

welcome!

Introducing this month's issue of ...

# HIGH NOTES



EMMANUEL  
EPISCOPAL CHURCH



## Early Summer 2024

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### High Notes Submissions

Please submit your articles for the *Late Summer High Notes* to the office by Wednesday, July 24.

## Summer : A time to kick back, relax and renew.

*They say every summer has a story....what will your story be at the end of August?*

Here at Emmanuel we view summer as an opportunity to breathe in the sunshine, "stop and smell the roses", and renew and plan for the coming of Fall and a new liturgical year. We bring your attention to a few things that take a hiatus during the summer, but keep reading for the ongoing liturgical activities we have planned for you during this time.

The last Sunday of Godly Play is Sunday, May 26 but we are already planning through the Fall with new and wonderful stories to share! We also have children's bulletins for every Sunday in the summer so be sure to grab one on the children's table in the entryway on your way in.

To give our dedicated nursery workers time to enjoy Sundays in the summer, we will not offer nursery service during 10:00 service in July and August. Our long time caregivers will return on Sunday, September 8 . We welcome your little ones in the pews all summer long!

Our preschool ends their year on June 14 so teachers can also refresh and renew. The building will still be busy though with preschool summer camp, Old Town French baking camp for kids, and the Bolye School of Irish Dance summer camp.

Many of our activities do continue throughout the summer. In addition to weekly worship (see page 2) our outreach ministries at ALIVE! , Meade Memorial, and Carpenter's Shelter provide for those in need all summer long. Our altar guild continues to beautify the church each Sunday and our Vestry and other committees will be hard at work planning for next year. The church office will be staffed Monday—Friday throughout the summer and of course our Rectors are always here for you.

We hope you all find time to kick back this summer and look forward to hearing about your adventures, and seeing you in the pews when you are in town or on YouTube if you are not.

Turn the page for summer worship news.

## 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. E. Mark Stevenson  
The Rt. Rev. Gayle Elizabeth Harris

### Emmanuel Church Staff

#### Rector

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

#### Associate for Worship

[The Rev. Joan L. Peacock](#)

Assistant Rector for Children and Youth Ministry and Outreach

[Jen Leahey](#)

Organist/Choir Director

[Ryan Fitch](#)

Parish Administrator

[Janie Piemonte](#)

Administrative Assistant

[Karen O'Hern](#)

Sexton

Carlos Guzman

Nursery Caregivers

Lillian Urrea

Jeni Rivera

### Sunday Services

8:00 am, 10:00 am

### Church Office Hours

Monday—Friday  
1:00 pm —4:00 pm

### Emmanuel Episcopal Church

1608 Russell Road  
Alexandria, VA 22301  
703-683-0798 (phone)

[www.emmanuelonhigh.org](http://www.emmanuelonhigh.org)



## Summer Celebrations: Worship in Ordinary Time

While Memorial Day weekend kicks off summertime, the Feast of Pentecost kicks off Ordinary Time. This long green season tiptoes right up to the first blue Sunday of Advent. While it may sound boring, Ordinary Time at Emmanuel has a few celebratory surprises to look forward to this vacation season.

### May 19: The Day of Pentecost: Whitsunday

Jesus is gone, the Spirit swoops in -- lighting a fire among the disciples, and the church is born. Don your best **RED** summer Sunday attire, witness the baptism of two new eager candidates, and celebrate the birthday of the church following the service in the parish hall.



### June 9: Pride Sunday

Living into our baptismal vows to "respect the dignity of every human person", on this Sunday we will honor and give thanks for the witness of the LGBTQ+ community. Our very own Katherine Conner will be the homilist. Rainbow attire is encouraged.

### August 18: Biblical Scholar in the Pulpit

We have a recent seminary grad among us here at EEC: Nan DeRenzi! Nan graduated from VTS on May 9 with a Masters in Biblical Studies; her Honors Thesis entitled "*Bound to God: Jewish Prayer as Spiritual Resistance in the Holocaust*". Nan will share some words of wisdom from the pulpit at the 8:00 am and 10:00 am services.

### August 25: 8:00 am Holy Eucharist & 10:00 am Hymn Sing

Quiet, contemplative, and cozy, the 8:00 am Holy Eucharist in the Chapel remains the same. But at the later service, we will serenade the waning days of summer with song. Inspirational scripture of a musical bent will be interwoven with hymn requests (as many as can be packed into an hour!) It's loads of fun! Y'all come!



### Greetings Bibliophiles!

This time last year, many of you contributed to a very fun and much read summer reading/beach book post on Emmanuel Voices. ***This is an invitation to contribute again or for the first time for 2024.***

"Beach book" is loosely defined and can be any genre, fiction, non-fiction, poetry, history, bio, novels, science, nature, sci-fi, memoir, mystery, spirituality— easy or challenging reads. If you take a look at last year's you will get the idea!

