

# THE ALMOND TREE

NEWSLETTER OF IMMANUEL CHURCH-ON-THE-HILL



February 2018



## In This Issue...

### From The Assistant Rector

*Our Feature Article*

40 Days and 40 Nights: The  
“What”, “Where” and “How” of  
Lent

2

### Lenten Studies This Season:

Child/Parent Journaling: Watercolor

4

Come to a 3-Day Revival:  
*Nurturing Godly Relationships*

4

Study The Rule of St. Benedict

5

### HILL HAPPENINGS

6

Holy Land Pilgrimage Deadline

8

Berryville Retreat Registration

9

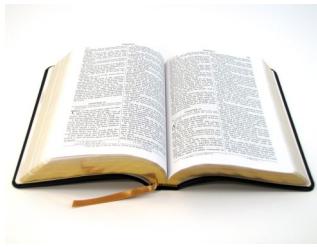
### THE AMEN CORNER

Goodbye to our Junior Warden

11

### SCHEDULE FOR LENT

12



## 40 DAYS AND 40 NIGHTS:

The “*What*”, *Where*” and “*How*” of Lent

A Brief History of a Season  
Designed to Bring You  
Closer to God

*Forty days and forty nights  
Thou wast fasting in the wild;  
Forty days and forty nights  
Tempted, and yet undefiled.*

*Should not we Thy sorrow share  
And from worldly joys abstain,  
Fasting with unceasing prayer,  
Strong with Thee to suffer pain?*

These words from the popular Lenten hymn (“Forty Days and Forty Nights”) reflect the Christian observance of the 40 days of Lent. We, with Christians around the world, celebrate this season every Church year. But, how much do we know about it? When did it start? Why does it last 40 days, and what’s its significance? What can we do to observe and live more fully into the season?

While I have heard some say that they think the word “Lent” has something to do with belly buttons, that is not the case. It actually originated from the Anglo-Saxon word “lencten”, or “spring” (the “lengthening” of days), and the word “lenctentid”, meaning both “springtide” and “March”, during which the majority of the Lenten season falls. In many languages, you will see that their word for “Lent” comes from the Latin “quadragesima”, or “fortieth”.

Each of us should pray on this question: *How can I deepen my relationship with God ...?*

It is significant that this season falls when it does, as Scripture tells us Jesus’s death and resurrection occurred around the Jewish Passover. We read in writings from the first century of Lent being observed by the early church, though early Christians celebrated Easter at different times around the Passover. Finally, the Council of Nicaea in 325AD determined that Easter would be held on the first Sunday after the first full moon occurs on or after the spring equinox. For most of us, it’s easier just to check the date on Google or a calendar, since the dates for Easter are set for a long time. Count back 40 days from Easter (excluding Sundays), and you will see the start of Lent, or Ash Wednesday. Some churches in the East celebrate Easter using a different calendar, so their celebration of Easter occurs the Sunday after the Western celebration.

Many people choose to give up something during this season of penitence, in preparation for our Lord’s death and resurrection. Forty days may seem like a long time, especially if you’ve chosen to give up something like chocolate or caffeine. Why does Lent last for forty days? First, it’s important to note that the forty days do not include Sundays. One explanation is that the norms around fasting developed to exclude Sundays, the day

when the bridegroom is present (when we celebrate the Eucharist; see Mark 2:19). This is why you will hear many people say Lenten fasts are only Monday-Saturday, and only on Sundays can you enjoy that which you have given up for Lent.

