Episcopal/Anglican Alexandria, Virginia

THE EIGHTEENTH SUNDAY AFTER PENTECOST

Holy Eucharist Rite II, 9:00 a.m.

Page references are for The Book of Common Prayer. *A professionally-staffed nursery is located in the lower level;* restrooms are located in the Narthex and either end of the lower level.

Prelude: Berceuse	2	Louis Victor Jules Vierne
Processional Hymn 686: "Come, thou fount of every blessing"		Nettleton
	found in The Hymnal 1982	
	THE WORD OF GOD	
Opening Acclamation		p. 355
Celebrant: People:	Blessed be God: Father, Son, and Holy Spirit. And blessed be his kingdom, now and for ever. Amen.	
The Collect for Purity		p. 355

S102: Trisagion

found in the front of The Hymnal 1982

The Collect for the Day

O God, you declare your almighty power chiefly in showing mercy and pity: Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Epistle: Philippians 2:1-13

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death -- even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.





October 1, 2023

· • • • т 1 **x** 7'

Alexander Archangelsky

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

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

Psalm 78:1-4, 12-16 Attendite, popule

1	Hear my teaching, O my people; * incline your ears to the words of my mouth.
2	I will open my mouth in a parable; * I will declare the mysteries of ancient times.
3	That which we have heard and known, and what our forefathers have told us, * we will not hide from their children.
4	We will recount to generations to come the praiseworthy deeds and the power of the Lord, * and the wonderful works he has done.
12	He worked marvels in the sight of their forefathers, * in the land of Egypt, in the field of Zoan.
13	He split open the sea and let them pass through; * he made the waters stand up like walls.
14	He led them with a cloud by day, * and all the night through with a glow of fire.
15	He split the hard rocks in the wilderness * and gave them drink as from the great deep.
16	He brought streams out of the cliff, * and the waters gushed out like rivers.

Sequence Hymn 492: "Sing, ye faithful, sing with gladness"

verses 1,2, and 4

Finnian

found in The Hymnal 1982

The Holy Gospel: Matthew 21:23-32

The Holy Gospel of our Lord Jesus Christ, according to Matthew Response: *Glory to you, Lord Christ*.

When Jesus entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, "By what authority are you doing these things, and who gave you this authority?" Jesus said to them, "I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?" And they argued with one another, "If we say, 'From heaven,' he will say to us, 'Why then did you not believe him?' But if we say, 'Of human origin,' we are afraid of the crowd; for all regard John as a prophet." So they answered Jesus, "We do not know." And he said to them, "Neither will I tell you by what authority I am doing these things.

"What do you think? A man had two sons; he went to the first and said, 'Son, go and work in the vineyard today.' He answered, 'I will not'; but later he changed his mind and went. The father went to the second and said the same; and he answered, 'I go, sir'; but he did not go. Which of the two did the will of his father?" They said, "The first." Jesus said to them, "Truly I tell you, the tax collectors and the prostitutes are going into the kingdom of God ahead of you. For John came to you in the way of righteousness and you did not believe him, but the tax collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him.

The Gospel of the Lord Response: Praise to you, Lord Christ.

The Sermon: Mr. Reggie Hayes, Postulant Intern

The Nicene Creed

The Prayers of the People

Confession of Sin and Absolution

The Peace

Celebrant: The peace of the Lord be always with you. People: And also with you.

Welcome and Announcements

THE HOLY COMMUNION

Offertory: "Go not far from me, O God"

Niccolò Antonio Zingarelli

THE IMMANUEL CHOIR

Go not far from me O God, cast me not away, cast me not away. In the time of age, cast me not away, In the time of age, forsake me not; forsake me not, forsake me not.

When my strength faileth me, O let my mouth be filled with Thy praise; be filled with Thy praise, that I may sing; that I may sing, that I may sing, that I may sing, Thy glory and honour.

All the day long, all the day long, that I may sing, that I may sing, thy glory all the day long.

O let my mouth, be filled with Thy praise, O let my mouth, be filled with Thy praise, That I may sing, all the day long; that I may sing, Of Thy glory, all the day long.

O let my mouth, O let my mouth, be filled with Thy praise, O let my mouth be filled with Thy praise; that I may sing, Of Thy glory, all the day long, that I may sing, Of Thy glory, all the day long. All the day long.

p. 358

p. 360

p. 361

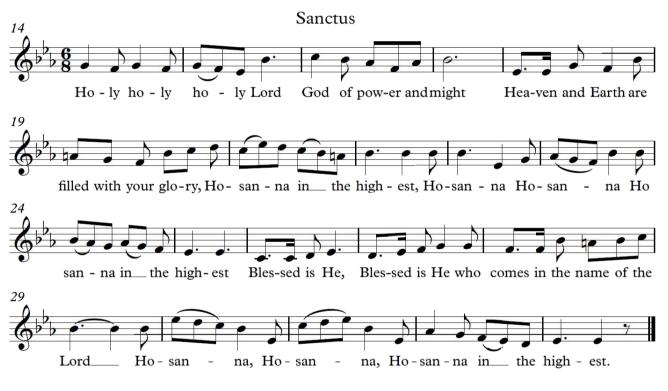
Doxology: Hymn 380 (verse 3)

Praise God from whom all blessings flow; Praise him, all creatures here below; Praise him above, ye heavenly host: Praise Father, Son, and Holy Ghost. Amen.

