

# HIGH NOTES



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## High Notes Submissions

Articles for the February *High Notes* must be submitted to the [church office](#) by February 20.

## *A Prayer for Lenten Simplicity*

*Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness. Cleanse me of thoughts filled with anger, envy, or self-pity.*

*Create space in my life for more kindness and less spitefulness, greater generosity and few self-centered needs, stronger compassion and weakened judgement of others.*

*Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.*

*In your sacred name, I pray.  
Amen*

## Our 10-Year Vision for Emmanuel

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

### Diocesan Bishops

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

### Emmanuel Church Staff

#### Rector

The Rev. Charles C. McCoart, Jr.

#### Priest Associates

The Rev. Rosemari Sullivan  
The Rev. Joani Peacock

#### Seminarians

Alex Allain  
Scott Steiner

Director of Spiritual Formation for  
Children and Youth  
Toni Buranen

Organist/Choir Director  
Ryan Fitch

Parish Administrator  
Kelli Corts

Administrative Assistant / Receptionist  
Heather Starek

Nursery Caregivers  
Lilian Urrea  
Rosa 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  
1608 Russell Road  
Alexandria, VA 22301  
703-683-0798 (phone)  
703-683-6158 (fax)  
[office@emmanuelonhigh.org](mailto:office@emmanuelonhigh.org)  
[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)

## Our Successful Annual Giving Campaign Closes on February 8

On behalf of my fellow members of the Annual Giving Team and of the Vestry, a big **THANK YOU** to all who completed and are contemplating completing pledge cards for 2015!

As you can see from the chart depicted below, our annual pledges for EEC increased over \$40,000 this year from 2014 and we exceeded our goals for total number of pledges (116) and number of 'new' pledges (31). As such, the Vestry was able (thanks in large part to those pledging and the sharpened pencils of our Finance Committee team) to approve a **near break-even budget for 2015** for the first time in years – one which includes nice increases for Adult and Children Christian Education, an additional staff member for the nursery on Sundays, and a needed boost for our Outreach efforts. We even increased Emmanuel's pledge to the Diocese of Virginia by over 10 percent this year from 2014!

	2014	2015
Annual gifts	\$282,110	\$324,165
Pledges	100	116
New pledges	24	31
Goal	\$270,000 / 107 pledges	\$325,000 / 100-120 pledges

If you haven't submitted a pledge card for 2015 and wish to do so — there's still time, but it's running out quickly. Our campaign will officially come to a close on Sunday, February 8, so if you're thinking about pledging for 2015, please take a minute to complete your pledge form or pick one up at the back of the church and either mail it or deposit it in one of the offertory bags.

You'll recall that our campaign theme this year was, **"Growing Our Family of Faith."** Well, thanks to the generosity of our congregation, the support and guidance of our committed clergy and staff, and the time and talent many of

you provide throughout the year to help others in our community and in Haiti, we're doing just that! We've got a good thing going at EEC and look forward, with God's blessing, to the continued growth of our family of faith.

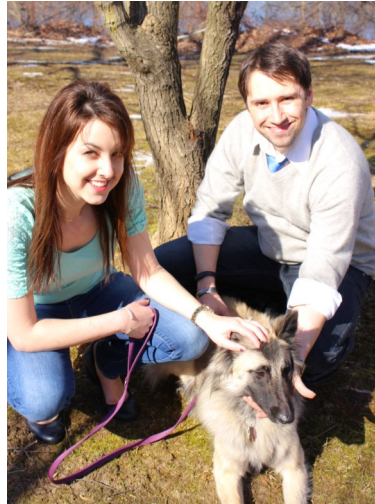


Bob Carragher  
Senior Warden & Annual  
Giving Team Chair

# Why We Chose Emmanuel

*By Carolyn Cody and Dan Jones*

Dan and I met a few years ago in Shirlington and decided to start attending Christian services together after we became engaged, seeking to have a strong religious background in place for our future family. We both came from families with a diverse array of Christian backgrounds; Catholic, Methodist, Episcopalian, Congregational. These varied backgrounds had given us different approaches and philosophies to religious practice, and so were seeking a church with both an atmosphere and a theology that would be comfortable and welcoming to both of our re-entrances to church life after a few years away. After giving it some thought and research we chose "the middle way" and decided to join an Episcopalian congregation.



