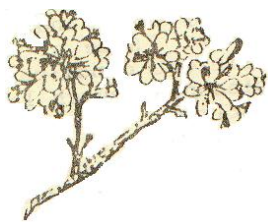


THE ALMOND TREE

Immanuel Church-on-the-Hill

The Rev. Mary Sulerud, Interim Rector
The Rev. David Crosby, Assistant Rector
Jennifer Addington, Editor



October 24, 2012

Dear Friends,

It has been a glorious fall, and amid our personal challenges, a recent lay-off for Peder from work, and a tough bout of respiratory illness for both of us, there is much more for which to give thanks than not. I have also taken up reading again a book that has had an enormous impact on my ministry within the church and the world. *A Failure of Nerve, Leadership in the Age of the Quick Fix*, was the last written work done by the late, great Edwin H. Friedman who was a pioneer in applying family-systems theory to religious and not-for-profit institutions. The book is a mixture of the first chapters of the book that he had begun before his death along with lecture notes, and it has reappeared in my life as the assigned reading as part of the Diocese of Virginia interim ministry group that meets monthly.

I picked it up the day after my husband announced his most recent lay-off, realizing how vulnerable I was to going off the “anxiety-cliff” about a reality in my life over which I had no control and how easy it was/is to be infected with our general cultural anxiety, especially during any election time and amid a time in which “everything must change” as I suspect there is not, nor was there ever, any quick fix for what ails us fiscally, politically, emotionally and spiritually. It is easy to become all of the things that Edwin Friedman always cautioned were the least helpful amid life’s challenges: victimized, reactive, functioning out of the least mature parts of my brain, looking to ease the pain, rather than rising to the occasion. Needless to say the book has been a spiritual as well as institutional tonic to me right now. My goodness, we love being anxious as a society and culture. You would think, contrary to all those late night ads that I have seen, that cortisol is our best friend.

Given all of this it is a particular challenge to be the church right now, and yet it is precisely being the body of Christ that I think can give us so much that will help us be leaders in ways in which our nerve doesn’t fail us. Our story is one in which we get two consistent messages, “Lo, I am with you always” and “Do not be afraid.” As the church we give a priority to being together, to gathering as a group to worship, to pray, to learn, to be present to one another as listeners and encouragers, and even to play. This has a way of letting God’s Spirit work through us to form us in God’s image, helping us not to yield always or often to our instinctive drives. Scripture tells us the story of how God’s people adapt to and go from “strength to strength in a life of perfect service” rather than being preoccupied with our weaknesses. Prayer and the gospel encourage us to grow in response to challenges, not shrink from them, making them some else’s fault or problem. The church is a community of life-long learners meaning that there is always time and room for us to grow and mature as the people of God. Fifth the church is that rare institution in the case of ICOH and the Episcopal tradition in which we prize individuality and integrity. Many, many people tell me that they came to church or back to church because it offered them an opportunity to be themselves without feeling judged, or found wanting. We are potentially a very rare, and much needed gift to a world so in need of this good news.

Every day I give thanks for this congregation that reminds me that this most recent round of challenge and upheaval is an occasion to be formed anew in ways that I may not have imagined or risked before they happened. This is what we have to give the world, God who gave the only Son, who risked everything that we might always have the gift of hope, grace and reconciling love and the opportunity for re-creation.

God’s peace, Mary+

PASTORAL CARE CORNER: Please remember these parishioners in your prayers: Duncan MacDonald, Morgan, Lloyd Mostrom, Nancy Wise, Janet Siegrist, Linda Murphy, Mary Goeser, Catherine, Susan Kernan, Mary, Tom Hewson, Senie Oglesby, Jan Maas, Natalie Doyle-Hennin, Jean Mostrom, Bill Frye, Emma King, Arlo Lloyd, Mabel Randokph.

