



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



THE FOURTH SUNDAY AFTER EPIPHANY

February 1, 2026

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

Page numbers refer to [The Book of Common Prayer](#) (the small red book with a cross).

THE WORD OF GOD

Opening Acclamation

p. 323

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. 323

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. ***Amen.***

Kyrie eleison

p. 324

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Collect of the Day

The Lord be with you.

People: ***And with thy spirit.***

Celebrant: Let us pray.

Almighty and everlasting God, who dost govern all things in heaven and earth: Mercifully hear the supplications of thy people, and in our time grant us thy peace; 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: Micah 6:1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam.

O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord."

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The Word of the Lord

Response: *Thanks be to God.*

Psalm 15 *Domine, quis habitabit?*

- 1 Lord, who may dwell in your tabernacle? *
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
but he honors those who fear the Lord.
- 5 He has sworn to do no wrong *
and does not take back his word.
- 6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

The Epistle: 1 Corinthians 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and

Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

The Word of the Lord

Response: *Thanks be to God.*

The Holy Gospel: Matthew 5:1-12

The Holy Gospel of our Lord Jesus Christ, according to Matthew

People: *Glory be to thee, O Lord.*

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they will be comforted.

"Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled.

"Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God.

"Blessed are the peacemakers, for they will be called children of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

The Gospel of the Lord

People: *Praise be to thee, O Christ.*

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

The Nicene Creed

p. 326

The Prayers of the People

p. 328

Confession of Sin and Absolution

p. 331

Welcome and Announcements

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.



THE HOLY COMMUNION

The Offertory

Clergy: All things come of thee, O Lord; and of thine own, have we given thee.

p. 343

The Great Thanksgiving: Eucharistic Prayer II

p. 340

Celebrant: The Lord be with you.

People: *And with thy spirit.*

Celebrant: Lift up your hearts.

People: *We lift them up unto the Lord.*

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

People: *It is meet and right so to do.*

Sanctus and Benedictus

p. 334

The Lord's Prayer

p. 336

THE BREAKING OF THE BREAD

Celebrant: Alleluia, Christ our Passover is sacrificed for us

People: *Therefore let us keep the feast. Alleluia.*

O Lamb of God, that takest away the sins of the world, *have mercy upon us.*

O Lamb of God, that takest away the sins of the world, *have mercy upon us.*

O Lamb of God, that takest away the sins of the world, *grant us thy peace.*

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

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

We will receive at a standing station.

Please let an usher know if you would like to have Communion brought to you.

Post Communion Prayer

p. 339

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Blessing

The Dismissal

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

People: *Thanks be to God.*

The flowers on the Altar are given to the glory of God by Dorothy Kellogg and David Lindsey in loving memory of James Cornell Kellogg and Dianne Cartledge Lindsey.

Join us in the Parish Hall for our
ANNUAL PARISH MEETING *TODAY* @ 11:15 a.m.
All are encouraged to attend and participate.

SERVING AT THIS EUCHARIST:

| | |
|----------------------------|-------------------------------|
| <i>Reader/Intercessor:</i> | Signa Strom |
| <i>Altar Guild:</i> | Susan Gildersleeve |
| <i>Usher:</i> | Tom Brown |
| <i>Flower Guild:</i> | Sally Guy Brown |
| <i>Coffee Hour Hosts:</i> | Sudie McGahuey, David John |
| <i>Celebrant:</i> | The Rev. Sarah Spurlock Biggs |

IMMANUEL CHURCH-ON-THE-HILL

Parish Notes

February 1, 2026

**IN THE NAME OF JESUS 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 visitor card — located in the pews or display stands at the entrances of the chapels. Please 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).

PRAY FOR PARISHIONERS: Ann MacNamara, Jim, Nancy, Spencer, and Zuzanna Wise, Carolyn Ferguson, Catherine Sinclair, Chris von Schoening, Craig Jackson, Cynthia Morton, Debbie Hewson, Dick and Norma Taliaferro, Gary and MeiLung DeVight, Gordon Johnson, Hugh Campbell, Jane, John Richards, Joseph, Kenny, Marda Robillard, Mary Ann Rehnke, Mary Jane Ruhl, Mike Morgan, Natalie Doyle Hennin, Rollin Huntington, Susan Montague, Thom Hussey, and Wendy Hoge.