Planning our wedding near Old Town Alexandria, as well as our desire to soon settle in that area, quickly led us to Emmanuel. Our first meeting with Chuck made it clear that we had found the perfect place to begin our religious attendance together as a soon-to-be family. From the start he was excited for us to join the community, and his friendly, welcoming communications and happiness in our choosing to attend Emmanuel made us excited to become part of the parish. Listening to our first few sermons at Emmanuel from Chuck, Joani, and Rosemari, and attending the coffee hours that followed, were equally comfortable and welcoming experiences. The atmosphere was a perfect blend of reverence and candidness, solemnity and joyfulness. We then knew this was the church where we wanted to spend our Sundays, get married, and eventually baptize our children someday.

After about a year of attendance I decided to take advantage of the opportunity to become confirmed in the Episcopalian Church by Bishop Shannon Johnston, which occurred this past November. In preparation for this I had the privilege of meeting several times with Chuck as well as one of Emmanuel's seminarians, Alex Allain. Together, they provided me and my fellow confirmand with a wonderful background on the Episcopalian theology and helped me fully appreciate the truly unique and valuable features of the Church. On the Sunday that Bishop Johnston visited Emmanuel, I felt ready, secure, and happy in my confirmation and excited to officially call the Church my home. Bishop Johnston was just as warm, welcoming and kind as every other member of the Episcopal Church that I had met since becoming part of Emmanuel, and I felt blessed to be confirmed by him.

As Dan and I continue to work with Chuck on our forthcoming wedding ceremony at Emmanuel, we only grow more excited about our place here. We look forward to continuing to become more involved in the community and feel that it is truly a comfort and a privilege to have Emmanuel as our "place" to be on Sundays.

## 2014—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: [Meredith Wade](#)  
Coffee Hour Baristas: [Adam Schildge](#)  
Counters: [Jim Bradley](#)  
Inreach: [Nancy Dupree](#)  
Music (Adult and Youth Choirs): [Ryan Fitch](#)  
Music (Guitar Circle): [Stewart Bartley](#)  
Newcomers Welcome: [Lola Beggs](#)  
Parish Office: [Kelli Corts](#)  
Preschool Liaison: [Leo Cruz](#)  
PrimeTimers: [Jim Bradley](#)  
Readers and Chalice (10:30): [Jerry Boykin](#)  
Readers (8:00): [Ted Sullivan](#)  
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](#)  
Free School Physical Program: [Bonnie Lilley](#)  
Giving Tree: [Kerry Adams](#); [Rachel Kliever](#)  
Haiti (Sister parish of St. Martin de Tours): [Rosemari Sullivan](#)  
Meals on Wheels: Fred De Luca

## Fundraising

Annual Giving Campaign: [Bob Carragher](#)  
Backpacks for Community Lodgings: [Barbara Harslem](#)  
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

*"When educating the minds of our youth, we must not forget to educate their hearts."*

~ The Dalai Lama

Greetings!

Wow! This year is just clipping along! We are already beginning to think about our plans for next year and all the ways we can better support our young parishioners in their spiritual journey and relationship with God.

At the time of this writing, we are preparing to host a Town Hall meeting on February 1, for our parents with children ages 0 – 18. The meeting will be after our 10:30 a.m. Family Service. We hope to get a good turn out for this event, as we will use the information shared at this meeting to determine how best to move forward on behalf of our youth. [Please RSVP here for our Town Hall meeting.](#)

We sincerely hope that parents take the opportunity to offer input into our faith formation programs. Offering feedback after the meeting will be possible as well. Stay tuned for more information!

Our recent Family Service was a big hit with our very own rector, Chuck, giving the children's sermon. Check out the photo!

(Thanks to the Scotts for snapping it!) Also, we have been so happy to know that the time switch for God & Donuts has made it possible for more youth to attend. Thanks to Janie Piemonte and her son, Chris Piemonte, for taking the lead on this. God & Donuts is now meeting on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of

the month from 4 – 5:30 p.m.

I hope you have had a great start to 2015 and are enjoying the wintery moments. Read on for more information!

