



**Immanuel Church-on-the-Hill**  
Episcopal/Anglican  
Alexandria, Virginia



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**THE NINTH SUNDAY AFTER PENTECOST**

**July 30, 2023**

**Holy Eucharist Rite II, 10:30 a.m.**

Page references are for [The Book of Common Prayer](#).

*A professionally-staffed nursery is located in the south corner of the building (to the right as you face the organ); restrooms are located on either side of the double wooden doors.*

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**Prelude:**

**Processional Hymn 450:** “All hail the power of Jesus’ Name!”                      verses 1-3, 6                      *Coronation*  
*found in The Hymnal 1982*

**THE WORD OF GOD**

**Opening Acclamation** p. 355

Celebrant: Blessed be God: Father, Son, and Holy Spirit.  
People: ***And blessed be his kingdom, now and for ever. Amen.***

**The Collect for Purity** p. 355

**S102: Trisagion**                      *found in the front of The Hymnal 1982*                      Alexander Archangelsky

**The Collect for the Day**

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. ***Amen.***

**The First Lesson: 1 Kings 3:5-12**

At Gibeon the Lord appeared to Solomon in a dream by night; and God said, “Ask what I should give you.” And Solomon said, “You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?”

It pleased the Lord that Solomon had asked this. God said to him, “Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked

for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you.”

The Word of the Lord

Response: *Thanks be to God.*

### **Psalm 119:129-136 *Mirabilia***

- 129 Your decrees are wonderful; \*  
therefore I obey them with all my heart.
- 130 When your word goes forth it gives light; \*  
it gives understanding to the simple.
- 131 I open my mouth and pant; \*  
I long for your commandments.
- 132 Turn to me in mercy, \*  
as you always do to those who love your Name.
- 133 Steady my footsteps in your word; \*  
let no iniquity have dominion over me.
- 134 Rescue me from those who oppress me, \*  
and I will keep your commandments.
- 135 Let your countenance shine upon your servant \*  
and teach me your statutes.
- 136 My eyes shed streams of tears, \*  
because people do not keep your law.

### **The Epistle: Romans 8:26-39**

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, “For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The Word of the Lord  
Response: *Thanks be to God.*

**Sequence Hymn 597:** “O day of peace that dimly shines”

*Jerusalem*

*found in The Hymnal 1982*

**The Holy Gospel: Matthew 13:31-33,44-52**

The Holy Gospel of our Lord Jesus Christ, according to Matthew  
Response: *Glory to you, Lord Christ.*

Jesus put before the crowds another parable: “The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”

He told them another parable: “The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.”

“The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

“Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

“Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

“Have you understood all this?” They answered, “Yes.” And he said to them, “Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.”

The Gospel of the Lord  
Response: *Praise to you, Lord Christ.*

**The Sermon:** The Rev. J. Randolph Alexander, Jr.

## The Nicene Creed

*We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.*

*We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.*

*We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.*

## The Prayers of the People

### Confession of Sin and Absolution

*Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.*

## The Peace

Celebrant: The peace of the Lord be always with you.

People: *And also with you.*

## Welcome and Announcements

# THE HOLY COMMUNION

## Offertory:

Doxology: Hymn 380 (verse 3)

*found in The Hymnal 1982*

*Old 100th*

*Praise God from whom all blessings flow;  
Praise him, all creatures here below;  
Praise him above, ye heavenly host:  
Praise Father, Son, and Holy Ghost. Amen.*

## The Great Thanksgiving: Eucharistic Prayer D

p. 372

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Lift up your hearts.

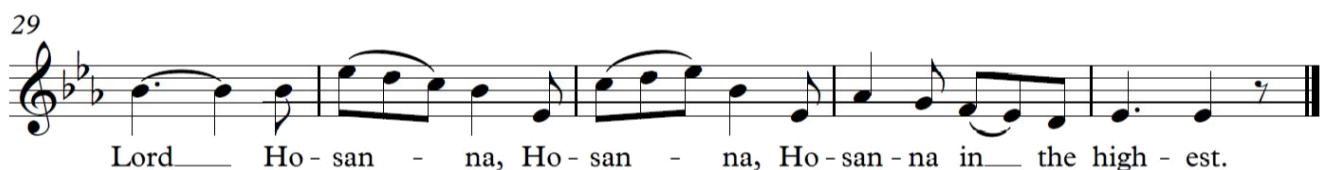
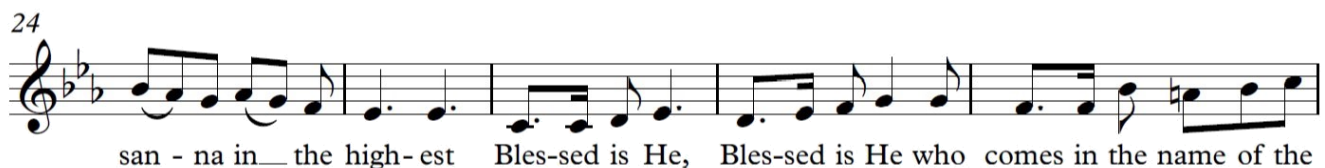
People: *We lift them to the Lord.*

