



Immanuel Church-on-the-Hill

Episcopal/Anglican Alexandria, Virginia



THE SECOND SUNDAY IN LENT

March 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.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. *Amen.*

The First Lesson: Genesis 12:1-4a

The Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord

Response: *Thanks be to God.*

Psalm 121 *Levavi oculos*

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the Lord, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

The Epistle: Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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

The Holy Gospel: John 3:1-17

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

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

Sermon: The Rev. Sarah Spurlock Biggs

The Nicene Creed

p. 326

The Prayers of the People: Form IV

p. 388

After the words "Lord, in your mercy,"
the congregation responds with "*Hear our prayer.*"

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

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

Celebrant and People

***Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy Glory.
Glory be to thee, O Lord Most High.***

***Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.***

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.*

SERVING AT THIS EUCHARIST:

<i>Reader/Intercessor:</i>	Rosi Urbine
<i>Altar Guild:</i>	Susan Gildersleeve
<i>Usher:</i>	Thomas Brown
<i>Coffee Hour Host:</i>	Laura Snow
<i>Celebrant:</i>	The Rev. Susan D. Parsons

IMMANUEL CHURCH-ON-THE-HILL

Parish Notes

March 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, 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, Jim Hobson, Jim and Nancy Wise, Joseph, Kenny, Marcus, Marda Robillard, Mary Ann Rehnke, Mary Jane Ruhl, Natalie Doyle Hennin, Rollin Huntington, 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, Caleb Lusk, Carol Ording, Charlotte Kellogg, Cy Murphy, Donna Becker, Frances, George Rustigian, Gerry, Gerry and Nan Hardison, the Howerton Family, Hudson Milligan, Jack Allen, Jean Couban, Jill Perkins, Jodi Wilson, Joseph and Elaine Kelly, Karen Landry, Leea Gorman, Lilly Pinner, Linda Taucher, Louise Jackson, Lysbeth, Madeline, Marcia Richardson, Margie Lidoff, Mary Horner, Mary Muniz, Matt, McQuade Milligan, Melvyn and Stacy, Michael, Paul, Peter Blackledge, Rosemary Wensing, Russ, Sofia, Soundary Dilan, Stacey, Stephen Miller, Stephen Spurlock, Thomas Henry, Tim Williams, Wesley Johnson, Will Boggs, and Winnie Kidd.

Pray for those who are celebrating birthdays this week: Len Lynch Jr., Jack Zoeller, Chip Coakley, Leota Johnson, Andi Jackson, Nicole Gill, Sampson Robinson, Stephanie Scharnweber, Carson Clark Arp, Hayden Arp, Kathy Conrad, Thomas Cuddy, Carole Phillips, Priscilla Allen, Sanjiv Augustine, Michelle Cook, and Matt Haskin.

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

After Today's Forum Hour, and STAY FOR LUNCH AND BINGO!

Please plan to stay after today's forum hour in the Zabriskie Parish Hall **for fellowship and BINGO!** Bring your friends, bring the kids in your life, and bring your neighbors for a **pizza and salad lunch** + screen-free friendly game time.

The church will provide the pizza, salads, and water/lemonade (gluten free and vegetarian options will be available). If you'd like to bring snacks, desserts, or other non-alcoholic beverages to share, please do! No RSVP necessary to play.

And as a bonus - if you have any items you'd like to donate as prizes, please email Francine Wargo (wargofrancine@gmail.com) with a picture of the item. No need to purchase anything new -- small items, in good condition, max value of \$15, suitable for any selector please!

Announcements

WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

All are welcome to participate

Monday Morning Prayer by Zoom, 6:30 a.m. Online
(Scan QR code at right, then enter ID and passcode below)
Meeting ID: 896 0702 6453, Passcode: JJpik8



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

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

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

**NEW Weekly Bible Study: “*The Book of Genesis*” Thursday, March 5th
@10:30 a.m. online via Zoom.
*Look for login details in your weekly eBlast email.***

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

During Coffee Hour, All Youth are invited to *Pray and Play*

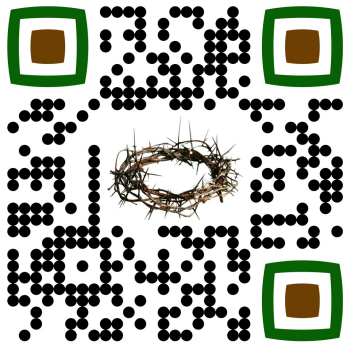
During the Forum Hour, kids age 6th grade and up are invited to join Rev. Sarah for an EYC hang out time in her office. Kids age 4-11 (through 5th grade) will have a separate activity time, meeting in the hallway by the nursery downstairs, with Kathryn. The nursery is staffed and available for kids 0-3 will meet in the Fairchild Room after church until 12:00 p.m.