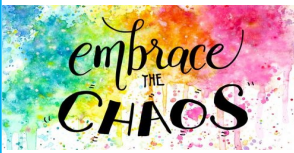
***Please send title and author of one of more of your favorite books to Joani by May 25 and look for the list on Emmanuel Voices June 1.***

## Adult Spiritual Formation

*The Adult Spiritual Formation committee welcomes your input as we take a summer hiatus and plan for the coming year. Do you have an idea for a program you would like to see? Please contact Beth Boland or Joani Peacock to share your thoughts. We look forward to hearing from you.*

## Children and Youth Ministry

The last Sunday of Godly Play will be May 26 but we will have children's bulletins with activities available on the children's table all summer long. As we plan for next year, please consider being a story teller. Ask Jen or any of the other parents more about this fulfilling and fun ministry.



Our youth directors will indeed embrace the CHAOS at the end of the year "Lock-In" on Friday, June 7. There will be food, games, and activities but it remains to be seen whether there will be sleep!

We extend a warm welcome to the following new families and newly baptized members of our parish. If you see them at coffee hour, please extend a big **Hello and Welcome!**

### Newcomers since 9/23

Marilyn & Ken Anderson  
Dani Murray  
Jennifer & Charlie Stinson (Reid)  
Michelle Anderson  
Larry Malamphy  
Bill Allison  
Mary Kate Allee & Bryan MacAvoy (Sage, Morgan)  
Morgan & Austin Gage  
Emily Hartman & Chris Payne (Weston)  
David Rainey  
Jessica & Dan Sheehan (Eloise, Harrison)  
Betsy & Rob Porter  
Mary & Dan Muino (Marie, Anthony)  
Jennifer & Ian Piro

### Baptisms since 10/23

Alex Stone  
Ellis MacConaghy  
Reid William Stinson  
Ardelia Ann Cassetta  
Carson Ervine Cowan  
Claire Alexandra Bredemeier  
Morgan Routt Gage  
Weston Taggart Hartman

### 2024 Vestry

([Chuck Thomas](#) Senior Warden), [Ann Reinke](#);  
(Junior Warden)

[Laura Bishop](#), [Bob Carragher](#), [Nancy Dupree](#),  
[Sandy Esquivel](#), [Emily McNaughton](#), [Kerin  
Ord](#), [Pauline Porter](#), [Doris Rudolph](#), [Jonathan  
Sills](#), [Christian Simpson](#),

[Gene Lange](#) (Treasurer) [Sarah Kolo](#) (Clerk)

### Contacts for Ministry Teams

#### Worship

Team Coordinator: [Nancy Dupree](#)

Acolytes: [Susan Cruz](#)

Altar Guild: [Nancy Dupree](#)

Bell Ringers: [Susan Cruz](#)

Guitar Circle: [Stewart Bartley](#)

Music & Choirs: [Ryan Fitch](#)

Readers (8:00): [David Newcomb](#)

Readers (10:00): [Jennifer Jones](#)

Ushers: [Frank Esquivel](#)

#### Education

Team Coordinator: [Joani Peacock](#)

Adult Spiritual Formation: [Beth Boland](#)

Children & Youth Ministry: [Jen Leahy](#)

C.H.A.O.S.: [Janie Piemonte](#), [Jen Leahy](#)

Preschool: [Nicole Crochet](#)

#### Service

Team Coordinator: [Jen Leahy](#)

ALIVE!: [Vonda Delawie](#)

Bag Lunch Program: [Karen Coda](#)

Carpenter's Shelter Breakfast: [Jennifer Jones](#)

Carpenter's Shelter Dinner: [John Read](#)

Pastoral Care: [Nancy Dupree](#)

Giving Tree: [Jen Leahy](#)

Haiti: [Laura Macone](#)

Refugee Family: [Kim Scott](#)

#### Fellowship

Coffee Hour Baristas: [Maile Johnson](#)

Prime Timers: [Meredith Wade](#)

Shrine Mont Parish Retreat: [Joe Scott](#)

Emmanuel Social Club: [Lauren Maxey](#)

#### Stewardship

Annual Giving: [Joe Dresen](#)

Finance: [Aaron Flaaen](#)

Foundation: [Mike Piemonte](#)



## **Congrats!** to our 2024 Graduates!

**MOLLY OVERSTREET**

Granddaughter of Nancy Dupree  
Marymount University  
Doctor of Physical Therapy

**MOLLY FROTHINGHAM**

Granddaughter of Doris Rudolph  
Cape Elizabeth High School, Maine

**OLIVIA ELMORE**

Granddaughter of Chuck Thomas  
Auburn University  
BA degree in Media Studies  
Minor in Marketing