Celebrant: Let us give thanks to the Lord our God.

People: *It is right to give God thanks and praise.*

## Sanctus (from A Mass for Immanuel)

Jane Tavernier



Celebrant: Alleluia, Christ our Passover is sacrificed for us

Response: *Therefore let us keep the feast, Alleluia.*

### The Breaking of the Bread

*Agnus Dei (from A Mass for Immanuel)*

Jane Tavernier

34

Lamb of God, Lamb of God, You take a way the sins of the world

46

Lamb of God, Lamb of God, You take a way the sins of the world

57

Have mer - cy Have mer - cy Have mer - cy u pon us.

Celebrant: The Gifts of God, for the People of God.

*If you are physically unable to come to the Altar, please let an usher know that you would like to have Communion brought to you.*

#### MUSIC DURING COMMUNION:

##### Communion Organ Solo:

**Hymn 711:** "Seek ye first the kingdom of God"

*Seek Ye First*

*found in The Hymnal 1982*

*Sung if needed*

**Hymn 756:** "Lead me, guide me, along the way"

*I Am Weak and I Need Thy Strength and Power*

*found in the hymnal Wonder, Love and Praise*

*Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.*

**The Blessing**

**Closing Hymn 470:** “There’s a wideness in God’s mercies”

*found in The Hymnal 1982*

*Beecher*

**The Dismissal**

Clergy: Let us go forth in the name of Christ.

People: *Thanks be to God.*

**Postlude:**

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**SERVING AT THIS EUCHARIST:**

*Acolyte:* Isaac Hovis

*Readers:* Kristi Kubista-Hovis, Karen Besser

*Intercessor:* Julie Bruns

*Chalice Bearer:* Julie Bruns

*Musicians:* Immanuel Summer Choir, Dr. Jane Tavernier

*Altar Guild:* Brooke Roberts

*Flower Guild:* Candy Levin

*Ushers:* Doug Onley, Marcus Rarick

*Audio-Visual:* The Rev. Jan A. Maas, Katherine Maas, Tamika Martin

*Celebrant:* The Rev. J. Randolph Alexander

## **TWO WEEKLY BIBLE STUDY SERIES**

**THURSDAY, AUGUST 3<sup>RD</sup>**: Join for our new Bible Study: *The Gospel of Matthew: Book of the Messiah* beginning Thursday, August 3<sup>rd</sup> @10:30 a.m. online via Zoom. We'll meet each Thursday online, and invite everyone to participate.

Look for login details in your weekly eBlast email.

**SUNDAY, AUGUST 6<sup>TH</sup>**: *An August Offering: Listening to the Lessons*

The Rev Dr. Frank Wade, one of our priest associates and author of two books on the Bible, will lead a discussion of the appointed lessons each Sunday in August. Those interested will meet from 9:45 – 10:30 a.m. in the Oratory, the small side chapel at Immanuel Chapel.

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### **Do you know what to do in the event of a HEALTH EMERGENCY at church?**

After calling 911 as a first step, it is very important that parishioners know where the defibrillators are located — in both Zabriskie and Immanuel chapels — and the first aid kits. At Immanuel Chapel, the defibrillator (AED) is located across from the elevator. The first aid kit is in the floral kitchen. At Zabriskie, the AED is located along the small stairwell going from the chapel (near the organ) up to the parish hall. The first aid kit is in the kitchen.

We hope to reschedule the CPR instruction classes that were cancelled due to the COVID-19 lockdown... Stay tuned!