Please also remember in your prayers members of our extended Parish family: Joan Aldretti, Tim Boyd, Dean and Charlotte Kellogg, Tennille Littleton, Chris Rarick, Susan Shallbetter, Tom Stasz, Bob Davies, Eleanor Boothe Smith, Stephen Miller, Jim Rarick, Irv Schiff, Patricia Smith, Josie Guardipee, Helen Butler, Sam Faeth, Bill Nations, Lawrence Sanchez, Paul, Joan Cummins, Eric Reading, Sr., Cameron, Jim Rehnke, Sue Rehnke, Laurie, Caitlin Rivers, Patricia Ryan, Chris Stanek, Dana Hengst, Lois and Don McCorvie, Anthony Christino, Jr., Dru Eckard, Grafton and Elesa McFadden, Mike Hart, Jane Burton, Marsha Porter, Liz McLeod, Laura, Keith Green, Evelyn Rowe, Meg Clontz, Chris Moore, June Lepthien, Joey DeCeasare, Lois, Dennis Perdue.

For the soul of: Richard Hagan.

Serving our country at home and abroad: Todd Bates, Paul Bednar, Yolanda Bednar, Tom and Anne Duffy, John Patrick Miller, Ian Phillips.

Pray for the search and transition process for Immanuel Church as we seek a new rector.



ALL SAINTS' SERVICE: We will celebrate All Saints' at an Evensong service on Saturday, November 3 and on Sunday, November 4. Please send the

names of all those whom you wish to be remembered to the office no later than Tuesday, October 30.

ALMOND TREE NOW AVAILABLE ON LINE! We have a new and updated website (with all kinds of bells and whistles!) and one click access to the current Almond Tree and past ones as well. Click on www.icoh.net, and the button that says "Almond Tree" and it will take you directly there. Hopefully this will eliminate the problem we had last month of many of the Almond Trees floating around in cyberspace! We will no longer be mailing the Almond Tree by email but hope you find this an easy way to keep up-to-date with all our activities! We will continue to "snail mail" it to those who receive it that way.

YOU KNOW THE BIBLE QUOTE ABOUT THE FIRST BEING LAST AND THE LAST BEING FIRST..... Wherever you fit in timing your pledge to Immanuel Church-on-the-Hill, your Stewardship Committee hopes that you will do so on or BEFORE Stewardship Sunday, November 4th which is just after our celebratory Harvest Dinner. Remember that you can make your pledge on-line or by returning your pledge card. As always, your pledge is the financial backbone of our operations for the coming year. It enables us to sustain our day to day expenses, maintain our current programs and plan for the future. Whether you were among the first to make your pledge or will be one of the last (hopefully on or before November 4th), thank you for your prayerful commitment to our wonderful parish.



BIBLES ON TAP

Looking for a group to join to discuss the Bible, join in outreach opportunities, talk about life, or just enjoy the occasional night out with friends? Then come join us for Bibles on Tap!

"Bibles on Tap" is a group of adults, ages 20-39, who meet once a month at Café 1823 at VTS to discuss the upcoming gospel lessons, enjoy the Seminary Pub's atmosphere and relax with new and old friends. Our group is a mix of singles, couples, and parents who come together for fellowship and theological discussion. Please join us and feel free to bring a friend!

Our next meeting is Wednesday November 7th, 7:30 p.m. at Café 1823 (Virginia Theological Seminary Pub). We will discuss Sunday November 11th gospel lesson and readings: 1 Kings 17:8-16; Psalm 146; Hebrews 9:24-28; Mark 12:38-44.

Questions? Contact Lindsay McGahuey-Yates at Lbmyates@gmail.com or [571-243-9114](tel:571-243-9114).

CONGRATULATIONS TO ELAINE DAVIES!

Our own parishioner Elaine Davies has received a special honor from the National Cathedral. She has been chosen as a captain of the Washington National Cathedral Flower Guild. She was one of two captains installed on Monday evening, Oct 15, at a special choral evensong. The new Dean the Very Rev. Gary Hall presided over the installation. She will be responsible for managing the duties of the Green Team. Congratulations, Elaine!



DISCERNMENT: Our search process proceeds, with development of our Parish Profile nearing completion. We made a report to the Vestry on October 11, by which time we already had given them

the draft Profile. They have provided comments and your Junior Warden, Connie Kurz, has incorporated the Vestry's input for final consideration by the Discernment Committee. (Our committee is a sub-committee of the Vestry, which ultimately is tasked with calling the new rector.) The Profile should be transmitted to the Diocese within a few days, and once approved by the Bishop, it will be placed on ICOH's website, announcing that we are open to receive applications. As always, feel free to contact any committee member with questions.