**DOUGLAS PATRICK**

Son of Jen Leahey  
Alexandria City High School  
Will attend Christopher Newport University  
To major in Molecular Biology and  
Genetics

**ELLIE WADE**

Granddaughter of Doug and Meredith Wade  
Will attend California Polytechnic  
Humboldt, California  
To major in Engineering and  
Minor in Music

**LOGAN SCHMAUDER**

Son of Jason Schmauder and Alicia Hosmer  
Graduating from Alexandria High School  
Will attend James Madison University  
to study Business

**ELISE BILODEAU**

Daughter of Ruth and Tom Bilodeau  
Graduate of the University of Virginia  
With a degree in Kinesiology  
Will attend George Mason University  
In the Accelerated Bachelor of  
Science Nursing Program

**NANCY MARTIN**

Granddaughter of Nancy Dupree  
Graduate of the University of Alabama  
With a Major in Advertising and  
A Minor in American Studies

**KATE VAUGHAN**

Daughter of Michelle Vaughan  
Graduate of the University of South Carolina  
College of Hospitality, Retail and Sport Management  
BS Sport and Entertainment Management

**MARY ADELINE STIERS**

Daughter of Bill and Cappie Stiers  
University of Alabama  
Will attend American University for a Masters in Special  
Education

**ADDIE GARNETT**

Granddaughter of Olga Thomas  
Graduating from Adrian Wilcox High School  
in Santa Clara California  
Will attend Ohio State University

**MAYA SHEN**

Daughter of Cindy Shen  
Graduating from Northeastern University  
With a Bachelor of Science Degree  
In Computer Science and Mathematics

## **Congratulations**

Also to parishioner Nan DeRenzi who graduated last week from the Virginia Theological Seminary where she earned a Master of Arts in Biblical Studies. After her successful career in the Navy, Nan is ready to turn her attention to other pursuits. We congratulate Nan and look forward to seeing where her new vocation takes her. Nan will be preaching later in the summer.



## 2022—2027 Strategic Plan Update

The Vestry members continue to work with members of the congregation and staff to achieve the goals set in our 5 year strategic plan. Here is a brief reminder of the 5 goals the parish set in 2022 and a bit about how each is proceeding. In 2023, the Vestry created a separate task force to assist in developing a format for assessing the needs for each goal, determining any obstacles to meeting it, developing a set of achievable milestones, and producing a timeline for each milestone. While the players assigned to each goal have rotated some as the Vestry members have changed over, the goals have remained constant and progress continues on each goal. The subcommittees would love to have additional members so if one of these goals is of interest to you, please contact any Vestry member or the office to let them know you would like to be involved.

- ◇ **Growth of the Parish:** This group is concerned with how our parish shrinks and grows, how the dynamics of our congregation have changed and will change, and what is the optimal sustainable goal for our parish community. Some new ideas are being considered for how we get the word to others about the wonderful community we enjoy.
- ◇ **Growth in Volunteerism:** This group ultimately wants to find a place for everyone to share his/her talents to help Emmanuel do what we do and perhaps do more. Questions like how we find volunteers and how volunteers know what opportunities are available concern this subcommittee.
- ◇ **Stewardship:** Our level of stewardship in terms of time, talent, and treasure is essential to the success of the other 4 goals. The task force worked all last summer on what was ultimately a very successful annual giving campaign. How do we keep that going? What are our needs for 2025 and beyond? How do we leverage our volunteers, and in-house talent? These are the issues the stewardship committee is exploring.
- ◇ **Children and Youth Ministry:** Finding Rev. Jen Leahey was a HUGE step forward in rejuvenating and redesigning our children and youth ministries. They could not be more vibrant! Thanks to Jen! How do we sustain this and continue to be creative? How do we best support Jen in her efforts? These questions occupy the thinking of this subcommittee.
- ◇ **Operational Systems:** As times change, processes change, technology changes, and personnel changes, we need to sustain our parish activities and information needs while also providing for continuity, sharing of knowledge, and caring for our clergy and staff. All of these are the purview of the subcommittee working with this goal.

**You don't have to be a Vestry member to help with one of these topics so please reach out if something speaks to you. Many hands make for light work!**



### NOT THIS YEAR!

We are taking a break from the annual yard sale this year but ALIVE! is a good option for donating household items or furniture, as is Habitat for Humanity.

## Another year, another rainy weekend!

The weather has never stopped Emmanuel from making the most of the retreat weekend at Shrine Mont. This year we had 89 participants attend, designed and sold our very own Shrine Mont t-shirt, welcomed many first-timers to the event, and enjoyed all the regular activities. As one first-timer shared, "I didn't know how much fun it was going to be". Here are just a few of the highlights:

- The adult program speaker, Elizabeth Cottrell received rave reviews. See below for how to order her book about connecting through the hand written word.
- Jen and the youth made it up to the cross and back despite the rain.
- In the words of one of our younger members, the kids had "a magical morning with Miss Margaret". Thank you to Margaret Wohler for once again sharing your knowledge and expertise.
- Sarah Hastings and Ginger Courtney occupied our littlest ones during the adult program. Thank you!
- Bingo fun was had by all—see below!
- Thank you to the guitar circle and of course to Chuck for our worship activities.