The Great Thanksgiving: Eucharistic Prayer A

Celebrant:	The Lord be with you.
People:	And also with you.
Celebrant:	Lift up your hearts.
People:	We lift them to the Lord.
Celebrant:	Let us give thanks to the Lord our God.
People:	It is right to give God thanks and praise.

Sanctus (from A Mass for Immanuel)



found in The Hymnal 1982

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The Lord's Prayer

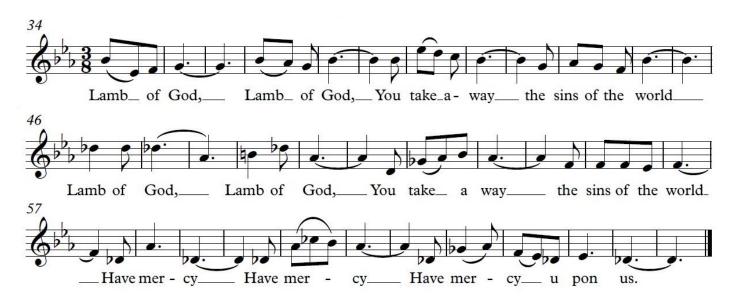
Celebrant: Alleluia, Christ our Passover is sacrificed for us *Response:* Therefore let us keep the feast, Alleluia.

Jane Tavernier

p. 364

The Breaking of the Bread

Agnus Dei (from A Mass for Immanuel)



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

If you are physically unable to come to the Altar, please let an usher know that you would like to have Communion brought to you.

MUSIC DURING COMMUNION:

Communion Anthem: "O taste and see"

THE IMMANUEL CHOIR

O taste and see that the Lord is good, Alleluia!

Sung if needed

Hymn 439: "What wondrous love is this"

found in The Hymnal 1982

Post Communion Prayer

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen. Kievan Hymn

Wondrous love

p. 365

Jane Tavernier

The Dismissal

Clergy: Let us go forth in the name of Christ. People: *Thanks be to God*.

The Blessing

Closing Hymn 435: "At the Name of Jesus"

verses 1,5, and 6

King's Weston

Siegried Karg-Elert

found in The Hymnal 1982

Postlude: Praise Him with trumpets and cymbals

SERVING AT THIS EUCHARIST: Reader: Sudie McGahuey Intercessor: Richard Glassco Musicians: Dr. Jane Tavernier, organist; The Immanuel Choir Altar Guild: Diana Walker, Matt Haskin Flower Guild: Martha Shimkin Ushers: Caroline Bergmark, Linda Donahue Audio-Visual: Tamika Martin Celebrant: The Rev. Susan D. Parsons

IMMANUEL CHURCH-ON-THE-HILL Parish Notes October 1, 2023

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).

PRAY FOR PARISHIONERS: Brad Ashton, David Atwood, Edith, Natalie Doyle Hennin, Ann and Rollin Huntington, Frances Johnson, Joseph, Kenny, Ann MacNamara, Cynthia Morton, Linda and Cy Murphy, Tony and Patsy Rogers, Catherine Sinclair, John Smucker, Norma Taliaferro, Betty Wanamaker, and Francine Wargo.

PRAY FOR OUR FRIENDS AND FAMILY: Alice, Jack Allen, Kathryn Anschutz, Felicia Balzano, Dave and Betsy Fox Berry, David Craig, Justine Claypoole, Jean Couban, Cynthia, Steve Davis, Dana DeCecco, Joseph Fabian, Cathy Fick, Linda Gill, Betty Harris, Betty Hicks, Louise Jackson, Peter and Joanne, John, Bogumil Knypinski, Katja, Tom Kellner, Charlotte Kellogg, Joseph and Elaine Kelly, Winnie Kidd, Marcia MacDonald, Marge McGoff, Joe Miceli, Stephen Miller, McQuade Milligan, Candy Morgan, Mary Muniz, Lysbeth, Jessi Napolitano, Shelby Ochs Owen, Paul, Lilly Pinner, Sarah Pollach, Jennie Rae, Michael Rathsack, Rebecca, Jim Rehnke, Sue Rehnke, Larry Rhoades, Roger, George Rustigian, Jim Sanford, Brian Tolson, Fred Vipperman, Mark Vipperman, Rosemary Wensing, Ryan Willis, and Richard Zitelli.