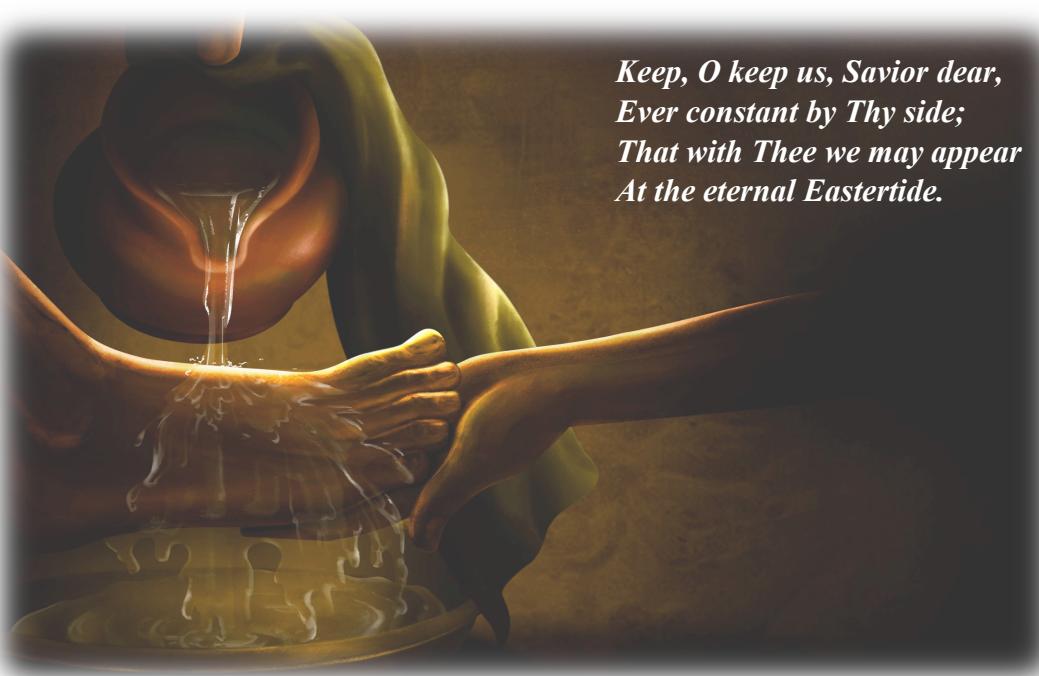


Forty days is a significant number for preparation throughout Scripture. Think of Moses preparing himself to receive the Ten Commandments. “Moses was there with the Lord forty days and forty nights without eating bread or drinking water” (Exodus 34:28). And, after preparing himself through fasting for forty days and forty nights, our Lord was tempted by the devil in the wilderness (Mt. 4:1-11). For us as Christians, the forty days of preparation are key to our observance of Lent. While in Advent, we prepare to celebrate Christ’s birth and his second coming, in Lent, we prepare ourselves for his Passion (suffering), death, and ultimately, his Resurrection. It makes little sense to celebrate Easter and the Resurrection without observing what came before. Naturally this season is one of penitence and deep personal reflection, as we seek to draw closer to God.

No matter how you personally choose to observe Lent, what’s most important is that you observe it. For some, that may look like giving up something that they find themselves craving on a regular basis, whether that be technology or sweets or alcohol or something else entirely. Others choose to add something, often in place of what they give up. For example, Lent is a time that many add quiet time to their day to spend in prayer or take on a discipline of study or daily confession.

Each of us should pray on this question: How can I deepen my relationship with God this Lenten season? Perhaps you will engage in one or more of our Lenten studies or prayer groups. I encourage participation in the parish’s services during Lent, particularly of Ash Wednesday (Feb. 14th), the Sundays of Lent, and those services of Holy Week. If you need some ideas of what you might do or need some encouragement/accountability, please come talk with Randy or me. We all enter into this Lenten journey together.

I end with the last verse of the hymn with which I opened, and now offer it as a prayer. May each of us have a holy Lent, as we approach the throne of the cross, where our Lord suffered and died for us, but ultimately overcame sin and death by his glorious resurrection on Easter morning.



A photograph of a person washing another person's feet in a dark setting, symbolizing the act of foot washing.

*Keep, O keep us, Savior dear,  
Ever constant by Thy side;  
That with Thee we may appear  
At the eternal Eastertide.*

In Christ,

*Rachel*

The Rev. Rachel  
Rickenbaker

## A Very Special Lenten Study Program for Children and Families

We invite all children and families to join us for a special Family Night Lenten Study Program on Sunday, February 18 starting at 5:30 in the Zabriskie Parish Hall.



