some common themes emerge as we move through life together:

We journey toward wholeness, learning to love more fully and more deeply connected to God and those around us.

We journey toward a deeper sense of acceptance of ourselves and our neighbors, deeper into the mystery of love and its place in our lives.

We journey toward a better grasp of our purpose in the universe as we engage together the big questions that not only challenge humanity but cause us to hope for and believe in a higher power, God.

And, as we travel together, we celebrate the possibility, the mystery and reality of the God who chooses to make the journey with us as guide and friend.

These are the sorts of things I have learned over these past few years of traveling with you all in the blessing which is our life together.

Thank you to each of you who make the journey together so much fun. As much fun as we have had, I think many of us would also agree that there's been a lot of work accomplished. We really have come a long way together.

The recent results of our congregational survey prove this much. We are a stable, solid community with so much to offer those who come looking for traveling companions in their journey with God. We have settled into a particular child-friendly, question-welcoming, open, contemplative expression of

Christianity that speaks to a growing number of seekers who are taking their places among us.

We are poised to share the gifts we have discovered with others who will come through our doors. We are learning what it means to represent Christ in the world around us. And we love our day to day lives knowing we have the support of this life-giving community. We certainly do have much to celebrate.

I know you have recently received a pledge card for the coming year. I ask you to consider prayerfully what you can give back to support our common journey, our work in the world and our ability to meet those who come seeking what we have found. You can treat your pledge as a best estimate or as a challenge to deeper commitment. I ask you to pray about that too.

I give thanks for our time together and for the gifts of our common journey. Our parish family is growing — not just in numbers, but in faith, service and commitment. I give thanks to God for this journey, and for a growing understanding of what a gift it is that we are all in this together.

*Peace friends,
Chuck*

Growing in Faith, Service and Commitment

"God will not forget your work and the love you have shown Him as you have helped others and continue to help them." Hebrews 6:10

As members of the Emmanuel community, we are asked to give annually to support the work of the Church. The Vestry asks that you prayerfully consider an increase in your financial commitment.

My/Our pledge for current year 2015 was \$_____.

I/We pledge \$_____ to Emmanuel for 2016.

Name: _____

Signature: _____

E-Mail Address: _____

____ I would like envelopes. ____ I do not want envelopes.

____ I would like information about including Emmanuel in my will or living trust.

Music Ministry

November Adult Choir Schedule

Sunday, November 1 — Youth Sunday / All Saints Day
(No Adult Choir)

Thursday, November 5 — 7:00 p.m. — Choir Rehearsal
in Memorial Room

Sunday, November 8 — 9:20 a.m. — Choir Practice

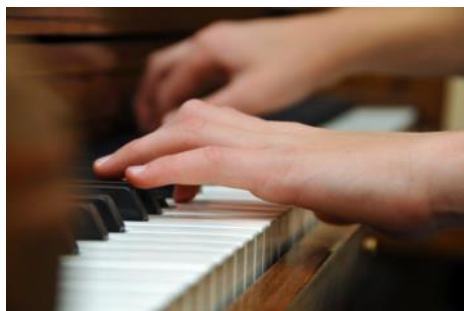
Sunday, November 15 — 8:00 a.m. — Choir Practice
(Bishop's Visit)

Thursday, November 19 — 7:00 p.m. — Choir Practice
in Memorial Room

Sunday, November 22 — 9:20 a.m. — Choir Practice

Sunday, November 29 — 9:20 a.m. — Choir Practice
(1st Sunday of Advent) — Luke Brennan, Organist

Did you buy that perfect turkey yet? Soon enough many of us will celebrate Thanksgiving with all of its wonderful rituals,



traditions, and customs. Maybe your job is to carve the turkey, make the mashed potatoes, bake that secret recipe pie, make sure that the Macy's day parade is tuned up for all to enjoy, or maybe your job, like mine, is to stay out of the way! When I was younger both of my grandmothers would come over for holidays and it was always required that I play the piano for them when they visited. In my parent's home there were even dedicated and honored "grandmother chairs," a matching set, right next to the piano! They both loved to hear all kinds of music, but both appreciated hymns, especially seasonal favorites at Thanksgiving and Christmas. As a teenager, this seemed like a chore, because it was always more fun to hang out with my cousins and play video games or go outside to find trouble. Nevertheless, I sat for 20 minutes or so and banged out some favorites and requests for the grandmothers. They were always grateful and my number one fans. One of their favorites is scheduled in our worship service on November 22, when we will

