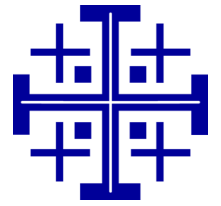




# Immanuel Church-on-the-Hill

## Episcopal/Anglican Alexandria, Virginia



THE ELEVENTH SUNDAY AFTER PENTECOST

August 4, 2024

**Holy Eucharist, Rite I, 8:00 a.m.**

Page numbers refer to [The Book of Common Prayer](#).

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### THE WORD OF GOD

#### Opening Acclamation

p. 323

Celebrant: Blessed be God: Father, Son, and Holy Spirit.

People: *And blessed be God's kingdom, now and for ever. Amen.*

#### The Collect for Purity

p. 323

#### *Kyrie eleison*

p. 324

*Lord, have mercy upon us.*

*Kyrie eleison.*

*Christ, have mercy upon us.* or *Christe eleison.*

*Lord, have mercy upon us.* *Kyrie eleison.*

#### The Collect of the Day

O Lord, we beseech thee, let thy continual pity cleanse and defend thy Church, and, because it cannot continue in safety without thy succor, preserve it evermore by thy help and goodness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

#### The First Lesson: Exodus 16:2-4,9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat."

The Word of the Lord

Response: *Thanks be to God.*

**Psalm 78:23-29** *Attendee, popule*

- 23     So he commanded the clouds above \*  
       and opened the doors of heaven.
- 24     He rained down manna upon them to eat \*  
       and gave them grain from heaven.
- 25     So mortals ate the bread of angels; \*  
       he provided for them food enough.
- 26     He caused the east wind to blow in the heavens \*  
       and led out the south wind by his might.
- 27     He rained down flesh upon them like dust \*  
       and winged birds like the sand of the sea.
- 28     He let it fall in the midst of their camp \*  
       and round about their dwellings.
- 29     So they ate and were well filled, \*  
       for he gave them what they craved.

**The Epistle: Ephesians 4:1-16**

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge

of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

The word of the Lord

Response: *Thanks be to God.*

## The Holy Gospel: John 6:24-35

The Holy Gospel of our Lord Jesus Christ, according to John  
Response: *Glory be to thee, O Lord.*

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

The Gospel of the Lord  
Response: *Praise be to thee, O Christ.*

**The Sermon:** The Rev. Susan D. Parsons

**The Nicene Creed**

p. 326

**The Prayers of the People**

**Confession of Sin and Absolution**

p. 331

**The Peace**

**Welcome and Announcements**

*The special collection today will support **Christmas Families in August** to bring the tools for learning to many of God's beloved children. This includes cash and checks with “XFAM” written on the memo line. Thank you for your generosity.*

*Want to give electronically? While the alms basin is being passed, you can also make an offering online using your bank account, debit, or credit card: just scan the code at right.*

***Thank you for your gift to Immanuel.***





# IMMANUEL CHURCH-ON-THE-HILL

## Parish Notes

### August 4, 2024

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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. Both chapels offer a fully-staffed nursery for our infant and toddler parishioners.

**Visitors are encouraged to fill out a visitor card — located in the pews or display stands at the entrances of the chapels.** Give your card 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:** Ann MacNamara, Barbara Ramsdale, Catherine Sinclair, Cynthia Dolvin, Cynthia Morton, Cy Murphy, Francine Wargo, Gary DeVight, Gilma Balcarcel, Jane Flinn, Joseph, Kenny, Kitty Montie, Martin, Marianne Ingold, Mable Randolph, Natalie Doyle Hennin, Norma Taliaferro, Rollin Huntington, Susan Kernan, Patsy Rogers, Wendy Hoge, Zuzanna and Spencer.

**PRAY FOR OUR FRIENDS AND FAMILY:** Ann Langdon Days, Ashleighana, Barbara Sagan, Betsy Fox Berry, Betty Hicks, Brian and Joyce, Bridget Rice Rose, Carol Ording, Charlotte Kellogg, Dana De Cecco, Fred Vipperman, George Rustigian, Gerald, Jack Allen, Jean Couban, Jean Williams, Jennie Rae, Jessi Napolitano, Jill Lane, Joanne Perla, Joe Micelli, Joseph Fabian, Joseph and Elaine Kelly, Joyce Di Misa, Kathryn Anschutz, Kathy Porter, the Rev. Kelly Moughty, Lillian Kozuma, Lilly Pinner, Linda Gill, Louise Jackson, Lucie Bauer, Lysbeth, Marcia McDonald, Michael, Marcia Richardson, Mark Vipperman, Marty Childs, McQuade Milligan, Mary Muniz, Pamela, Paul, Peter Blackledge, Rebecca Smith, Richard Zitelli, Rosemary Wensing, Ryan Willis, Shawn Rush, Shelby Ochs Owen, Stephen Miller, Stephen Spurlock, Sue Rehnke, Susan Little, and Winnie Kidd.