## Thank you from the Bottom of our Hearts! Please come and be recognized.

Thank you to all who made our Easter celebration another year to remember! Clergy, staff, musicians, choir, altar guild, ushers, crucifers, counters.....the list goes on. It takes everyone to pull off any given Sunday and even more to have such a wonderful Easter celebration for nearly 500 people over the two services! What a wonderful celebration complete with the return of the Easter Egg Hunt! We could not do all of this without the work of so many!

To show our appreciation for these people and **ALL** of the volunteers who give of their time to Emmanuel, we will have a special coffee hour celebration on **Sunday, June 2**. You should receive an invitation in the mail this week and if not, please let us know in case we missed your name on the list. We sent out over 100 invitations and many of those are families with two or more people who volunteer in some capacity. We hope you can all join us to celebrate the work you have done and the work you ALL have done. We are so grateful to have you walking along side us in this faith journey at Emmanuel.



## Mental Health First Aid

Mental health challenges are not new to any of us as our lives engage with a variety of people each day, some of whom may face mental health challenges.

MHFA training teaches the initial help given to a person showing signs of a mental health crisis. City of Alexandria residents can complete the eight-hour course virtually to earn a MHFA certification. The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders; the effects of the conditions and an overview of treatments; and a five-step action plan for helping someone with symptoms. This training does not prepare someone to diagnose or provide treatment. It is designed to help paraprofessionals and laypersons provide support until an individual is linked to professional resources.

You must attend either an all-day 8 hour session or both 4 hour sessions to complete the course. May 20 (all day), June 19 and June 20 (must attend both days), July 29 (all day), August 21 and August 22 (must attend both days). Registration is open until filled. Visit [alexandriava.gov/DCHS](http://alexandriava.gov/DCHS) to register. To learn more about MHFA, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org). There is also a youth focused MHFA training offered by the City of Alexandria for those who work with adolescents 12-18 years of age. Click [here](#) to learn more.

## In lieu of a preschool page this month, a message from Jen about her involvement with EPS:

One of the many excitements of joining the Emmanuel team last spring was the opportunity to reimagine the EEC clergy's relationship with the students, faculty, and parents of Emmanuel Preschool. After brainstorming and discerning throughout the summer with EPS director Nicole Crochet, it has been my privilege this academic year to engage the EPS fold as their chaplain! This newly imagined role includes multiple different responsibilities, including leading monthly chapel, going into the preschool classrooms to lead special programming on a class-by-class basis, and being present every morning to interact with the students and assist the teachers and administration as needed.

Chapel this year has been a joy, as together we have sung songs, participated in hands-on activities, heard stories, and learned how God is present in our lives through many different themes. Monthly themes can relate to the liturgical calendar, the school calendar, or if the stars align, an intersection of the two! An example of this intersection was a creation-based chapel during EPS Earth Week. Additional chapel themes have included The Fruits of the Spirit, Growing, Loving, and The Lost Sheep.

Being back in the classroom has been such a unique joy for me. At the request of the teachers, I visit each classroom to lead special programming. For example, in early 2024 I focused a lesson on one of our Fruits of the Spirit – kindness – which, as you can imagine, is a vital lesson to be learned in a preschool setting. Together, we read a book on kindness, then created our own "Kindness Quilt," just like the characters in the book. This quilt can still be seen downstairs, on the wall adjacent to the fish tanks; feel free to check it out and read about all the ways we can show kindness to those around us!

The ministry of presence has been, and will always be, a critical part of my ministry. Being at church every morning and visible to students, parents, and teachers, has helped to solidify such a beautiful bridge between the church and the preschool. My door is always open during preschool hours, and random visits from teachers and students are very often the highlight of my work day. There's nothing like taking a break from sermon writing to play with my "Fishers of Men" fish and nets with a four-year-old!

This strong relationship between EPS and EEC was palpable during "Preschool Sunday," in which the EEC fold welcomed EPS families into our 10am worship service. The preschool students and EEC children joined their voices together in singing "The Butterfly Song" – one of our monthly EPS chapel songs – and feedback from EPS parents included the warm welcome they received from the EEC congregation, and the joy they felt during the service. It was a Spirit-filled (Holy Spirit, that is!) morning, for certain.

As this academic year rapidly draws to a close, it is heartwarming to reflect on the relationships that have been formed and nurtured within EPS this year. I am humbled and privileged to play a small part in God's work in and among these fabulous classrooms and families, and can't wait for the adventures next year will bring!