Discernment Committee: Caroline Bergmark, Tom Brown, Governor Burke, Jim Clausen, Carrie Cuddy, Barbara Currie, Tom Harris, Doug Henry, Wendy John, Eileen Monnin-Kirby, Chandley McDonald, Martha Sedgwick

UPCOMING SERVICE SCHEDULE

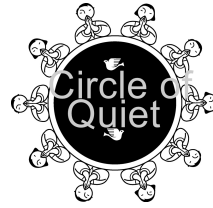
CHANGES! Please mark your calendar:

beginning Sunday, November 4, the regular time of the 9:00 a.m. service will become 9:15 a.m.

Because of this schedule shift, Godly Play will begin at 9:10 a.m., and Sunday School will begin after communion: an acolyte bearing the cross will lead Sunday School students to their classes following the post-communion prayer.

This "tweak" in our three-service Sunday worship schedule was requested by attendees from both the 8:00 a.m. and 9:00 a.m. services and was approved by ICOH's Interim Rector after consultation with the Assistant Rector, Worship Planning Committee, and Sunday School teachers. The additional fifteen minutes will enable a smoother and more pleasant transition between the two early services that will benefit parishioners, clergy, and worship support teams alike.

TIME CHANGE NOVEMBER 4: Also remember to set your clocks **back** one hour before you go to bed on Saturday night – get an extra hour of sleep, and then come join us for worship.



CIRCLE OF QUIET:

Immanuel parishioners may wish to enrich their spiritual lives by exploring different approaches to meditation or silent prayer. Meditation also enhances the

Sunday worship experience. The long standing tradition of silent prayer in the church takes many forms as believers follow the injunction to "Be still, then, and know that I am God" (Psalm 46:11).

For four Sundays this fall, the Circle of Quiet members will offer a meditation with instructions for that type of prayer. The leader will explain the format for the prayer each Sunday and instructional materials will be provided. No experience with meditation is necessary to participate in the group. Each session stands alone, so you can attend only some if you are not able to attend all sessions.

We meet Sundays at 10:15 a.m. in the Vestry Room. The schedule of meditations is as follows:

- | | |
|---------|---|
| Oct. 28 | Praying with Scenes from Scripture (Ignatian Prayer), Mary Ann Rehnke |
| Nov. 4 | Praying with Scripture (Lectio Divina), Sara Fein |
| Nov. 11 | Praying with Music, Chrissie Crosby |
| Nov. 18 | Centering Prayer, Andy Biache |

MISSION TRIP TO THE DOMINICAN

REPUBLIC -- The next ICOH mission trip to the Dominican Republic (D.R.) will be the week of Feb. 16-23, 2013. We have been invited to visit the mission church in Guerra, a small village about 30 km east of the capital of Santo Domingo. Our host will be our friend and priest, Fr. Adolfo Moronta, who recently received his masters from VTS and has since returned to the D.R. We will stay in the nearby city of Boca Chica which is on the Caribbean coast. The activities for the week will be doing some work projects at Adolfo's church, probably involving painting and minor repairs. We will get to meet, worship and work with his parishioners. We will also spend a day touring various churches, clinics and day care facilities in order to get a better understanding of the many and varied activities of the Episcopal Church in the D.R. Generally, the costs of air fare, food and lodging for the week will run around \$1200 (which is usually tax deductible). Participants in previous mission trips to the D.R. have found the experience filled with fellowship and renewal, and we enjoyed seeing an interesting country and meeting wonderful people. If you may be interested, please contact Jim Snow at thesnowfamily@verizon.net.



11/02 Max Freeborn
 11/03 Arlo Lloyd
 11/03 Dorothy Kellogg
 11/03 Kristine Hunt-Kron
 11/04 Ollie Patton
 11/04 Arthur Kron
 11/04 Kammy Hambrick
 11/05 Debby Hepburn
 11/06 Gary DeVight
 11/06 Mark Powell
 11/06 Mark Davis
 11/06 Carrie Rodriguez
 11/07 Liza Conrad
 11/08 Nancy Gilbert
 11/08 Caroline Kurz
 11/08 Rebecca Taylor
 11/08 Charlotte Taylor
 11/09 Faith Olson
 11/09 Julie Bruns
 11/09 Elspeth MacDonald
 11/10 Hugh Campbell
 11/10 Dave Cavanaugh
 11/10 Melinda Ashton
 11/10 Jane Temoshok
 11/10 Sasha Koch
 11/10 Isa Stockton
 11/11 Lissa Soergel
 11/11 Anna Mason
 11/11 Lauren Jennings
 11/12 Emily Sulerud
 11/13 Richard Gould
 11/13 Beth Miller
 11/13 Paul Hunt
 11/14 Max Miller
 11/14 Melvin Miller
 11/14 Charlotte West
 11/15 Sandy Becker
 11/15 Kerry Kelly
 11/15 Michael Hussey
 11/15 Meagan Perkins
 11/15 Alexander Bruns
 11/15 Sam Hanoura
 11/16 Dana Hengst
 11/16 Stuart Nordin