PRAY FOR OUR FRIENDS AND FAMILY: Andrew Davis, Ann Langdon Days, Ann Woodward, Barbara Kellner, Barbara Sagan, Becky Smith, Betsy Fox Berry, Brian and Joyce, Brian Van Buskirk, Bridget Rice Rose, Father Bruce Stewart, Caleb Lusk, Carol Ordning, Charlotte Kellogg, Donna Becker, George Rustigian, Gerry, Gerry and Nan Hardison, the Howerton Family, Hudson Milligan, Jack Allen, Jackson Sirhal, Jean Couban, Jill Perkins, Jodi Wilson, Joe Micelli, Joseph and Elaine Kelly, Karen Landry, Leea Gorman, Lilly Pinner, Linda Taucher, Louise Jackson, Lysbeth, Marcia Richardson, Margie Lidoff, Mary Horner, Mary Muniz, Marty Childs, Matt, McQuade Milligan, Melvyn and Stacy, Michael, Paul, Peter Blackledge, Rosemary Wensing, Russ, Sofia, Soundary Dilan, Stacey, Stephen Miller, Stephen Spurlock, Susan Little, Thomas Henry, Tim Williams, Tony, Val, Wesley Johnson, and Winnie Kidd.

Pray for those who are celebrating birthdays this week: Nicholas Greiner, Phillips Mitchell, Sofia Ring, Eileen Monnin-Kirby, Chris Page, Sophia Rust, The Rev. Susan D. Parsons, Lynn Gas, Chrls Calloway, Javier Bastos, Christopher Ros, James Butcher, and Moira Tsanga.

Pray for those serving around the world: Noah Barker, Ian Phillips, Todd Bates, Jason Osborne, Michael Hussey, Scott, and Philip Pretzinger.

Those who have died: John Willis Sr., brother-in-law of Marcus Rarick, and those who have died due to the conditions of Winter Storm Fern. *Rest eternal grant to them, O Lord, and let light perpetual shine upon them.*

Every Member Pledge Campaign Update: Thank you to all who have made a financial commitment to support our parish — vital to the life of this institution. If you have not yet made your pledge, please consider doing so promptly. You may return the pledge card that was mailed to you, pledge by scanning the QR code at right, or pledge through our website [our website](#), and click the green “Pledge Here” button.

As of January 29th, we have received 129 pledges so far, totaling \$677,752. This includes several new pledges and many who increased from last year. We hope for a total of \$725,000.

We thank everyone who has pledged thus far.



Announcements

WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

All are welcome to participate

Morning Prayer Tuesday, February 3rd @ 10:00 a.m., Zabriskie Chapel

Wednesday Holy Eucharist Rite II, February 4th @ 12 Noon, Zabriskie Chapel

Quiet Prayer, Wednesday, February 4th @ 5:15 p.m., Oratory Chapel at Immanuel Chapel

Weekly Bible Study: “*The Gospel of John*” Thursday, February 5th

@10:30 a.m. online via Zoom.

Look for login details in your weekly eBlast email.

Compline this Friday, February 6th @ 8:30 p.m., online via Zoom

WEDNESDAYS IN THE WORLD with *The Rev. Sarah Spurlock Biggs* February 4th:

Join Rev. Sarah this Wednesday, February 4th at 10 a.m. for coffee and fellowship at the Alexandria Pastry Shop. All are invited to attend.



TUESDAY FEBRUARY 17TH, 5:30-8:00 PM: IMMANUEL'S SHROVE TUESDAY PANCAKE SUPPER ZABRISKIE PARISH HALL: ALL ARE INVITED! We've planned a choice between blueberry or plain pancakes, sausage and bacon with a side of applesauce! All served on warm plates. Dinner will begin at 5:30 p.m., and the cost is \$5.00 per adult and \$12.00 per family.