celebrate Christ the King Sunday and musically acknowledge our country's annual day of thanks. Among the many hymns that are sung by Christians across denominational lines, you will easily

recognize "Simple Gifts." I can't wait to hear the voices of Emmanuel sing this familiar Shaker melody. This tune has been used by many musicians for decades. Most notably it is used in Aaron Copland's Appalachian Spring, but can also be heard on one of Judy Collins' albums, at the home football games at West Virginia University by the marching band, even REM has used this tune, and you might know it as the tune for the Christian hymn, Lord of the Dance. "Tis the gift to be simple, tis the gift to be free, tis the gift to come down where we 'ought to be and when we find ourselves in the place just right twill be in the valley of love and delight. When true simplicity is gained to bow and to bend we shan't be ashamed to turn turn will be our delight till by turning turning we come round right." Several Shaker manuscripts indicate that this is a "Dancing Song" or a "Quick Dance." "Turning" is a common theme in Christian theology, but the references to "turning" in the last two lines have also been identified as dance instructions. I love the interesting poetry of hymns and how, unlike so much contemporary music, the writer leaves a little to our minds for interpretation. I encourage you to look closely at the poem of this simple song and uncover what does turning mean for you in this moment? Maybe life is turning you a new leaf this fall and as you find a new simplicity in the complicated dance of life, remember to always be thankful to God. What was a chore yesterday, might be turning into a blessing today.

LIVE SIMPLY.
DREAM BIG.
BE GRATEFUL.
GIVE LOVE.
LAUGH LOTS.

Thankfully,

Ryan W. Fitch, MM

Director of Music | Organist | Countertenor

Three Generation Ushers



Frank Esquivel, his high-school freshman son, Jack, and his father-in-law, Don Ervine — three generations in one family — serve together as ushers at the 10:30 a.m. service on October 25.

Save the Date — Visit from Bishop Jones Sunday, November 15 — 9:00 AM

On November 15, Bishop David Jones, retired Suffragan Bishop of Virginia, will celebrate a 9:00 a.m. service at Emmanuel. (Yes, this is a change of time, but the date remains the same.) During Bishop Jones' visit, he will confirm several people from our community and receive those into the Episcopal Church who wish to be received. A light reception will follow afterwards in the Parish Hall. Please spread the word and please join us. This will be the only service this day.



On Sunday, October 4, the Rev. Joani Peacock read *The Song of Francis and the Animals* by Pat Mora during the homily portion of the Youth Service.

A Letter From A Recent Visitor To Our Church

Father Chuck,

I wanted to thank you and your congregation for recently welcoming me to a service. I grew up attending church several times a week but haven't been in 20 years — except for weddings, funerals, or baptisms. I have been going through a particularly emotional and difficult time lately and had conflicted feelings, even anxiety, regarding my lapse from reaching out or serving God — feeling like a hypocrite — wanting to return to Him only now because I am in need.

I had wanted to pray — not the rambling thoughts that I think when I'm trying to sleep — but really pray and give over the micromanaging of my current state to God, as I seem to keep getting in my own way. The service helped me do that.

I enjoyed being in church. It struck me as funny how it's still SO the same; the same formula and structure. Even after such a long absence, it felt familiar, and I felt comforted.

Worshiping with your congregation on Sunday felt kind, when so much in my life hasn't felt kind. And, I wanted to thank you and your Church for welcoming me.