After sharing a meal together and a brief discussion of the meaning and practice of Lent, children and their parents will begin construction of their own Lenten Journals using watercolor. Everyone will have a chance to try painting as a way of journaling. Throughout the season of Lent, children will continue making entries in their journals -- on a specific theme each week -- through painting and other activities. Parents will have their own journals to work on, either independently or as a way to start a Lenten discussion with their children at home. We will have hardcopy Lenten Guides and extra children's journals available.

The study program will conclude with Family Night on March 18, where everyone will have an opportunity to share both the contents of their journals and personal reflections of what they learned.

It is our sincere hope that all families will take advantage of this chance to make Lent the rich and meaningful experience it can be. If you have any questions please do not hesitate to contact John Hogg, Director of Children, Youth, and Family Ministry ([jhogg@icoh.net](mailto:jhogg@icoh.net)).



### YOU'RE INVITED TO A REVIVAL!

Next weekend, Immanuel's International Anglican Congregation will be hosting a revival at Immanuel, and all parishioners are invited to attend. The subject is "**Nurturing Godly Relationships**," and will be led by the Rev. Canon Rosemary Mbogo and the Rev. Peter Gachira. Sessions will be held:

Friday, **February 16th** - 6-8pm, Zabriskie Chapel;  
Saturday, **February 17th** - 6:30-9pm, Parish Hall,  
Sunday, **February 18th** - 5-9 pm, Zabriskie Chapel.

**COME ONE; COME ALL!**

**We're hosting a**  
*revival*

# Join Immanuel's Benedictine Study Group!



Are you looking for a life in balance? Are you seeking to study with other Christians who are striving to study and share in a small group setting? Immanuel Church-on-the-Hill Benedictine Community is a small study group that began to study the scripture based Rule of St Benedict in 2010. Benedictine roots are in the Anglican tradition and in the liturgy in the Book of Common Prayer.

We meet to study the Rule of St Benedict, an ancient rule that still guides communities all over the world. While the Rule was written for monastic communities, it is applicable and guides us in how to live a life in balance, with a focus on five main areas: prayer, work, study, renewal and hospitality. **The Study of the Rule of St Benedict** helps people who live in all kinds of settings and all forms of Christian faith.

This group is an open group made up of members from Immanuel as well as members of other faith traditions, and we welcome all who come. We meet the first and third Tuesdays, from 7-8 PM in the Fairchild Room at the Zabriskie Chapel. We study a portion of the rule and offer reflections around the room. We close our group with Compline/Evening prayer.

Our group just started the study of a new book, ***Radical Spirit: 12 Ways to Live a Free and Authentic Life*** by Sister Joan Chittister, last Tuesday February 6th. This book is focused on humility.

Please join us, all are welcome and if you want more information please contact me, Barbara Fornoff at [cr8vweaver@gmail.com](mailto:cr8vweaver@gmail.com) or any member of the group.

# HILL HAPPENINGS

The Special Event Calendar of Immanuel Church-on-the-Hill

On behalf of Immanuel's EYC (Episcopal Youth Community), all those in the 4th and 5th grade are invited to join us for a very special bonfire this **Sunday, February 11, from 6pm to 8pm** in the Zabriskie Chapel Gardens (weather permitting). There will be games, dinner and of course....S'mores!

Our goal is to establish an EYC specifically for all those in the 4&5th grade; building a sense of belonging and friendship among your peers and the broader church. If you have any questions or concerns please do not hesitate to contact John Hogg,, Director of Children, Youth and Family Ministries at (jhogg@icoh.net).



## LENTEN SERIES: NURTURING OUR RELATIONSHIP WITH GOD; HOW, EXACTLY, DO WE DO THAT?

How do we deepen our relationship with God? It's far too easy in our lives to go through the motions, but when it comes to the Christian faith, intentionality is key. During the season of Lent, we will be exploring some tried and true ways Christians have found to strengthen our relationship with God. Each Sunday in Lent, we will learn about a different spiritual discipline that can be practiced in our everyday lives, including fasting, prayer, study, stewardship, confession, and worship. Join the Rev. J. Randolph Alexander and the Rev. Rachel Rickenbaker on Sunday mornings during the Forum Hour (10:15-11:00am), beginning February 18th through March 25th, as we seek to grow closer to our Lord and Savior in this holy season.