**Pray for those who are celebrating birthdays this week:** Jeff Cook, Samantha Taggart, Crissy O'Donnell, Leef Barnes, Paul Barnes, Wade Greiner, Cynthia Dolvin, Mimi Carter, Betsy Perkins, and Mable Randolph.

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

**Those who have died:** Monica Lynn Ryder MacIndoe, sister of Jane Tavernier's friend and University of Mary Washington colleague, Dr. Chris Ryder. *Rest eternal grant to her, O Lord, and let light perpetual shine upon her.*

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## MONTHLY SATURDAY BREAKFAST BIBLE STUDY

### [AUGUST 17<sup>th</sup>](#) @ 8:00 AM , Held Online via Zoom

Join Immanuel's monthly Saturday morning Breakfast Bible Study **this Saturday, August 17<sup>th</sup>** online via Zoom (find this bulletin on our website under the "Worship" tab, then click on the link below) beginning at 8 AM. Our new theme for 2024 is *Anxiety!* This month we will read **Psalm 27 "Through my father and mother forsake me, Yahweh will gather me up...be strong, let your heart be bold"** 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

# Announcements

## WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

*All are welcome to participate*

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Morning Prayer Tuesday, August 6<sup>th</sup> @ 10:00 a.m., Zabriskie Chapel

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Noonday Holy Eucharist Rite II, Wednesday, August 7<sup>th</sup>, Zabriskie Chapel

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Weekly Bible Study “*The Book of Judith*”

Thursday, August 8<sup>th</sup> @10:30 a.m. online via Zoom.

*Look for login details in your weekly eBlast email.*

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Evening Compline, Friday, August 9<sup>th</sup> @ 8:30 p.m., Online via Zoom

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### Christmas Families in August Campaign for Learning: SPECIAL COLLECTION & Ingathering

As a parish we were successful beyond expectations in providing backpacks filled with school supplies for 140 children in 64 families referred by the Alexandria Department of Community and Human Services, twice as many as last year. 126 children were "adopted" by parish families, Linda Serabian did the shopping for the 14 remaining children using money from the special collection. Some children needed back-to-school clothing which parishioners added to the backpacks, something new this year.

We give the children the tools for learning, lift their spirits, and send them off to a good start in the new school year.

**At both services you are invited to bring the backpacks forward to the altar to be blessed.**

**The second part of the campaign is to provide funds to three organizations so they can help even more children with school supplies.** Last year we gave

\$2,000 to the [Haiti Micah project](#) for school supplies for the children in the schools they operate.

[\\$1,000 to Community Lodgings for school supplies for the children in their after school program.](#)

\$1,000 to **Human Services in Alexandria** for school supplies for even more children and for unbureaucratic help to families who struggle with getting children ready for school.

The **Haiti Micah Project (HMP)** is one of Immanuel's major international outreach ministries; it serves impoverished children in Mirebalais, Haiti. For these children, education offers the only path out of extreme poverty. In Haiti, there is no free public education. Therefore, HMP provides educational stipends for tuition, school supplies, and uniforms to 156 children (134 from the feeding program, 15 in the orphanage, and 7 post secondary students). With the support of churches like Immanuel, these children have the opportunity to become contributing members of their society.

**Community Lodgings** provides temporary housing and manages a number of affordable housing units. It provides supportive services to the tenants, including assistance with job training and finding a job, computer training, and an after school program. Immanuel was a key member of the group that got Community Lodgings started.

**We hope to provide the same support this year.** As of July 18, contributions to the special collection totaled almost \$1,500, so **we still have a way to go.** **Please give generously this Sunday** (or send a check to the office soon after). Please make checks out to “Immanuel Church-on-the-Hill” and mark them “XFAM”.

**Let us give the gift of learning, a gift for life.**

**JUNIOR WARDEN BUILDINGS AND GROUNDS UPDATE:** Please take a moment to notice or appreciate all the Buildings and Grounds projects completed in June 2024:

- ✓ Zabriskie Grounds, installation of a water-efficient in-ground sprinkler system.
- ✓ Parish Hall, kitchen fire suppression and extinguisher safety tested, leaky faucet repaired, and historical pictures rehung.
- ✓ Vestry Upper Room, spring cleaning and organization enhancements.
- ✓ Zabriskie Sanctuary, pressure switches installed to AC to prevent any leaks.
- ✓ Garden Workdays took place June 8 and June 16 to weed, transplant, and mulch.