# IMMANUEL CHURCH-ON-THE-HILL

## Parish Notes

### July 30, 2023

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#### **IN THE NAME OF CHRIST we welcome you to Immanuel Church-on-the-Hill!**

Immanuel is an Episcopal Church in the Diocese of Virginia, and is part of the world-wide Anglican Communion. Immanuel was founded by the Virginia Theological Seminary. We are one parish that worships in two locations: the Zabriskie Chapel (3606 Seminary Road), and Immanuel Chapel (3737 Seminary Road) on the seminary grounds. Immanuel Chapel offers a fully-staffed nursery for our infant and toddler parishioners.

Visitors are encouraged to fill out a pew card — located in display stands at entrances of the chapels — and give it to an usher, or place in the collection plate. Thank you.

For the latest information on our online worship service and to view a video of our most recent service, please visit our website ([www.icoh.net](http://www.icoh.net)).

**PRAY FOR PARISHIONERS:** David Atwood, Edith, Natalie Doyle Hennin, Ann and Rollin Huntington, Frances Johnson, Hal Johnson, Joseph, Kenny, Ann MacNamara, Cynthia Morton, Linda and Cy Murphy, Everett Post, Tony Rogers, Catherine Sinclair, Agnes Soos, John Smucker, Norma Taliaferro, Jane Tavernier, and Francine Wargo.

**PRAY FOR OUR FRIENDS AND FAMILY:** Andrew, Jack Allen, Kathryn Anschutz, Felicia Balzano, Dave and Betsy Fox Berry, Jean Couban, Martha Culleton, Steve Davis, Joseph Fabian, Betty Harris, Louise Jackson, Peter and Joanne, John, Katja, Tom Kellner, Charlotte Kellogg, Joseph and Elaine Kelly, Winnie Kidd, Marcia MacDonald, Stephen Miller, McQuade Milligan, Candy Morgan, Mary Muniz, Shelby Ochs Owen, Paul, Lilly Pinner, Sarah Pollach, Jennie Rae, Michael Rathsack, Rebecca, Jim Rehnke, Sue Rehnke, George Rustigian, Jim Sanford, Connie Smith, Fred Vipperman, Mark Vipperman, Rosemary Wensing, and Ryan Willis.

**Pray for those who are celebrating birthdays this week:** Byron Hepburn, Martin Sullivan, Christopher Henry, John Lansing, Nancy Wise, Kenneth Gerhart, Julia Hunger, Kenneth Mason, Ben Wilson, Wesley Forrester, Sheila Smith, Vickie McCauley, Jeff Cook, Samantha Taggart, and Chrissy O'Donnell.

**Serving around the world:** Noah Barker, Ian Phillips, Todd Bates, Jason Osborne, Michael Hussey, and Jonathan, Nicole, Alina, and Nolan Anderson.

**Those who have died:** The Rev. Dr. Barbara LaToisan, Pastor, Alleyne AME Church and partner with Immanuel's prison ministry. *Rest eternal grant to her, O Lord, and let light perpetual shine upon her.*

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**NEW EASY WAY TO SIGNUP:**  
**Sign-up to Serve in our Sunday Services ONLINE**  
**via Our New Signup Genius Button**



Would you like to serve as a lay minister? If so, please sign-up to serve as a Reader, Intercessor, Usher, Acolyte, Altar Guild, Crucifer and/or Chalice Bearer online via [Signup Genius](http://www.ICOH.net) for Immanuel by visiting the landing page of our website at [www.ICOH.net](http://www.ICOH.net) and clicking on the button above at right.

If you are a first-timer and need training, please contact Agnes at the office on **Wednesdays from 10:30 a.m. - 1:30 p.m.** (ext. #206), or via email at [asoos@icoh.net](mailto:asoos@icoh.net). Finally, if you need training for a particular ministry, please send a request to [sparsons@icoh.net](mailto:sparsons@icoh.net) or indicate so next to your name on the sheet. Thank you!

# Announcements

## Weekday Worship Opportunities

Morning Prayer, Tuesday, August 1<sup>st</sup>, Zabriskie Chapel

Evening Compline, Friday, August 4<sup>th</sup>, 8:30 p.m., Online via Zoom

### LET US CELEBRATE! A YEAR OF SOLAR POWER AT IMMANUEL CHURCH-ON-THE-HILL *The Gift that Keeps on Giving!*

On June 7, 2023, Immanuel Church-on-the-Hill passed our 1-Year Solar Anniversary, a year of public commitment to Creation Care and reducing our carbon emissions—letting our neighbors know we are true and faithful stewards of “this fragile earth, our island home” (Eucharistic Prayer C – The Great Thanksgiving- The Book of Common Prayer).