Sincerely, Anonymous

Story District (*formerly SpeakeasyDC*) Storytelling Boot Camp One Day Crash Course

Saturday, December 12 | 9:30 AM to 4:30 PM | Emmanuel Parish Hall

Story District (formerly SpeakeasyDC) is the fabulous non-profit that last April co-produced *Unhinged: True Stories about Living with Mental Illness* along with myself. It was staged right here at Emmanuel. Over 300

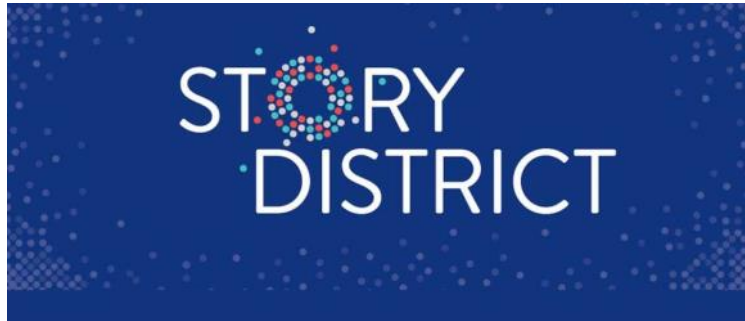
people packed the house! There is no better way to tell the truth than to tell a story. And inside every one of us is a master storyteller. And here's how!

In this one-day (7-hour) intensive workshop, you will learn how to generate new story material, learn about and apply narrative structure and storytelling techniques to a story of your own choice, practice telling stories in pair and small groups, and get individual feedback from the instructors.

Emmanuel hosted the bootcamp last May and three parishioners took part in the class. One is quoted as saying "This is one of the best experiences of my life!" That's right of her life!

Another former student comments: "I'm an English teacher who took a SpeakeasyDC course to help with my curriculum storytelling unit. The experience did far more than enrich my teaching. It was a deeply meaningful time that sold me forever on the almost sacred act of sharing true stories. The staff are both very talented and very professional."

The instructors include Meredith Maslich and John Tong. Meredith has introduced hundreds of people to storytelling since 2008. Meredith has experience in professional development for organizations including the Meyer Foundation and the National Assembly of State Arts Agencies. Meredith is also the founder of Possibilities Publishing and former president of the Story District board. John is a performer and storyteller with a background in theater and public speaking. John is a veteran performer at Story District's 2nd Tuesday show, and appeared also in the curated shows Sucker



for Love and Story District Shorts. His stories have been featured in podcasts and Audible's Rooftop Comedy.

It's a very full day so arrive by 9:15 a.m. so you have time to settle in.

The morning is dedicated to exercises that will help you gain an understanding of narrative structure and storytelling fundamentals.

Lunch, bring your own or eat at a nearby eatery like Monroe's.

In the afternoon, you will practice and polish your story; and build skills to bring your characters to life.

Each storyteller will get individual feedback from the instructors and other participants.

Register by December 5 for the Emmanuel Discount Rate of \$150 per person. Enter "EEC150" in code. After December 5 the regular rate of \$195 applies.

I will be in attendance myself! If you have any questions you can contact me.

[Joani Peacock](#)

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

Tuesday Morning Bible Study

The Tuesday Morning Bible Study group invites you to join us in studying the Psalms. Did you know that the Book of Psalms is divided into five books to parallel the five books of the Torah? Or that more than half the Psalms fall into one of three types: hymn/praise, petition, or lament? Please join us on Tuesday mornings 10:00 a.m. in the Memorial Room, as we launch into the Book of Psalms, aided by several print and online resources (no purchase necessary!). Questions? Feel free to contact [Beth Boland](#) or [Nancy Dupree](#).



Congratulations to Adam Schildge!



Recently Transportation Secretary Anthony Foxx presented Adam Schildge with a Service to America Medal, which honors federal employees whose exceptional service has improved lives. Adam was recognized for his innovative work on making transportation systems more resilient to major storms and to the hazards posed by climate change. Adam received his award in the "Call to Service" category, which is reserved for Federal employees 35 or younger and with fewer than 5 years of Federal service. The Samuel J. Heyman Service to America medals are known as the "Oscars of government service" and are awarded by the non-profit and non-partisan Partnership for Public Service. The award announcement was [covered in the Washington Post](#). Read more about the award [here](#) or [here](#).

Someone on reddit wrote the following heartfelt plea online:

"My friend just died. I don't know what to do."

A lot of people responded. Then there's one old guy's incredible comment that stood out from the rest that might just change the way we approach life and death:

"Alright, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.

"I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to "not matter". I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

"As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

"In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

"Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

"Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks."