**UPCOMING THIS SUMMER:** Two Eagle Scout projects to restore a Memorial Garden seating area and the contemplative path. New windows for the Rectory. New downspouts for the Chapel. Renovation of Sexton's closet.

Please join us! 1<sup>st</sup> Monday of the month, Buildings and Grounds meeting at 7:30 p.m. via Zoom. Interested parishioners may contact Tom Kerns.

1<sup>st</sup> Tuesday of the month, Creation Care meeting at 7:30 p.m. via Zoom. Interested parishioners may contact Denise Freeland at [eco.voce@verizon.net](mailto:eco.voce@verizon.net) with an email request to receive the Zoom link for participation.

Garden Workdays. All who are interested are welcome to come help weed, mulch, and enjoy the gardens. We have gloves and tools. Points of contact are Kathryn Jackson Haskin and Sarah Glassco. Saturday, July 20, 8:30-11:30 a.m. and Saturday, August 17, 8:30-11:30 a.m.

## *WEDNESDAYS IN THE WORLD with The Rev. Sarah Spurlock Biggs*

*We will gather again Wednesday, August 21<sup>st</sup> after her vacation.*

Join her on August 21<sup>st</sup> from **10:00 a.m. - 12:00 noon**, at the Alexandria Pastry Shop, Bradlee Shopping Center on King Street. All are welcome!

## **SENIOR ADULT MINISTRY EVENT**

**August 27: ICE CREAM SOCIAL & HYMN SING.** All seniors are invited to a brown bag lunch and end-of-summer ice cream social in the Zabriskie Parish Hall, followed by a hymn sing in the Chapel led by Dr. Jane Tavernier on organ. Let's sing out the summer and welcome the fall — look for details to follow in our upcoming bulletins and weekly eBlast.

## **SEPTEMBER SCHEDULE POSTED ONLINE**

**EASY WAY TO SIGN UP LATE SUMMER/EARLY FALL 2024:** Sign-up to Serve in our Sunday Services *through September* ONLINE by visiting the landing page of our website at [www.ICOH.net](http://www.ICOH.net) via Our **Red SignUp Genius Button**: We're uploading months in advance, so please sign up to serve as a Reader, Intercessor, Usher, Acolyte, Altar Guild Server, Crucifer and/or Coffee Hour Host online via [SignUp Genius](#) for Immanuel by visiting the landing page of our website at [www.ICOH.net](http://www.ICOH.net) and [clicking on the red button](#).

If you need training for a particular ministry, please contact Mother Susan at [sparsons@icoh.net](mailto:sparsons@icoh.net).  
**THANK YOU — especially to all who have signed-up!**

**CLERGY AND STAFF**

The Rev. J. Randolph Alexander, Jr. (ralexander@icoh.net) ..... Rector  
 The Rev. Susan D. Parsons (sparsons@icoh.net) ..... Associate Rector  
 The Rev. Sarah Spurlock Biggs (sspurlockbiggs@icoh.net) ..... Assistant Rector  
 Dr. Jane Tavernier (jtavernier@icoh.net) ..... Director of Music  
 Tom Hewson (thewson@icoh.net) ..... Treasurer  
 Mollie Lambert (mlambert@icoh.net) ..... Assistant Treasurer  
 Aleta Y. Powell (apowell@icoh.net) ..... Parish Administrator  
 Tamika Martin (tmartin@icoh.net) ..... Audio Visual Technician  
 Gilma Balcarcel ..... Nursery Coordinator  
 Stuart Dahlinger ..... Sexton

**THE VESTRY**

Gerry Anderson ..... Senior Warden and Senior Ministry  
 Amy Thomas ..... Junior Warden: Building and Grounds, Creation Care  
 Peter Kent ..... Junior Warden: Administration  
 Taylor Houck ..... Adult Formation and Discipleship  
 Brad Ashton and Philip Brown ..... Stewardship and Planned Giving  
 Julie Bruns ..... Outreach  
 Kathy Lloyd ..... Children, Youth, and Family Ministries  
 Mark Fearer ..... Social Justice and Pastoral Care  
 Brian Rush ..... Evangelism and Newcomers  
 Matt Haskin ..... Worship  
 Philip Brown ..... Fellowship  
 Caroline Bergmark ..... Registrar, Communications  
 Sophie Johnson, Sydney Onley, David Lloyd, and Isabelle Young-Smith ..... Youth Representatives

**SCHEDULE OF SUMMER SUNDAY WORSHIP SERVICES**

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

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. 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 SUMMER HOURS**

Weekdays 9:00a.m. - 1:00 p.m.  
 3606 Seminary Road, Alexandria, VA 22304  
 Telephone: 703-370-6555, Fax: 703-370-0837

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



**Ways to GIVE**