Pray for those who are celebrating birthdays this week: John Reading, Christopher Becker, Francine Wargo, Ann MacNamara, Marc Paul, Brad Ashton, Natalie Doyle-Hennin, Scott Moore, Betsy Huffman, Caroline Johnston, Nancy Lyons, Heather Schnedl, Susan Montague, Noah Taylor, Barbara Carroll, and Beth Hendrix.

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: The Honorable Dianne Goldman Berman Feinstein of the United States Senate. *Rest eternal grant to her, O Lord, and let light perpetual shine upon her.*

SUNDAY SCHOOL REGISTRATION HAS BEGUN! ages 5-12, grades K-6

Our first day of Sunday School will be November 5th after the 9:00 a.m. Eucharist at Zabriskie Chapel. Please register your child using the Google Form in our weekly e-blast or on our website — look for the carousel of rotating images on the homepage and click on slide "<u>Immanuel Sunday School Registration</u>" pictured at right.



We can't wait to begin!

Announcements

WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

Morning Prayer, Tuesday, October 3rd, Zabriskie Chapel

Wednesday Evening Eucharist October 4th @ 6:30 p.m., Zabriskie Chapel

Bible Study "*The Gospel of Matthew: Book of the Messiah*", Thursday, October 5th @10:30 a.m. online via Zoom. Look for login details in your weekly eBlast email.

Evening Compline, Friday, October 6th, 8:30 p.m., Online via Zoom

Come listen to each other as Christians burdened by the issues of Violence, Gun Safety, and Mental Illness Tuesday, October 3rd, 7-8:30 p.m., The Fairchild Room

A request for those planning to attend the October 3 session on *violence, gun safety, mental illness and loneliness*: All are welcome and invited to participate in the next listening session on these issues, which can be difficult, sensitive, and divisive. Our July and August sessions demonstrated some consensus that a) so many of us are feeling burdened, sorrowful, helpless, fearful, and angry, but also know that God is with us as we carry these burdens; and b) Immanuel could be a place where we can speak from the heart and seek common ground – rooted in our common faith – to understand and respect each other and search for appropriate responses as a believing community.

We urge and strongly request that if you are planning to attend the session at 7:00 PM October 3 in the Fairchild Room that you:

- Arrive on time, in order to participate in the opening prayer and ground rules for listening.
- Prior to October 3, spend some *time in discernment and prayer* seeking guidance on common responses we together might make across our differing perspectives.

We don't know what to do, what the role of a church is in the face of this kind of protracted crisis, but we do know that we are to listen when we hear the Lord tugging at our hearts even as our perspectives on these issues vary widely and as we seek responses as a community. Explore with us what we as followers of Jesus may be called to do in the face of crisis, pain and evil.

For questions, concerns, or further information, please talk to David Atwood, (<u>David_Atwood@hotmail.com</u>), Sanjiv Augustine (<u>sanjiv.augustine@gmail.com</u>), or Father Randy.

Do you have an hour a week to change a child's life? The Alexandria Tutoring Consortium (ATC) needs volunteers to help K- 2^{nd} grade students learn to read, particularly at Douglas MacArthur (10:05 – 10:50 a.m.), Ferdinand Day (1:00 – 1:30 p.m. or 1:30 – 2:00 p.m.), and Patrick Henry (1:40 – 2:20 p.m.) schools. Tutors work one-on-one with students once or twice a week, October – May. ATC provides lots of training, weekly lesson materials, and ongoing, hands-on support. Kids love the one-on-one attention and you really will become "Book Buddies"!

For more information contact <u>kbailey@alexandriatutors.org</u> or sign up here: <u>https://alexandriatutors.org/</u> <u>thinking-about-tutoring/</u>

Immanuel Outreach and the PUMPKIN PATCH'S 30TH YEAR

Fall at Immanuel is synonymous with the Pumpkin Patch, now in our 30th year. No other activity in the Parish involves so many people contributing so much effort in so many ways. Pumpkin proceeds show our love and care for our neighbors – in 2022 alone **we supported 14 local Alexandria charities, 5 regional, and 6 international charities**. Included were local grants to ALIVE!, Carpenter's Shelter, Community Lodgings, Culmore Clinic, and Refugee Ministries. Pumpkin funds help the homeless, restore dignity to offenders, and support school children in Haiti. Since the year 2000, when we first started keeping detailed records, we have raised \$1,225,473 from the Pumpkin Patch, all of which has gone to Outreach.



When you think about it, so much good comes from a simple pumpkin. God grows a pumpkin, and everyone benefits.