Did you find this story inspiring? If so, please share with your family and friends.

Bake for Outreach!

On Saturday November 21 from 10 a.m. to 1:00 p.m., Emmanuel will have a bake table at the sixth annual T.C. Williams High School Holiday Crafts Fair.



Last year was our first time at this event, and we raised over \$600 for Emmanuel's outreach activities. On the last Saturday before

Thanksgiving, there will be a high demand for all kinds of pies (apple, pumpkin, pecan, etc.), breads (banana, pumpkin, zucchini, etc.), and spiced nuts (like attractive containers of sweet/spicy pecans). This year, let's try to fill TWO tables with treats for sale.

Your support is greatly needed! Please bring your homemade pies and loaves to the Emmanuel kitchen on Friday, November 20 or directly to T.C. Williams High School at 3330 King Street on Saturday, November 21, wrapped and labeled for sale. We also need sales people — if you can spare even an hour, that would be helpful. Contact [Vonda Delawie](mailto:Vonda.Delawie@emmanuel.org) (703-798-7015).

Want to learn to make apple pies?

Join us in the church kitchen on Sunday, November 8 at 3:00 p.m. for our annual pie-making workshop. Bring a rolling pin and a pastry blender if you have one, but we have a few extras. Apples, flour and shortening will be provided. The apple pies we make will be frozen, then baked on November 20 for sale at the bake table at the TC Williams Holiday Crafts Fair. All levels of experience are welcome. At last year's event, our then -seminarian Alex Allain discovered his own untapped talent for pie making — perhaps you will too!

Please let us know if you can attend, so we can plan for supplies. Contact [Vonda Delawie](mailto:Vonda.Delawie@emmanuel.org) (703-798-7015).



The Giving Tree



This year we will continue one of Emmanuel's well-loved traditions and successful fundraisers by supporting the Alexandria's Community and Human Services Department's efforts to support its community members. Since the Department offers several support options, we inquired about what is needed most, and decided that sponsoring under-served teens with gift cards to local stores was a great option. The Giving Tree will be set up in the church foyer with ornaments in early November and donations are due by December 5. (YES...THIS IS EARLY IN THE SEASON SO THANKS IN ADVANCE FOR YOUR HELP). Please consider taking an ornament as a reminder of your commitment to purchase and return a

gift card from one of the following options (Target, Walmart, Best Buy, Sports Authority, Old Navy, Amazon, etc.). All donations are appreciated. Please indicate on the card or its envelope the amount (\$5, \$10, \$15, \$20, etc.) and put them in the box under the tree. Questions? Contact [Rachel Kliewer](mailto:Rachel.Kliewer@emmanuel.org).



Christmas Gala

Save the Date

Saturday, December 19

6:00 PM to 10:00 PM

Outreach is the heart of Emmanuel and of who we are as Christians. This year, to continue our tradition of community support and living Christ's teachings, we are excited to invite you to the Christmas Gala, featuring entertainment, holiday buffet and bar, and silent and live auctions.

No babysitter? No problem! Downstairs, we will have childcare and holiday fun and movies for the kids. **All proceeds will benefit Emmanuel's Outreach Program.** It will be a fun evening of fellowship and charity. Suggested donation for tickets: \$25 per adult. Babysitting suggested donation: \$15 per child. More details to come. We hope to see you there!



Twenties and Thirties (TnT)

Last month the TNT Group kicked off the fall with an outing to Butler Orchard's Pumpkin Festival and apple picking at Waters Farms. It was wonderful to see some new faces in the group and to spend the day outside in fellowship and fun! There were hayrides, slides, bouncy houses, corn mazes, food, cider, and rows and rows of orchards ripe for the picking!

We look forward to seeing you all at the Day of the Dead Party, November 1. And stay tuned for information on our holiday party on December 5. Secret Santa and an opportunity for families and individuals to make cards and decorate cookies for members of our EEC community!