## C.S. LEWIS'S *Mere Christianity*: LENTEN BOOK STUDY

"To what will you look for help if you will not look to that which is stronger than yourself?" This is one of many profound statements of faith that Christian author and apologist C.S. Lewis makes in his book, *Mere Christianity*. On Wednesday mornings during Lent, Father Randy and Mother Rachel will lead a discussion on Lewis's thoughts and reflections on the Christian faith, as we each look to deepen our own walk with Christ. We will meet in the Fairchild Room at 10:30a.m. beginning February 21st through March 14th. \*\*Please RSVP to Father Randy via email at ralexander@icoh.net by February 14th to let him know if you plan to attend, so that we can purchase enough books and get them to you in advance of the discussions.

# THE CIRCLE OF QUIET

As Lent approaches, Immanuel parishioners may be wishing to strengthen their spiritual practices. One option would be to explore ways to enrich their prayer lives through meditation.

On Sunday, February 18th after the 9 a.m. service, parishioners are invited to the Upper Room to learn more about praying with scripture (Lectio Divina) and to participate in the prayer form. Instructional materials will be provided.



**Shrove Tuesday** is the **13<sup>th</sup> of February**, so mark your calendars for a delicious pancake dinner in our parish hall beginning at 5p.m.

Tom Kerns can use all the help you can provide. Please call him at 703-965-4610 or his email [tkerns@kernsgroup.com](mailto:tkerns@kernsgroup.com) to volunteer.

We especially need folks who can come around 2p.m. to cook 50 pounds of bacon and sausage, plus a fresh clean-up crew at the end, perhaps around 7:30p.m.

Come hungry!

## COMMUNITY LODGINGS UPDATE

Thanks to the generosity of Immanuel parishioners, CLI's Fifer Family Learning Center in Arlandria is the recipient of dozens of new books to refresh and enhance the CLI After School reading programs. Thank you to all those who contributed to the Christmas Families effort and a big thank you to Connie Kurz and her elves for picking out and organizing the books for distribution.

Lastly, and not least, *save the date of February 14<sup>th</sup>* for Community Lodgings' annual gala. This year's event will be held at the Belle Haven Country Club. For more details, contact Doug Henry via email [at ddhenry1@gmail.com](mailto:ddhenry1@gmail.com) or by phone on (703) 739-0729.

**Join us for**

**SUNDAY EVENING HOLY EUCHARIST**

**February 25, 2018**

**5pm.**

**Immanuel Chapel**



## EYC Breakfast Club Re-scheduled for February 25th

Our special EYC Breakfast Club, originally scheduled for January 28th was rescheduled for Sunday, February 25, 2018 at 10am. in the Fairchild Room, adjacent to the Zabriskie Parish Hall.

Anthony Burke, our fellow parishioner, Episcopal Youth Community trail-blazer, and adventurer, will be joining us to share his experiences hiking the Appalachian Trail. We hope to see you there.

## Holy Land Pilgrimage

**August 20-31**

There is **still room for 6 people** to join Immanuel's Pilgrimage but you need to sign up soon!



This is to update the parish on our upcoming pilgrimage to the Holy Land next August 20-31, and invite you to join in. Currently, there are fourteen from Immanuel who plan to go: Jackie Phillips, Rick and Sarah Glassco, David Atwood and Nancy Reuschel, Laura and Jim Snow, Keith June and Karen, and Father Randy and the Alexander family. Ideally, we would like to have 20 in our group. We will be linking up in Israel with a companion group from Christ Church in Pelham, New York (Father Randy's former parish), and its Rector, Matthew Mead.