Many thanks to Doug John for leading the funding drive and to all who contributed to the purchase and installation of the solar panels. Many thanks also to our 2021 Vestry who, with the support and encouragement of Father Randy and Immanuel’s Buildings, Grounds and Creation Care group, voted to move forward with the project. There were many different reasons to vote “Yes” and to contribute that year. Some were motivated by the need to take an active and public step to reduce carbon emissions that have already drastically changed earth’s climate and accelerated dangerous weather events; others saw a chance to save money on electricity bills and to shield the church from unexpected and unwelcome electricity rate hikes. But no matter the reason, that Yes vote and the contributions of so many parishioners resulted in a gift of the solar panels to Immanuel Church-on-the-Hill. The bullets below highlight the key findings for Immanuel’s first complete year of solar generation.

#### Our solar panels

- ✍ Generated 64,750 kWh of clean sustainable electricity, coming in at 99.6% of the estimated generation figure our installer, SES, gave us for the first year of operation!
- ✍ Prevented sending over 100,000 pounds of carbon dioxide emissions into God’s atmosphere, equivalent to
- ✍ Planting 760 new trees or
- ✍ Supplying a year of carbon-emissions-free electricity for six houses (per U.S. Energy Information Administration, average annual electricity consumption for an American household in 2021 was 10,632 kWh)
- ✍ Generated 73% of the electricity Zabriskie Chapel-Parish Hall’s needed for the year!

**Cost Savings:** Because our panels generated 73 percent of the electricity the building needed, Immanuel only spent \$4,118.33 – a savings of \$5,596.29 over what we spent on electricity in 2021 (\$9,714.62) and where building kWh consumption was similar for both years. Note: That savings would be even greater had not Virginia’s average electricity rates increased 20% between December 2021 and December 2022, per U.S. Energy Information Agency, (mostly due to 2022 price spikes in methane gas and coal).

**Bonus – SREC Payments:** In addition to electricity bill savings, by going solar, Immanuel receives approximately \$3,150/year from the Virginia Solar Renewable Energy Credit (SREC) program. We have

already received \$2,091.00 for the solar electricity generated by our panels during the first nine months and expect an additional \$1,100 for March/April/May '23 generation. When SREC earnings are applied to electricity bill .

To help illustrate annual cost savings, the chart below shows Zabriskie Parish Hall’s electricity use in kWh and Cost for 2021 and some previous years. Note that kWh consumption in 2019 is roughly similar to prior years. kWh consumption plummeted in 2020 after the March 2020 Pandemic shut-down. The building’s kWh consumption increased in 2021 and has remained roughly similar in 2022 and 2023, but still significantly under pre-Pandemic levels, probably due to less building use (fewer services and events in Zabriskie than in 2019 and prior years).

| Year  | kWh Used | Cost Electricity Bills | Cost with SREC Payments |
|---|----------|------------------------|-------------------------|
| First Solar 12 Months (Jun – Dec '22 and Jan-May '23) | 89,380   | <b>\$4,118.33</b>      | <b>\$968.33</b>         |
| 2021  | 85,040   | \$9,714.62             |                         |
| 2020  | 76,000   | \$7,821.61             |                         |
| 2019  | 111,360  | \$11,067.27            |                         |
| 2013  | 106,960  | \$10,342.82            |                         |
| 2012  | 111,600  | \$10,749.78            |                         |
| 2011  | 126,800  | \$11,468.41            |                         |

Let us celebrate and cut our carbon emissions wherever and whenever we can!!!

***NEW DATES* FOR VIRTUAL TOURS**

**LEARN MORE ABOUT EX-OFFENDERS TRANSITIONING BACK INTO THE COMMUNITY AND THE WORK OF OAR TO SUPPORT THEM**

Offender Aid and Restoration (OAR) is a longstanding Outreach partner of Immanuel, receiving support through our Outreach, Christmas Families, and Social Justice budgets. OAR helps prisoners and their families as they transition out of incarceration. It also administers community service programs to divert people out of the prison system. OAR staff and the people they serve have inspiring stories of lives being changed and hope being restored. You might consider registering online to take a one hour “[Virtual Tour](#)” of OAR and learn what they do. Find this bulletin on our website under the “Worship” tab, click on the blue text above and register for one of the following online virtual tours:

- August 9<sup>th</sup> @ 12 Noon
- *More dates to come!*

OAR serves Alexandria, Arlington and Falls Church. For more information contact, David Atwood [atwooddavid@gmail.com](mailto:atwooddavid@gmail.com) or Jim Snow [jamesbsnow@verizon.net](mailto:jamesbsnow@verizon.net).