With peace, gratitude, and thoughts of snow,

Toni

## Practical Items

### Sunday, February 1, is our next Family

**Service.** Children are invited to arrive at 10:00 a.m. that day to practice the children's song! Also, if your family is interested in assisting with the Family Service in a special way, please contact [Toni](#).

### The Last Family Service of the year will be on March 1.

### Please join us for a Family Pizza and Games Night: Friday, March 6, from 5:30 – 7:30 p.m.

Stay tuned for more information.



**Interested in assisting with next year's Sunday school or God & Donuts programs?** It is not too early to start thinking about it. Please contact [Toni](#) with any interest or inquiries!

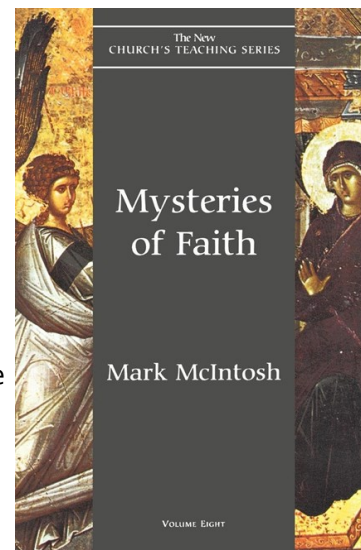
# Adult Spiritual Formation

## Everything Episcopal: Worship, History, Mission and Ministry

Many have voiced an interest in learning the basics of what it means to be an Episcopalian. Many likewise are looking for a way to delve deeper into our catholic and protestant roots and traditions. **"Everything Episcopal"** is designed both to help ground us in the faith as well as expand our Anglican horizons.

The class meets at 9:15 a.m. in the Memorial Room. The six-part series is based on the "New Church's Teaching Series" and continues on February 1. The books, written by noted theologians, are engaging, substantive, and accessible. But not to worry! No reading is required! The class can also serve as preparation for confirmation.

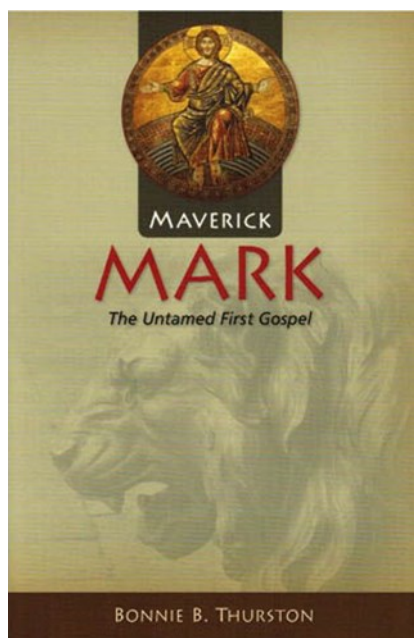
The forums will be led by your clergy: Joani and Chuck, as well as Emmanuel's two seminarians: Alex and Scott.



- **February 1:** *Opening the Bible — An Anglican approach to reading the Bible with the "three legged stool".*
- **February 8:** *Mysteries of Faith — What Anglicans believe: Trinity, incarnation, resurrection, heaven, saints, etc.!*
- **February 15:** *Opening the Prayer Book — An exploration of the Book of Common Prayer, worship and sacraments.*

### Tuesday Morning Adult Education

The Tuesday morning Bible Study is examining the Gospel of Matthew. Come join the discussion! It's held in the Memorial Room, from 10:00—11:30 a.m.



## Lent According to the Gospel of Mark: Sunday Morning Adult Forum Series

We are currently in Year B of the Lectionary Cycle, Mark's year.

Based on *Maverick Mark, the Untamed Gospel* by Bonnie B. Thurston, this five-week Sunday morning series will guide us through the Sunday lessons as we delve deep into the radical nature of the first gospel.

- **February 22:** *Mark, the Untamed Gospel, an Introduction*
- **March 1:** *Mark, Gospel of Suffering and Servanthood*
- **March 8:** *Was Blind but Now I See: Discipleship in Mark*
- **March 15:** *Mark and Economic Justice*
- **March 22:** *Brother Jesus: Implications for the Christian Life*

Led by the Rev. Joani Peacock. Bring a Bible and join us! No reading required! All are welcome! 9:15 a.m. in the Memorial Room.