WEDNESDAY, FEBRUARY 18TH: ASH WEDNESDAY WORSHIP AT ZABRISKIE CHAPEL

12 Noon: Holy Eucharist Rite II with Imposition of Ashes, Zabriskie Chapel

6:30 p.m.: Holy Eucharist Rite II with Choir and Imposition of Ashes, Zabriskie Chapel



Monthly Saturday Breakfast Bible Study's New Theme for 2026:

“CONTENTMENT” (in accepting love and rejecting fear)

SATURDAY, FEBRUARY 21st @ 8:00 AM, Held Online via Microsoft Teams

Join Immanuel's first monthly Saturday morning Breakfast Bible Study for 2026 on **Saturday, February 21st** online via *Microsoft Teams* (find this bulletin on our website under the “Worship” tab, then click on the link below) beginning at 8 a.m. Our new theme for 2026 is *Contentment*. This month we will read **John 15:9-14 “I have loved you as the Father has loved me”** using the African Model of Reflection.

For more information, please visit [our webpage “Breakfast Bible Study”](#), or contact Chrissie Crosby at cmcfaddencrosby@gmail.com. [Join MSTeams Saturday Breakfast Bible Study Meeting](#) / Meeting ID: 959 5450 6553 / Passcode: 027913

If you are seeking to deepen your spiritual life, come to our biweekly Benedictine Community via Zoom

If you want more contemplation in your life, you are invited to become part of the Benedictine Community at Immanuel. We regather in this new year 2026 for reflection – with a new spiritual resource – beginning **Tuesday, February 3** and meet (virtually) twice a month on the **1st and 3rd Tuesdays from 7 p.m-8 p.m.** As a community, we reflect on how the tenets of St. Benedict, such as humility, silence, and prayer, can guide us in practical ways in our spiritual lives and our day-to-day endeavors. Individual reflection is guided by short readings from a Benedictine-inspired book. We begin on February 3 to reflect on a new book: *Seeking God* by *Esther De Waal*.

If you are interested but can't join as we begin anew on Feb 3, that's fine, too. We welcome those interested to join us anytime. Our focus each week is primarily on reflections sparked by having read a few pages from the book. Our Benedictine Community gather as companions on the journey with one another while drawing wisdom from selected reading material and the ancient traditions and wisdom of Benedictine practice and prayer. With half or more of our current members residing outside of the area, we are using Zoom for our meetings, but if you are not comfortable with the video aspects of Zoom, you can simply call on the telephone and be connected to the Community by voice-only via Zoom. If this opportunity appeals to you or for more information, please contact Dana Hengst (dana.hengst@gmail.com), Barbara Fornoff (cr8vweaver@gmail.com) or David Atwood (David_Atwood@hotmail.com).



Immanuel Spring 2026 Retreat

We welcome everyone to join us for Immanuel's first local contemplative retreat.

Retreating is a restorative practice of Sabbath keeping. Join us as we explore a practice of holy rest and renewal, and ways to intentionally open ourselves to God's ever-presence in day-to-day life.

This retreat is for everyone! If you...

- have an interest in retreats, but are unable to take a weekend away;
- are not sure about retreats, and would like to try it out;
- are looking to learn about different contemplative practices; or
- love retreats and would like to take any and every opportunity to be on one

...this retreat is for you.

The retreat will be on **Saturday, March 28, 2026, from 9am to 2pm**, at Bicentennial Hall, on the campus of Virginia Theological Seminary. A light lunch will be served.

If you are interested, please [click here](#) to register for the retreat. The registration deadline is Monday, March 23. Please reach out to Katherine Maas at katherinemaas@gmail.com with any questions.

ALIVE! FOOD DRIVE 2026 - SOUP-ER BOWL WEEK

Immanuel will collect non-perishable food for ALIVE! continues **through February 8**. Last year, in 2025, we collected 1612 pounds of food! Let's see if we can up that amount to 1700 pounds this year! Below is a table of most needed foods-remember, **no glass jars** and **no expired items** please.