11/17 Franc Cooper
 11/17 Doug Henry
 11/17 Madeline King
 11/18 Rebecca Wise
 11/18 Avery Phillips
 11/18 Madeleine Boam
 11/19 Alberta Carten
 11/19 John Roberts
 11/19 Caitlyn Becker
 11/20 Jane Yoder
 11/20 Dotty Eisenhour
 11/20 Cilla Houck
 11/20 Francesca Gabriel
 11/22 Marybeth Bates
 11/22 Edna Roberts
 11/22 Nan Hobson
 11/22 Suzanne Dawkins
 11/22 Lori Jones
 11/22 John Baltes
 11/22 Judith Atwood
 11/23 Barbara Currie
 11/23 Tom Kerns
 11/24 Brian Boynton
 11/24 Nat Elberfeld
 11/25 Mei-Lung DeVight
 11/25 Jim Wise
 11/25 Callie Stewart
 11/27 Anne Ross
 11/27 Alexander Temoshok
 11/28 Chris Von Schoening
 11/28 Marlene Baxley-Cadmen
 11/28 Judy Baroody
 11/28 Greta Arnold
 11/29 Norma Scott
 11/29 Kes Shallbetter
 11/30 Robert Huffman
 11/30 Lani Brown

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be, keeping them unspotted from the world. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

We hope never to miss a birthday – but there are some we don't know about. Forgive us when we do miss your birthday, and let us know so we don't do it again. Happy birthday to all!

Immanuel Church-on-the-Hill
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Alexandria, VA 22304
703-370-6555
office@icoh.net
http://www.icoh

ADDRESS SERVICE REQUESTED

ALMOND TREE DEADLINES AND MAILINGS

Deadline, November 9, mailing November 14, Deadline, November 23, mailing November 28
Deadline, December 7, mailing December 12 – ONLY ONE NEWSLETTER IN DECEMBER

Lectionary Readings and Schedule of Services




October 28, Twenty-second Sunday after Pentecost – Proper 25
Jeremiah 31:7-9; Psalm 126; Hebrews 7:23-28; Mark 10:46-52
8:00 a.m., HEI, 9:00 a.m., HEII, 11:15 a.m., HEI

November 4, All Saints' Sunday, Stewardship Sunday
Isaiah 25:6-9; Psalm 24; Revelation 21:1-6a; John 11:32-44
8:00 a.m., HEI, 9:15 a.m., Holy Baptism and HEII, 11:15 a.m., HEII

November 11, Twenty-fourth Sunday after Pentecost – Proper 27
1 Kings 17:8-16; Psalm 146; Hebrews 9:24-28; Mark 12:38-44
8:00 a.m., HEI, 9:15 a.m., HEII, 11:15 a.m., HEI

NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:00 AM HE-I, Chapel 9:00 AM HE-II, Chapel 10:00 AM Education Hour, Embodied Faith and Civil Religion, Dr. Timothy Sedgwick, Parish Hall 10:00 AM Youth Group Meeting 10:15 AM Circle of Quiet, Vestry Room 11:15 AM HE-I, Chapel	29 11:00 AM Qi gong, Parish Hall 6:15 PM - 8:45 PM Yoga, Parish Hall	30	31 6:30 AM Early Christians, Fairchild 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 6:30 PM Weekday Eucharist, Chapel	1 7:00 PM Choir, Choir Room 7:30 PM Pastoral Care, Fairchild Room	2 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 12:30 PM Muslim Worship, Parish Hall 8:30 PM AA, Fairchild	3 10:00 AM Richard Hagan funeral, Chapel, Parish Hall 5:30 PM All Saints Evensong, Lettie Pate Evans, VTS 7:00 PM Harvest Dinner, Refectory, VTS
 4 ALL SAINTS SUNDAY Change clocks back one hour 8:00 AM HE-I, Chapel 9:00 AM HE-II/Baptism, Chapel 10:00 AM - 11:30 AM Clay Class, Parish Hall 10:00 AM Education Hour 10:15 AM Circle of Quiet, Vestry Room 11:15 AM HE-II, Chapel 4:00 PM - 6:00 PM Randi Rowe discernment group, Fairchild Room	5 11:00 AM Qi gong, Parish Hall 6:15 PM - 8:45 PM Yoga, Parish Hall	6	7 6:30 AM Early Christians, Fairchild 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 6:30 PM Weekday Eucharist, Chapel	8 7:00 PM Choir, Choir Room	9 6-7 Grade Parish Youth Ministry Retreat, Shrinemont TAT deadline 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 12:30 PM Muslim Worship, Parish Hall 8:30 PM AA, Fairchild	10 6-7 Grade Parish Youth Ministry Retreat, Shrinemont 6:00 PM - 8:00 PM Dignity, Zabriskie
11 6-7 Grade Parish Youth Ministry Retreat, Shrinemont 8:00 AM HE-I, Chapel 9:00 AM HE-II, Chapel 10:00 AM Education Hour 10:15 AM Circle of Quiet, Vestry Room 11:15 AM HE-I, Chapel 2:30 PM - 4:30 PM Interfaith Center, Social Justice Program, Parish Hall	12 VETERANS DAY OBSERVED, OFFICE CLOSED 11:00 AM Qi gong, Parish Hall 6:15 PM - 8:45 PM Yoga, Parish Hall	13 9:30 AM - 12:30 PM Shalem Institute Peer Group, Fairchild Room 12:00 PM Goodwin House luncheon 6:30 PM Vestry, Vestry Room 7:00 PM - 9:00 PM Benedictine Group, Vestry Room 7:30 PM Outreach Committee, Fairchild Room	14 TAT mailing 6:30 AM Early Christians, Fairchild 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 6:30 PM Weekday Eucharist, Chapel	15 7:00 PM Choir, Choir Room	16 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 12:30 PM Muslim Worship, Parish Hall 4:30 PM - 6:00 PM Brownie Troop, Parish Hall 8:30 PM AA, Fairchild	17 6:00 PM - 8:00 PM Dignity, Zabriskie
18 8:00 AM HE-I, Chapel 9:00 AM HE-II, Chapel 10:00 AM - 11:30 AM Clay Class, Parish Hall 10:00 AM Education Hour 10:00 AM Youth Group Meeting 10:15 AM Circle of Quiet, Vestry Room 11:15 AM HE-II, Chapel 6:00 PM Mom's Group, Fairchild Room	19 11:00 AM Qi gong, Parish Hall 6:15 PM - 8:45 PM Yoga, Parish Hall	20	21 6:30 AM Early Christians, Fairchild 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall	22 THANKSGIVING DAY, OFFICE CLOSED 10:30 AM THANKSGIVING SERVICE	23 OFFICE CLOSED TAT deadline 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 12:30 PM Muslim Worship, Parish Hall 8:30 PM AA, Fairchild	24 6:00 PM - 8:00 PM Dignity, Zabriskie
25 CHRIST THE KING SUNDAY Intergenerational event 8:00 AM HE-I, Chapel 9:00 AM HE-II, Chapel 10:00 AM Education Hour 10:15 AM Circle of Quiet, Vestry Room 11:15 AM HE-I, Chapel	26 11:00 AM Qi gong, Parish Hall 6:15 PM - 8:45 PM Yoga, Parish Hall 6:30 PM Knitting Group, 1823 Pub/VTS	27 7:00 PM - 9:00 PM Benedictine Group, Vestry Room	28 TAT mailing 6:30 AM Early Christians, Fairchild 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 6:30 PM Weekday Eucharist, Chapel	29 7:00 PM Choir, Choir Room	30 Advent Retreat begins 8:20 AM - 11:35 AM Senior Exercise classes, Parish Hall 12:30 PM Muslim Worship, Parish Hall 8:30 PM AA, Fairchild	1 Advent Retreat 6:00 PM - 8:00 PM Dignity, Zabriskie