# More Books About Marvelous Mark, the First Evangelist

By Joani Peacock

**"Mark for Everyone", N.T. Wright, 2001, 242 pp**

"Tom Wright's eye-opening comments on the gospel and what it might mean for us are combined, passage by passage, with his own fresh and involving translation. Making use of his true scholar's understanding, yet writing in an approachable and anecdotal style, Wright captures the urgency and excitement of Mark's gospel in a way few writers have."

**"Reading Mark for the First Time", Wilfrid J Harrington, 2013, 172 pp**

"In this brief yet insightful blueprint for reading and appreciating the Gospel of Mark, noted Scripture scholar Wilfrid Harrington emphasizes two main points. First he provides a road map through the Gospel by describing its structure. Second he explains Mark's focus on Jesus the Messiah and the importance of a theology of the Cross. An indispensable guide to the shortest Gospel written for a general audience."

**"Maverick Mark: An Untamed First Gospel", Bonnie B Thurston, 2013, 99 pp**

"Somewhere along the way, the wild unlikelyhood of the Christian message has been reined in and made to fit more conventional categories of thought. That it is good and moral to be a Christian we understand. That

it is feral and almost uncontrollably countercultural has been largely forgotten. In 'Maverick Mark', Thurston demonstrates that the Gospel of Mark has been tamed over the centuries. She sets out to rediscover the

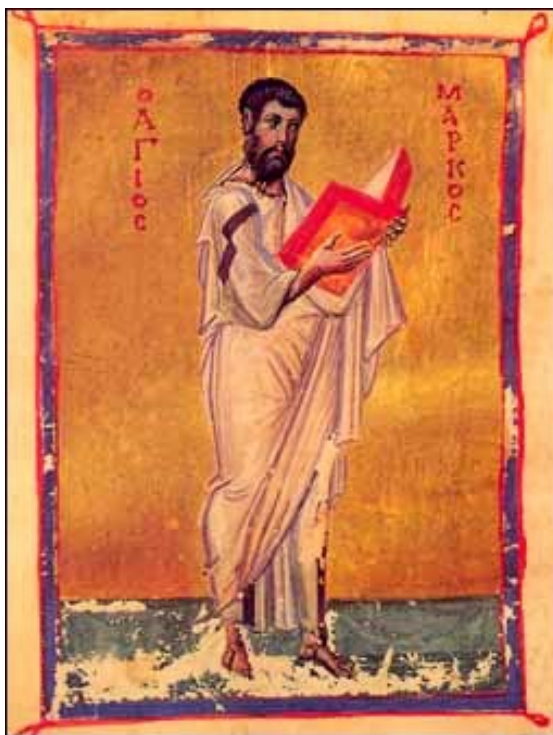
radicalism of Mark's message by focusing on discipleship, social justice and personal lifestyle."

**"Behold God's Son: Encountering Christ in the Gospel of Mark", Christoph Schonborn, 2007, 238 pp**

"Emphasizes the unique voice of the Evangelist Mark, highlighting that no other Gospel speaks in such a human way about Jesus. Anger and sorrow, Jesus's passionate emotional responses strongly portray the humanity of Jesus. Believing in Jesus Christ, having faith in him as God made man, is the good news according to Mark."

**"Binding the Strong Man: A Political Reading of Mark's Story of Jesus", Ched Myers, 1988, 500 pp**

"Insisting on fidelity to both text and context, Myers reads Mark's narrative of Jesus' life and Messianic practice first against the historical circumstances of first century Palestine, and then against the backdrop of contemporary oppression and violence. Mark's Jesus, Myers argues, offers a compelling model of a Christian practice of non-violent resistance to social economic, and political domination."





## Meet Our New Vestry Members



**Patrick Adams** graduated from the University of Washington, moved to Washington D.C., and worked on Capitol Hill with Senator Pete Wilson's staff. Patrick has lived in Alexandria since 1990 and worked in the financial services industry with Smith Barney, Inc. He joined UBS Financial

Services, Inc. in 2004, and specializes in portfolio management and financial planning for families and individuals. Patrick and Kerry have been married since 1998 and have twin daughters, Ava and Samantha.