This opportunity builds upon our relationship with the American Friends of the Episcopal Diocese of Jerusalem (AFEDJ). Recall that last year, we had a forum hour presentation by John Lent, Deputy Director of AFEDJ, on the current plight of Palestinian Christians in Israel. Following that visit, John encouraged us to see the Holy Land for ourselves. He got us in touch with Iyad Qumri, a tour guide with over 20 years of experience, operating as Qumri Pilgrimages. We have reserved a pilgrimage for August 20-31, 2018, to be led by Mr. Qumri. We're also pleased to report that John Lent will be joining us on the pilgrimage.

The tour is intended to provide a sense of history and connection with the world Jesus inhabited. It will also allow us to connect with Palestinian Christian congregations. Qumri Pilgrimages is highly regarded. They led the recent pilgrimage sponsored by the Washington National Cathedral. Their website is at <https://www.iyadqumripilgrimages.com/>.

The cost based on double occupancy is estimated at \$2,200 per person with a limited number of single rooms at an additional \$520. Air fare and trip insurance are not included in this estimate. We will be working with a local travel agent who specializes in group trips to the Holy Land and we'll be seeking a group rate. For planning purposes, a round-trip fare should be around \$1,250.00.

You can still reserve a space, but we ask that you do so by February 20<sup>th</sup> by making a deposit of \$150 payable to Immanuel Church-on-the-Hill with the memo notation of "Holy Land Pilgrimage". Father Randy and Jim Snow are coordinating the logistics. You may email questions to Jim at [Jamesbsnow@verizon.net](mailto:Jamesbsnow@verizon.net).

# Deadline: February 20, 2018!

## PRACTICE RESURRECTION

### Spring Retreat

May 4-6, 2018

Holy Cross Abbey, Berryville, Virginia

The poet Wendell Berry exhorts us to “practice resurrection.” He suggests it as a possibility and option in our daily life. During the retreat we will explore being “raised up” and the process of life being born out of death for Moses at the burning bush, for a bent over woman who meets Jesus, for disciples in a boat at sea caught in a storm, for

Paul on the Damascus road and for a man named Lazarus. As we discover how these people and events are happening in the world around, between and within us we will be aided by poets such as Mary Oliver and David Whyte. This weekend, devoted to reflecting on scripture, will be more about searching for the right questions in our lives than relying on old and familiar answers. We will be asking how an experience of resurrection in our now echoes the Jesus story of then.

Our retreat leader will be the Rev. Dr. William Dols, Immanuel Church-on-the-Hill priest associate, who was Immanuel Church-on-the-Hill rector 1972-1983.

The silent retreat will begin on Friday afternoon, May 4, shortly before the evening meal and will end after the noon meal on Sunday, May 6. Silence will be observed between sessions and during meals. According to Joan Chittister, Benedictine sister and author, “Silence has two functions. The first effect of exterior silence is to develop a sense of interior peace. The second value of silence is that it provides the stillness that enables the ear of the heart to hear the God who is ‘not in the whirlwind.’”

The \$350.00 registration fee includes all materials, comfortable accommodations, individual rooms each with a bathroom, and all meals. For more information on the monastery, see their website <https://www.virginiatrappists.org/about/>. **Following Holy Cross Abbey policy, we may not be able to accommodate retreat reservations received after April 6.**

Two scholarships given in memory of Charles Willis are available; please contact the rector to request scholarship assistance. If you receive a scholarship, please complete a registration form and indicate that you have a scholarship. To provide an opportunity for parishioners who have not attended a retreat recently to participate, preference in awarding scholarships will be given to those who have not received a scholarship in the last two years.

Registration is limited to 15 persons; please reserve your space using the form in the *Almond Tree*. If you have questions about retreat logistics, please contact Mary Ann Rehnke, [mrehnke@verizon.net](mailto:mrehnke@verizon.net) or 703-836-7142. Participants needing a ride to the Abbey may contact the retreat carpooling coordinator, Carla Murray, at [tigmurray08@gmail.com](mailto:tigmurray08@gmail.com) or 703-751-9241.