***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, March 3rd** and meet (virtually) twice a month on the **1st and 3rd Tuesdays from 7 p.m-8p.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 began on February 3 to reflect on a new book: *Seeking God by Esther De Waal*.

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).



ALTAR OF REPOSE Schedule *Now Online*

If you can help us keep watch by staying in the Oratory Chapel in Immanuel for one hour during the Overnight Prayer Vigil, **Maundy Thursday, April 2nd**, please scan the code at left.

Simply stop, pray and keep watch during the night until 12 noon Good Friday.

Thank you.



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

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



SENIOR ADULT MINISTRY AND FELLOWSHIP MARCH ACTIVITIES:

Senior Adult Ministry and Fellowship will start the month with a trip to **President Lincoln's Cottage on Thursday, March 12**. During the Civil War, the Lincolns lived in the cottage for three summers, and it's where he developed the Emancipation Proclamation. It offers an intimate view of Lincoln's presidency and private life and encourages visitors to think about the problems that face our country now and the brave ideas that are called forth from us in response.

We will leave from the Zabriskie parish hall at 10:00am for a guided tour at 11:00am. After the tour, we will have lunch at The Coupe, a neighborhood restaurant. We plan to return to the Parish Hall around 2:00pm. Tickets for the tour are \$10 per person, and the co-pay to ride in the van is \$20. I have 15 tickets for this event. Please RSVP to Karen Besser.

THIRD WEDNESDAY LUNCH AT GOODWIN HOUSE-ALEXANDRIA on March 18 at noon in the Fillmore room. Please join us for luncheon and conversation. RSVP to Rev. Susan if you are not a resident of Goodwin House and to Susan Kernan if you are a resident.

FOURTH TUESDAY BROWN BAG LUNCH: Please join us for another great talk by Immanuel's own **Tom Kerns**, who generously shares with us his architect adventures in calling physical worship spaces into being from the ideas, gifts and physical and financial limitations of the congregations with whom he has worked over his prolific career. Tom will be preparing us to visit St. Rose of Lima Catholic Church in Gaithersburg, Md. (Put our trip to St. Rose on your calendar now, for Wednesday, April 22.)

We will meet in the **Parish Hall at 12:15pm on Tuesday, March 24**. Bring your own sandwich or salad, and drinks and dessert will be provided. No RSVP is necessary.

AS ALWAYS, friends are welcome to join Senior Ministry and Fellowship activities.

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.



SIGN-UP TO SERVE: IT'S EASY AND ONLINE:



Sign-up to Serve in our Sunday Services *through April 2026* ONLINE — including [the Altar of Repose](#) — by visiting the landing page of our website at ICOH.net and clicking our **Red SignUp Genius Button** or scanning the QR code at left.

If you're a student planning to spend occasional weekends home, feel free to **sign-up for only a Sunday or two**. Training for all lay ministries available upon request.

THANK YOU for your participation!



Help others find Immanuel!

Your review on Google can help people searching for a faith community.
It only takes a minute.

- ☆ Scan the QR code below
- ☆ Sign in to your Google account (*it's free to create one if you don't have one*)
- ☆ Click "Write a Review"
- ☆ Share a few sentences about your experience

Your words may be exactly what someone needs!



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

“CONTENTMENT” (in accepting love and rejecting fear)

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

Join Immanuel's first monthly Saturday morning Breakfast Bible Study for 2026 on **Saturday, March 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 <https://www.signupgenius.com/go/10C0E48A4A728A0FAC61-62603386-altar> 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



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 scan the QR code at right 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.



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 February 26th, we have received 131 pledges so far, totaling \$688,450. 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.



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

Mark Fearer	Senior Warden
Brian Ply	Junior Warden: Buildings and Grounds
Doug Onley	Junior Warden: Administration
Brian Rush	Social Justice
Diana Walker	Worship, Pastoral Care
Rich Hobson	Outreach
Jennifer W. Greiner	Adult Formation and Discipleship
Dave John	Fellowship
Taylor Houck	Stewardship and Planned Giving, Registrar
Mary Ann Ring	Children, Youth, and Family Ministries, Newcomers, and Evangelism
Jim Kurz	Senior Ministry
Martin Horne	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
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Ways to GIVE