**Lola Beggs** was born in Wilmington, Delaware and lived there through graduation from the University of Delaware in 1968. Her first professional position was with Fairfax County Schools at West Springfield Elementary. Marriage in 1970 and the birth of two sons in 1972 and 1974 put her full focus on

family, and she was the classic stay-at-home mom with brief part-time jobs until 1983, when Lola joined Xerox for a 30-year career in sales and sales management. Her hobbies include golf and gardening. Lola's retirement is still a work in progress. In 1974, pregnant with son, Steve, Lola walked into the sanctuary and in short time decided this would be a great church home. She's been blessed many ways during all the years since 1974 with friendship and support from clergy, staff and fellow parishioners. Lola believes strongly in getting involved to help support the ministries of her church, and some of her involvement over the years include the following: multiple vestry positions, Altar Guild, usher, Bag Lunch, and most recently Carpenter Shelter and Newcomer Ministry chair. Last but certainly not least, Lola was co-chair of the Rector

Search Committee which culminated in Chuck coming on as our new rector in June 2013.



**Katie Kelly** had the fortune of joining the Emmanuel community in 2013. She was raised in a large Catholic family (current estimates are over 20 Kellys) and has been an active member of her church communities where she's lived in Virginia, Washington, D.C. and San Luis, Honduras (during her Peace Corps days). Over the past 15 years, Katie has

provided program and financial management support to wildlife conservation and international development projects around the world. Katie currently lives with Alley cat in Arlington, but she is engaged to the very lucky Suji Brown, also an Emmanuel parishioner.

## 2015 Diocesan Council

Chuck, Barbie Frank (as alternate delegate) and I (as Emmanuel's appointed delegate) represented Emmanuel at the 220<sup>th</sup> Annual Council of the Diocese of Virginia, which took place in Richmond January 22-24. Also present were our three bishops, all the Diocesan staff, and clergy and lay representatives of the 182 churches in the Diocese. A number of other organizations also sent representatives, including Shrine Mont, the Episcopal schools in the diocese, Virginia Theological Seminary, the "Grace Inside" ministry of prison chaplains, and many others. As Bishop Shannon said, "It's a good time to be an Episcopalian!" We found the atmosphere positive and dynamic. The workshops and speakers (particularly the "Stories of the Diocese") were informative and inspirational. It was wonderful to connect with other churches in our diocese, and feel part of a larger and cohesive effort to build the kingdom of God. Detailed information about the agenda and issues under consideration can be found [here](#).

*Vonda Delawie*

# The Season of Lent

## The Great Litany & The Penitential Order: Sunday Worship in the Season of Lent

As we enter the liturgical season of Lent, the color, mood, and prayers of our Sunday worship are about to change as we walk these 40 days. The church hangings will turn to penitential purple. The flowers will disappear from the altar, replaced by simple greens. Lent is a time of prayerful reflection and honest



introspection before God. If you are a long-time Episcopalian these traditions may be familiar to you but if you are new to the Anglican tradition probably not. So here is a brief intro to the special prayers we will be using in our Sunday worship as we walk with Christ to Calvary.

**The Great Litany (BCP, p 148)** is a call and response prayer of petition and confession. Led by a deacon, it's use dates back to the 5<sup>th</sup> century in Rome. For Anglicans, the Great Litany holds a special place in our history. It was the first English rite translated by Archbishop of Canterbury, Thomas Cranmer. Published in 1544 it precedes even the first Book of Common Prayer of 1549. Henry VIII ordered it to be sung in procession in the streets of London during the time of war with Scotland and France. Versions of the litany have been included in every English Prayer Book since. The 1979 BCP gave it its name: "The Great Litany" to distinguish it from "lesser litanies" in the Prayer Book.

Because of its reverent and penitential tone, it is traditionally used **the first Sunday in Lent**. Said or sung, often in procession by a cantor, the choir, and the congregation, the Great Litany is the entrance rite to the Eucharist. The litany echoes the prayers of the

faithful through the centuries and includes an invocation of the Trinity, prayers for deliverance from "evil, spiritual harm, and natural calamities" prayers for forgiveness invoked by the power of Christ's life, death and resurrection, along with prayers for the church, the world, prisoners, the sick and all in our daily life and work. When used as the entrance rite, The Great Litany replaces both the Prayers of the People and the Confession, as well as the opening hymn.