**Immanuel Church-on-the-Hill**  
**SPRING RETREAT**  
**HOLY CROSS ABBEY RETREAT HOUSE**  
**May 4-6, 2018**

**First person registering for retreat**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Daytime Telephone** \_\_\_\_\_ **Evening Telephone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Second person registering for retreat**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Daytime Telephone** \_\_\_\_\_ **Evening Telephone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

Number of registrants \_\_\_\_\_ x \$350 = \_\_\_\_\_ Total registration fee

Please make check payable to "Immanuel Church-on-the-Hill" and label it Spring Retreat. Return this form and your check to the Immanuel Church office, 3606 Seminary Road, Alexandria, Virginia 22304. Please put Spring Retreat on the envelope.

If you need to cancel your registration and there is no one on the waiting list who can take your place, Holy Cross Abbey retains the \$50.00 per room deposit. All but \$50.00 of your registration fee would be returned to you.

# The Amen Corner

## Words From Our Wardens



*Bill Kilpatrick was simply one of the nicest, kindest gentlemen you'd every want to meet. He was quick to give compliments; his generosity and humility were immesurable. He was simply nice to be around.*

*Many, many people will miss him dearly.*

*Anonymous*

*As I was going into Shirlington Theaters Friday afternoon, two days ago, Bill was exiting my destination, Darkest Hour. He took the time to share some wonderful insights into the movie and its historical context. We discussed the movie The Post and some personal relationships Bill had in his early years in D.C. close to the Graham family.*

*My thought and prayers will be steady for Bill and Susan and the rest of his fine family. He is a great Son of the South....*

**Bob**  
*Robert Dawson*

We recently began printing our newest feature, *The Amen Corner*, as a place where our Wardens might share their perceptions on parish life. Bill Kilpatrick, our Junior Warden, wrote his inaugural column for the last issue of *The Almond Tree*. Sadly, that column would prove to be his last, as he died in a tragic accident days later.

I, and many others, will miss Bill's optimism and kindness, and so many of us were looking forward to working with him as our next Senior Warden.

Here, we run a few of the many tributes that have begun to come in for Bill.

*So sad. I will miss Bill's quiet presence. He loved his mystery novels and I appreciated his sharing a multi-page listing of his favorite authors. He talked about the need to take frequent breaks from reading, getting up and moving around -- and, ironically, he expressed concern about the dangers of falling. I will also remember him as being a man who during his banking career met with Donald Trump and turned down his request for a loan.*

*I will miss him.*  
Norm  
*Norman Sharp*

**The Rev. J. Randolph Alexander, Jr., Rector**

[www.jcoh.me](http://www.jcoh.me)

Immanuel Church-on-the-Hill  
3606 Seminary Road  
Alexandria, VA 22304-5200



## SPECIAL LENT AND HOLY WEEK LITURGIES 2018

  
**ASH WEDNESDAY**

<b>Ash Wednesday, February 14</b> <b>Holy Eucharist with Imposition of Ashes</b>	<b>Noon</b> <b>6:00 p.m.</b> <b>7:30p.m.</b>	<b>Zabriskie Chapel</b> <b>Children's Service, Zabriskie Chapel</b> <b>Zabriskie Chapel</b>
<b>PALM SUNDAY, MARCH 25</b>	8:00a.m. 10:30a.m.	Zabriskie Chapel Immanuel Chapel
<b>MAUNDY THURSDAY, MARCH 29</b>	7:30 p.m.	Immanuel Chapel
<b>GOOD FRIDAY, MARCH 30</b> Stations of the Cross Good Friday Liturgy	Noon 6:00 p.m. 7:30p.m.	Immanuel Chapel Children's Service, Immanuel Chapel Immanuel Chapel
<b>HOLY SATURDAY, MARCH 31</b> The Great Vigil of Easter	7:30p.m.	Immanuel Chapel
<b>EASTER SUNDAY, APRIL 1</b>	7:30a.m. 9:15a.m. 11:15am.	Zabriskie Chapel Immanuel Chapel Immanuel Chapel