ACCEPTED FOOD DONATIONS

| Fruits & Vegetables | Grains |
|---|---|
| Canned fruits & vegetables | Brown or wild rice, couscous, quinoa |
| Fruit or vegetable juice | Oatmeal & Cereal |
| Applesauce | Granola bars |
| Fruit cups | Whole wheat or multi-grain crackers |
| Jelly & Jam | |
| Proteins | Other |
| Canned or dried beans & peas | Liquid shelf-stable milk |
| Canned beef stew, chili, bean soup | Canola, olive, vegetable oil |
| Peanut butter | Pasta sauce |
| MOST NEEDED | |
| Canned fruits, vegetables, soup, beans | Kid-friendly single-serve, microwavable entrees (soup, ravioli, mac & cheese) |
| Canned meat and fish (chili, chicken, tuna, salmon, beef ravioli) | Pasta (spaghetti, other noodles, mac & cheese) |
| Cereal (including oatmeal) | Peanut butter and jam/jelly |
| Complete pancake mix (just add water) & syrup | Rice |
| Cooking oil (vegetable, canola) | Spaghetti, pasta sauce, canned tomatoes (sauce, diced, etc.) |
| Dried beans, lentils | |

You'll find collection bins in both narthexes.

This final week is our annual **"Soup-er Bowl"** where we can place soup and other foods in bins, attempting to predict the winner! Thanks in advance for your support !



Interested in being Confirmed or Received? Might you want to re-affirm your faith publicly?

Would you or your teenager like to learn more about our faith and deepen participation in the life of the Church? Have you been confirmed in another Christian tradition but never received formally into the Episcopal Church? Might it be time to make a new and deeper public affirmation of your faith?

The [Sacrament of Confirmation](#) offers us the opportunity to renew the promises made for us at Baptism and to seek God's strength as we continue to keep those baptismal promises in our lives. Confirmation and Reception take place as part of Bishop Stevenson's visit, which will occur at Immanuel on **March 15, 2026**.

Please contact Father Randy (ralextander@icoh.net) Mother Sarah (sspurlockbiggs@icoh.net) with any questions as we begin to prepare.

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) Associate Rector
 Signa Strom (sstrom@vts.edu) Seminarian
 Beatrice Osumba (bosumba@vts.edu) Seminarian
 Dr. Jane Tavernier (jtavernier@icoh.net) Director of Music
 Aleta Y. Powell (apowell@icoh.net)..... Parish Administrator
 Tim Lawhorn Sexton
 Tom Hewson (thewson@icoh.net) Treasurer
 Mollie Lambert (mlambert@icoh.net) Assistant Treasurer
 Mike Morgan (mmorgan@icoh.net) Finance Manager
 Tamika Martin (tmartin@icoh.net) Audio Visual Technician
 Mina Sultani Nursery Director
 Miguelina “Mimi” Guzmann Hospitality Assistant

THE VESTRY

Amy Thomas Senior Warden
 Caroline Bergmark Junior Warden: Buildings and Grounds, Registrar
 Peter Kent Junior Warden: Administration
 Mark Fearer Social Justice
 Matt Haskin Worship
 Rich Hobson Outreach
 Taylor Houck Adult Formation and Discipleship
 Dave John Fellowship
 Doug Onley Stewardship and Planned Giving
 Mary Ann Ring Children, Youth, and Family Ministries
 Brian Rush Senior Ministry, Pastoral Care
 Kristin Whitman Newcomers and Communications
 Sydney Onley Youth Representative

SCHEDULE OF SUNDAY WORSHIP SERVICES

8:00 a.m. Holy Eucharist Rite I, Zabriskie Chapel
 10:00 a.m. Holy Eucharist Rite II, *First Sunday of every month*
 3606 Seminary Road, Alexandria, VA

 10:00 a.m. Holy Eucharist Rite II, Immanuel Chapel
 3737 Seminary Road, Alexandria, VA

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

PRIESTS ASSOCIATE

The Rev. Dr. Sarah Coakley
 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, Monday-Friday 9am-5pm

ICOH.net



Ways to GIVE