Each subsequent Sunday in Lent, our worship will begin with **The Penitential Order (BCP, p 351)**. Opening with the acclamation: "*Bless the Lord, who forgives all our sins.*", together we recite The Ten Commandments (The Decalogue) as we pray for God's help to incline our hearts to keep them. The rite concludes with confession and absolution.

Welcome to the Holy Season of Lent!

## Two Ways to Reflect on Lent's Forty Days

I gave up chocolate  
for lent.



I gave up lent  
for chocolate.



© American  
Hell

The Adult Spiritual Formation Team has chosen not just one, but two daily devotionals to be in the pews in time for Ash Wednesday.

The first is "**A Grownup Lent: When giving up chocolate isn't enough**", by **Joanna Liersson**, from

(Continued on page 9)



(Continued from page 8)

Church Publishing, an Episcopal resource. Instead of the same old "What will you give up?" the emphasis is on "Who will you be?" and "Whose will you be?" these forty days. Told from a gifted storytellers point of view.

The second is **"Grace and Peace: Devotions for Lent 2015"**, from Augsburg Fortress, an ELCA publisher (the branch of the Lutherans we are in communion with!). This little book is a full color devotional based on Ephesians, each day has a photo, quote, reflection, and prayer. Appealing to the eye as well as the heart.

Help yourselves to whichever one you choose. Voluntary donations of \$3 are welcome to help cover the cost.

## Stations of the Cross

Friday's during Lent at 7:30 p.m.

The Stations of the Cross refers to a devotional depiction of the final hours of Christ. It may be done at any time, but is most commonly done during the Season of Lent, especially on Good Friday and on Friday evenings during



Lent. The object of the Stations is to help the faithful to make a spiritual pilgrimage of prayer to the chief scenes of Christ's sufferings and death.

The Stations of the Cross are images of stories about the Passion and death of Jesus

Christ. Of the fourteen stations, eight are based on events recorded in the Gospels.

The route traditionally held to have been taken by Jesus to his death at Calvary (Golgotha) in Jerusalem is called the Via Dolorosa or the Sorrowful Way. A very early tradition developed in the Holy Land to follow the Via Dolorosa, stopping and contemplating the events of Christ's Passion at sites where tradition held that they took place. European Christians on Pilgrimage to the Holy Lands brought back the custom of remembering the Passion through various devotions as early as the 4th century.

Most trace the beginning of these devotions to Saint Francis of Assisi or his followers in the thirteenth century. During times when the occupation of the Holy Lands made Christian pilgrimage especially difficult or dangerous, the Stations were erected in the local churches as a way of bringing Jerusalem to the people.

Please join us at 7:30 p.m. Fridays during Lent at Emmanuel to travel The Way of our Lord Jesus Christ.

## Region 4 Lenten Series To Begin on February 25

This year's Wednesday-evening Lenten series will be themed "Leaving a Legacy of Faith." The series will be held at a different Episcopal Church in the City of Alexandria on the five weeks in Lent. Here is the line-up:



### LENTEN WORSHIP

- **Wednesday, February 25:** *Faith formation in 2015*, Dr. Lisa Kimball, at the Church of St. Clement
- **Wednesday, March 4:** *Sharing Jesus with our grandkids*, Dr. Joyce Mercer, at Immanuel Church-on-the-Hill
- **Wednesday, March 11:** *Sharing Jesus in our pluralistic world*, Dr. Kate Sonderegger, at the Church of the Resurrection
- **Wednesday, March 18:** *Investing in our future*, Linda Dienno, here at Emmanuel
- **Monday, March 23:** *Sharing Jesus outside our walls*, Dr. David Gortner, Grace Church

Each week will have a worship service from 6:30 — 7:00 p.m., a simple supper provided by the host parish until 7:30 p.m., followed by the hour-long program.

# Fellowship

## Super Bowl Party — February 1

We are looking forward to February 1 when the Seahawks will play the Patriots in Phoenix. Join us in the Parish Hall for a pot luck at 6:00 p.m. and kick off at 6:30 p.m. Bring a main course and salad or dessert to share, and drinks for your family. Contact [Gene Lange](#) or [Jennifer Adams](#) with questions.