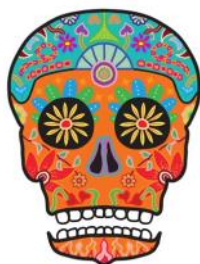
As a reminder, the aim of the 20s/30s (ish) group is to provide an outlet for fellowship, faith formation, and service. We want to encourage sharing of life concerns and events, and through spiritual and social discourse, we want to help each other to be good stewards in our congregation and the larger community. We are a varied group (singles, parents, couples) and so would love to welcome anyone who is interested. If you are not on our email list and would like to join us at upcoming events, please contact [Jennifer Jones](#).



TnT Day of the Dead Party

Sunday, November 1

4:00 PM to 7:00 PM



Cobwebs, trick-or-treating, carving pumpkins — we can't get enough of this season! Join us for an evening of fun and frights. We'll have chili for the adults, hot dogs for the kids, and plenty of sweets for everyone! *The Book of Life* will be screening for the little ones so bring the whole family

— costumed or not! Home of [Jennifer & James](#), 5922 King James Drive, Alexandria.



Goodwin House Dinner

The next dinner with members and friends of Emmanuel who live at Goodwin House Alexandria is set for Wednesday, November 4. 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 (under \$20) amount for their dinner. The event is open to anyone who would like to come enjoy the festive atmosphere and wonderful company. Jim Bradley coordinates the event and is happy to answer any questions. Contact [Karen](#) (703-683-0798) in the church office to make your reservation.



EPS Night at Los Tios

Tuesday, November 10 | 5:00-8:00 PM

Join EPS families for a night of good food and friends at Los Tios in Del Ray. Los Tios has generously agreed to donate 10% of the evening's proceeds to Emmanuel Preschool. Simply mention EPS to your server. We hope to see you there!



The Great Pumpkin Ride

On October 25, Chuck joined parishioners Katie and Suji Kelly for the 2015 Great Pumpkin Ride in Fauquier, Virginia. Up, down and through the beautiful rolling hills and valleys of Virginia they rode for 48 miles with 1200 other riders.

Parishioner Challenge: join them in the Spring to ride in the 2016 St Michael's, Maryland ride and again in the Fall for the 2016 Great Pumpkin Ride.



Punch List Party

On behalf of the members of Emmanuel Episcopal Church, I want to thank the following members for supporting the October 10 Fall Punch List Party: Blake Thompson, Sarah and Dave Kolo, Kevin and Ryan Werthmann, Meredith Wade, Tom and Elizabeth Anderson, Kathy, Seamus, and Deirdre Brown, Joshua and Dave Buckman, and Joe Scott. It was a very productive day. I also want to thank Nancy Dupree for taking the photos.

Dwayne Piepenburg





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
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Preschool News

During our October faculty meeting, the teachers and I participated in a workshop about Science in Early Childhood Education led by Peggy Ashbrook. Peggy is a teacher and author, and writes a blog on the Early Years for the National Science Teachers Association. During this hands-on workshop, Peggy walked us through the 8 Practices of Science and Engineering to consider when planning science explorations for the classroom. We discussed with Peggy how data collection and analysis might look in preschool terms, and ways that young children can evaluate and communicate information gained from their investigations. We also talked about the idea of modeling wondering, not giving the answer, but wondering about the world alongside our children. We experimented with leaves and play dough, we made graphs based on different categorizations of leaves, we made leaf rubbings, and observed what happened when we dropped water onto leaves with eye droppers. It was a two-hour workshop packed with information and ideas that the teachers can bring directly back to their classrooms, to engage your children in exciting and inspiring new explorations. You can see pictures of our Science PD in action on the bulletin board outside the office. I was also gratified to see many of the ideas and practices we learned being implemented by teachers in the last weeks. Classes have been exploring trees, pumpkins, and apples all in ongoing and multi-faceted ways. I observed children experimenting with apples to see if they float, measuring and weighing pumpkins, and making observational drawings of trees and gourds. Take a walk through our preschool halls and you will see lots of wonderful displays about what our children are learning!

We have some exciting events coming up in November as well. Please join us for EPS Night at Los Tios Restaurant in Del Ray on Tuesday, November 10. Los Tios will give 10% of the proceeds from the evening to our Preschool, so just be sure to mention to your server that you are with Emmanuel! We are also looking forward to our Parent Art Exploration Night on November 18 and our Thanksgiving Feast for the 3s and 4/5s on November 24.