**MONTHLY SATURDAY BREAKFAST BIBLE STUDY [AUGUST 19<sup>th</sup>](#) @ 8:00 AM Held**

**Online via Zoom:** Join Immanuel’s monthly Saturday morning Breakfast Bible Study on Saturday, August 19<sup>th</sup>, the THIRD Saturday of the month. We will meet via Zoom (find this bulletin on our website under the “Worship” tab, then click on the link below) beginning at 8 AM. Our theme this year is *Freedom*; this month we will read **Isaiah 42:6–9** “*I have made you a covenant of the people...to free captives who live in darkness...*” using the African Model of Reflection. For more information, please visit [our webpage “Breakfast Bible Study”](#), or contact Chrissie Crosby at [cmcfaddencrosby@gmail.com](mailto:cmcfaddencrosby@gmail.com).

[Join Zoom Saturday Breakfast Bible Study Meeting](#) / Meeting ID: 959 5450 6553 /Passcode: 027913

**CLERGY AND STAFF**

The Rev. J. Randolph Alexander, Jr. (ralexander@icoh.net) ..... Rector  
 The Rev. Susan D. Parsons (sparsons@icoh.net) ..... Associate Rector  
 Dr. Jane Tavernier (jtavernier@icoh.net) ..... Director of Music  
 Tom Hewson (thewson@icoh.net) ..... Treasurer  
 Sughra Bakhtiari (sbakhtiari@icoh.net) ..... Bookkeeper  
 Aleta Y. Powell (apowell@icoh.net)..... Parish Administrator  
 Tamika Martin (photosbyt@icloud.com) ..... Audio Visual Technician  
 Gilma Balcarcel ..... Nursery Coordinator  
 Stuart Dahlinger ..... Sexton

**THE VESTRY**

Kristi Kubista-Hovis..... Senior Warden  
 Gerry Anderson ..... Junior Warden: Building and Grounds, Creation Care  
 Peter Kent ..... Junior Warden: Administration  
 Amy Thomas ..... Adult Formation and Discipleship  
 Brad Ashton..... Stewardship and Planned Giving  
 Mollie Lambert ..... Outreach  
 Kathy Lloyd..... Senior Ministry  
 Kristi Kubista-Hovis and Kathy Lloyd..... Children Youth and Family Ministries  
 Julie Bruns ..... Pastoral Care  
 David Atwood ..... Social Justice  
 Taylor Houck..... Communications  
 Caroline Bergmark ..... Evangelism and Newcomers  
 Matt Haskin ..... Worship  
 Caroline Bergmark and Taylor Houck ..... Fellowship  
 Gabriella Young-Smith ..... Youth Representative (nonvoting member)  
 Caroline Bergmark ..... Registrar

**SCHEDULE OF SUNDAY WORSHIP SERVICES**

8:00 a.m. Holy Eucharist Rite I, Zabriskie Chapel  
 3606 Seminary Road, Alexandria, VA

10:30 a.m. Godly Play, Side Oratory Chapel  
 inside of Immanuel Chapel

10:30 a.m. Holy Eucharist Rite II, Immanuel Chapel  
 3737 Seminary Road, Alexandria, VA

*Online*

[www.immanuel-on-the-hill.org](http://www.immanuel-on-the-hill.org)  
[Immanuel's YouTube channel](#)

**PRIESTS ASSOCIATE**

The Rev. Dr. J. Barney Hawkins, IV  
 The Rev. Dr. Ruthanna Hooke  
 The Rev. Jan A. Maas  
 The Rev. John R. Smucker  
 The Rev. Dr. Francis H. Wade

**RECTOR EMERITA**

The Rev. Dr. Margaret Ann (Sam) Faeth



**MISSION STATEMENT:** Immanuel Church-on-the-Hill is a Christian community in the Episcopal tradition, striving to be in relationship with God and each other as Christ has taught us, actively attempting to sense and to serve God’s plan with great love. We are guided by Mark 16:15: “Go ye into all the world and preach the gospel,” to learn, discern, and proclaim the Good News by being active ministers in the various communities where we live and serve.

**Parish Office**

3606 Seminary Road, Alexandria, VA 22304  
 Telephone: 703-370-6555, Fax: 703-370-0837

[www.icoh.net](http://www.icoh.net)



SCAN ME