## Shrove Tuesday Pancake Supper — Mark your Calendar for February 17

The youth and their families will be hosting a pancake supper on Shrove Tuesday, February 17. Mark your calendar now, and watch the bulletin and Thursday e-news for details.



## Prime Timers at Kennedy Center — February 21



Doug Wheeler has graciously offered to provide tickets to the Prime Timers who may wish to take in a performance of Orchestre

De La Suisse Romande at the Kennedy Center Concert Hall on Saturday, February 21 at 3:00 p.m. The concert will include works by DeBussy, Rachmaninoff, Stravinsky and Ravel. Please let [Heather](#) know by Tuesday, February 17, if you wish to attend, how many tickets you will need, and if you are interested in joining a group to have dinner following the concert.

## Registration for Shrine Mont Camps is Open!

If you or your child/youth are considering going to a camp at Shrine Mont this coming summer, do not delay in paying attention to registration. Several of the camps fill up quickly. Hard copies of the form are on tables in both foyers and the [online](#) version (click on 'Our Ministries,' then Camps). Scholarships are available, so don't let that be a barrier. Contact [Mike Wade](#) for details.

## Coming up at Shrine Mont

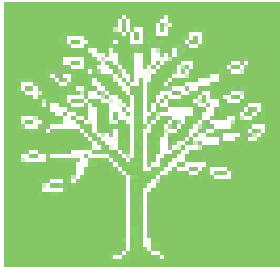
The Diocesan Parish Youth Ministry (PYM) is busy planning two awesome, radical, memorable weekends for 6th-8th graders of the Diocese. Pencil these dates in and start thinking about an escape to "The Mountain." Watch for more details in the Sunday bulletin and newsletter — and listen for some first-hand reports and encouragement from the pulpit.

- April 17-19: 6th & 7th Grade Weekend
- May 15-17: 8th Grade Weekend



What's PYM? Where's Shrine Mont? Check them out [www.thediocese.net](http://www.thediocese.net) (Our Ministries, Youth and Camps, then PYM in left column) and [www.shrinemont.com](http://www.shrinemont.com).

## Outreach



### ALIVE! Child Development Center Walkathon Sponsors Needed

Would your company be interested in supporting this event? The ALIVE! CDC will hold its annual Walkathon fundraiser in May 2015. They are looking to gain business sponsors for the event starting at \$250. If your business wants this opportunity to be seen by crowds of people then please contact the [CDC](http://www.alive-cdc.org) (703-548-9255).

### Last Saturday Food Distribution

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

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

Date: February 28

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

Contact: [volunteers@alive-inc.org](mailto:volunteers@alive-inc.org), 703-837-9300 ext. 2

## A few scenes from our Christmas Eve Pageant








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### 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

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**School Hours**  
Monday—Friday  
9:00 a.m.—12:30 p.m.

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**Emmanuel Episcopal Preschool**  
1608 Russell Road  
Alexandria, VA 22301  
703-683-0303 (phone)  
703-683-6158 (fax)  
[preschooladministrator@epsonhigh.org](mailto:preschooladministrator@epsonhigh.org)  
[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)

## Preschool News

January and February are busy, busy months for the preschool as we wrapped up our Open House in January and conduct our Lottery on Wednesday, February 4. Our Open House was a success, and we had wonderful help from teachers and parents, as our tour guides. A change this year, we held the Open House on a Thursday morning during school hours, so prospective families could see the preschool in "action."

After the Lottery is complete, families will be notified of an acceptance or wait list spot. By February 19, we should know how we stand for the 2015-2016 school year, at least for that moment, as we know changes occur all the time.

February is filled with professional development exposure for faculty and staff. On February 6, a core group of 10 teachers and staff are road-tripping to Brooklyn, New York, to spend the night and see the [Wonder of Learning, the Hundred Languages of Children Reggio Emilia, Italy Exhibit](#). This was an optional trip offered to faculty, so we are so excited about the number of teachers able to go! This is an amazing opportunity to see an exhibit highlighting the environment and approaches in the infant-toddler centers and preschools in Reggio. On February 17, we have our second in-service professional development day, where Wolf Trap will be visiting to facilitate a workshop called, *Keep it Moving: Using the Arts and Personal Touches for Smooth Transitions and Smart Classroom Management*. Such a great way for teachers to continue their own learning, refresh their ideas, and invigorate their approaches.