Ressa Jones
Preschool Director

Autumn is here and the Blue Twos are happily settled in preschool with lots of new discoveries and friends!

November is an exciting month for the Blue Two's as we are exploring pumpkins, leaves, acorns and going on fall nature walks. The cool crisp weather makes the outside inviting for our Blue Two's, so we are beginning to teach them how to put on their jackets by themselves. This month brings lots of fun discoveries in other areas as well. We are looking forward to exploring clay with our art teacher Kathryn Coneway. She will come in and guide us as we

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experiment with and feel the texture of clay.

We are busy two's who are ready to learn many skills such as sharing and turn-taking. We are continuing to use Interactive Modeling to demonstrate scissors, crayons, markers and glue during our fall projects. As we approach Thanksgiving we will test our cooking skills and make a pumpkin pie to eat at snack time. We also will be having a special small celebration for Thanksgiving. We look forward to conferences with all our parents so we can brag a bit about their Blue Two child. We look forward to more laughter, energy and fun in the Blue Two's class!

Alyce McLean
Debbie Rumph



Emmanuel Episcopal Church follows the Alexandria City Public School (ACPS) system regarding closings for inclement weather. If Alexandria Public Schools are closed, then Emmanuel Episcopal Church is closed. All day and evening activities and meetings are cancelled. This applies to weekdays and weekends.

If Alexandria Public Schools have a late opening or an early closing then we will follow their lead as well.

This inclement weather policy includes the 8:00 a.m. and 10:30 a.m. Sunday services as well. If it is unsafe for the school system to be open, then it is unsafe for our church to be open. God will completely understand — yes, even applaud

— your taking care of yourself and others by staying home.

In the event of a Sunday closing, an e-mail will be sent to all who currently receive the weekly e-news; and the closure will be placed on the website as well.



- 1 Daylight Savings Time Ends
- 1 All Saints Day / Youth Sunday (10:30 AM)
- 4 [Carpenter's Shelter Dinner](#)
- 4 Goodwin House Dinner (5:45 PM)
- 6 Family Night (5:30 PM)
- 6-8 PYM Senior High Weekend
- 8 Pie Making Workshop (3:00 PM)
- 8 God & Donuts (4:00 PM)
- 10 Preschool Night at Los Tios (5:00 PM)
- 11 Vestry Meeting (7:30 PM)
- 14 ALIVE!'s Empty Bowls Fundraiser
- 15 Service with Bishop Jones (9:00 AM)
NOTE: This is the only service this day
- 21 Bake Sale at TC Williams Craft Fair (10:00 AM)
- 22 God & Donuts (4:00 PM)
- 26 Thanksgiving Day—Office Closed
- 27 Day after Thanksgiving—Office Closed
- 29 Advent 1



- 2 [Carpenter's Shelter Dinner](#)
- 5 TnT Holiday Party
- 6 Advent 2 / Youth Sunday (10:30 AM)
- 6 Breakfast with St. Nick
- 8 Preschool In-House Applications Distributed
- 9 Vestry Meeting (7:30 PM)
- 12 Storytelling Bootcamp (9:30 AM)
- 13 Advent 3 / Creche Sunday
- 13 God & Donuts (4:00 PM)
- 16 Preschool Christmas Program (12:00 PM)
- 17 Preschool In-House Applications Due
- 19 Gala (6:00 PM)
- 20 Advent 4 / Card Making
- 20 Comfort and Healing Service (5:00 PM)
- 23 Church Decorating (6:30 PM)
- 24 Christmas Pageant (4:30 PM)
- 24 Christmas Eve Vigil (10:00 PM)
- 25 Christmas Day Service (10:30 AM)
- 25-31 Christmas Holiday (Church Office Closed)



- 1 New Year's Day (Church Office Closed)
- 3 Epiphany / Youth Sunday
- 6 [Carpenter's Shelter Dinner](#)
- 10 God & Donuts (4:00 PM)
- 10 Screening of *Trash Dance* (6:30 PM)
- 13 Vestry Meeting (7:30 PM)
- 21-23 Diocesan Council
- 24 Annual Parish Meeting
- 24 God & Donuts (4:00 PM)
- 30-31 Vestry Retreat



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