On Thursday, February 19, we have an enrichment assembly for the preschoolers, called *Sunny and Licorice*, a play about friendship designed for 2-5 year olds. The production is put on by [Arts on the Horizon](#), a local non-profit theatre company focusing on performances and educational programs for children ages 0 to 6.

### Red Two's Classroom Highlight

The Red Twos classroom is the youngest group at EPS. Every Thursday and Friday, we provide routines and structure that allow the students to grow and learn while feeling safe and comfortable. Students are given daily opportunities to explore and learn through age-appropriate toys and projects. Children are encouraged to use their words to express their needs and wants. The activities in the Red Two's classroom are developed to create social and learning experiences through play, projects, and activities. For the month of February we will continue our Winter theme. We will reinforce our learning



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opportunities by creating sensory explorations related to the theme. For example, we will create snow out of cornstarch and shaving cream and melt ice using salt. Our students have a special curiosity for animals. Therefore, we will add winter animals to our curriculum and teach them about hibernation. They will create animal homes out of recycling materials and will learn about Groundhog Day. We will add a little sweet touch to our curriculum this month by celebrating Valentine's Day with special treats and songs that talk about feelings. Finally, to recognize February as Dental Health month, we will learn about the importance of having

clean teeth and will have the visit of Tamara Garret, a prestigious pediatric dentist of our area. A lot of fun things are coming to our classroom this month and we were happy to share them with you.

*Ms. Mollee and Ms. Susan*



Beautiful creations from two of our younger members, Karson and Kolby Keating, also Emmanuel preschool students. The stained glass window was the work of Kolby. Mary and Baby Jesus was drawn by Karson.



## February

- 1 Family Sunday
- 1 Parent Town Hall Meeting (12:00 Noon)
- 1 Super Bowl Party (6:00 PM)
- 4 Preschool Lottery Drawing for New Family Enrollment
- 4 Carpenter's Shelter Dinner
- 8 God & Donuts (4:00 PM)
- 11 Vestry Meeting
- 13-16 TnT Ski Trip
- 14 Valentine's Day
- 16 President's Day (Office Closed)
- 17 Shrove Tuesday Pancake Supper
- 18 Ash Wednesday Services (7:30 AM, 12:00 Noon, and 7:30 PM)
- 20 Stations of the Cross (7:30 PM)
- 21 Prime Timers to Kennedy Center
- 22 First Sunday of Lent
- 22 God & Donuts (4:00 PM)
- 23 Preschool Board Meeting
- 25 Alexandria Lenten Series at St. Clement (6:30 PM)
- 27 Stations of the Cross (7:30 PM)



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

## March

- 1 Family Sunday
- 4 Carpenter's Shelter Dinner
- 4 Alexandria Lenten Series at Immanuel Church-on-the-Hill (6:30 PM)
- 6 Family Pizza and Games Night (5:30 PM)
- 6 Stations of the Cross (7:30 PM)
- 8 Daylight Savings Time Begins
- 8 God & Donuts (4:00 PM)
- 11 Alexandria Lenten Series at Church of the Resurrection (6:30 PM)
- 11 Vestry Meeting
- 16 Preschool Board Meeting
- 13 Stations of the Cross (7:30 PM)
- 18 Alexandria Lenten Series at Emmanuel (6:30 PM)
- 20 Stations of the Cross (7:30 PM)
- 22 God & Donuts (4:00 PM)
- 23 Alexandria Lenten Series at Grace (6:30 PM)
- 27 Stations of the Cross (7:30 PM)
- 29 Palm Sunday

## April

- 1 Carpenter's Shelter Dinner
- 2 Maundy Thursday
- 3 Good Friday
- 4 Easter Vigil
- 5 Easter Sunday
- 8 Vestry Meeting
- 12 Shrine Mont Sunday
- 12 God & Donuts (4:00 PM)
- 17 Preschool Spring Fundraiser
- 20 Preschool Board Meeting
- 25 Mental Health Part II