The first two trucks of pumpkins are here – now we need your help to sell them! Two additional trucks arrive October 14 and 21. We have faith our loving Parish will show up and help unload pumpkins. We have faith our wonderful bakers and soup makers and knitters will keep the Pumpkin Patch supplied with the tastes and feel of autumn – 100 % of food sales go to Outreach. We will have Apple Crisps! We can't do this without you!

Please commit to two or three sales shifts. Shifts are 3 hours each—we close every day at 6pm – it's still light outside. Please volunteer for sales shifts by finding this bulletin on our website <u>www.ICOH.net</u> and selecting "Worship Service Bulletins" under the "Worship" tab. Once on the worship bulletins page, simply click the orange "Volunteer for the Patch" button pictured below.

Volunteer for the Patch

Civic Engagement Activity at the Pumpkin Patch

Immanuel is joining with members of several other local faith communities on a non-partisan civic engagement activity the first three weekends of October. We'll have a table and tent, and materials, to remind people of upcoming elections and share information about how to register to vote. We will also have voter registration forms for eligible VA voters, which we will be trained on how to properly support turning into the elections offices.

You may remember that we tried this effort last year, for the first time, during the Pumpkin Patch. We received positive feedback on the activity from guests to the Patch and from parishioners, and we're excited to build on those efforts again this year. If you have any questions or are interested in getting involved, please contact David Atwood (<u>David_Atwood@hotmail.com</u>) or Kathryn Jackson Haskin (<u>kathryn.jackson41@gmail.com</u>) to learn more.

YOU WANT TO GO WHERE EVERYBODY KNOWS YOUR NAME ...

If you've been in church lately, you probably noticed some new faces, and maybe even some familiar faces you haven't seen in a while. It's a fact: not only have we been blessed with new parishioners and visitors, but more Immanuelites are returning to regular churchgoing. And one of the best ways we can help each other get acquainted – or reacquainted – is by wearing name badges.

You should be able to find your name badge in one of the alphabetically-arranged storage trays in either Narthex. **Please wear your name badge to church worship and activities!** If you don't see your name, please fill out a "Request Name Badge" form (they're next to the name badge trays) and we will prepare a new name badge for you and place it in the tray.



ALL AGES WELCOME:

Two Opportunities to Participate in StepALIVE! 2023

Calling all Children and Youth!

StepALIVE! 2023 October 15th <u>@ 10:00 A.M.</u>

You are invited to join our walk-a-thon at StepALIVE! to help fight poverty and hunger! Come to **our 9:00 a.m.** Sunday Eucharist at Zabriskie Chapel on the 15th and join us afterward for a walk to support local charity ALIVE! plus our neighbors most in need!

Look for the <u>Youth Walk for StepALIVE! Google</u> <u>Form</u> in our weekly e-blast (or find this bulletin on our website on the "Worship Service Bulletins" page under the "Worship" tab to let us know you are coming! (*We'll have a snack and T-Shirt for you*!)

Take action to help our neighbors in need! StepALIVE! 2023 October 15th <u>(a) 2:00 P.M.</u>

Mark your calendars: StepALIVE! 2023 will take place **at 2:00 p.m**. on Sunday, October 15th.

All proceeds from this **5 mile or 5k walk** will be used to support our neighbors in need seeking food, shelter, and emergency financial assistance for rent and other basic needs.

Our church has formed a team to participate in this event. Please join the team (Immanuel Walks) and/or donate to the team at <u>StepALIVE.org</u>.

Jazz Concert to Benefit INOVA Alexandria Hospital's Pastoral Care Program October 26th at The Lyceum Museum

In keeping with years of tradition, on October 26, 2023, the Board of Lady Managers will host a Jazz Concert fundraiser — featuring **Becky Livas** — from 6-8:00 p.m. at the Lyceum Museum, 201 S. Washington Street, Alexandria, VA. All proceeds from the concert will go toward two goals:

- (1) funding a **Brevera Breast Biopsy System**, and
- (2) expanding INOVA Alexandria Hospital's Pastoral Care Program.

Please join us in continuing this tradition of caring for the health of our Alexandria community. The cost if \$75/person and any donation of \$100 or more is designated as a Supporter. We hope that you will work with us to advance INOVA Alexandria's extraordinary contributions to our community's health and welfare.

If you have any questions, feel free to contact **Barbara Ramsdell** or board President, Barbara Wells, at <u>bawells@verizon.net</u>.



Thank you for your support.

UPCOMING SENIOR ADULT MINISTRY AND FELLOWSHIP EVENTS

October 2 – TRIP TO NEABSCO CREEK BOARDWALK. This beautiful, tidal marsh water front park off the Occoquan River will be refuge for migrating waterfowl during September and October. We will arrive early while the tide is in and before the birds leave on the next leg of their journey. There will be hot coffee/tea and juice, Danish and doughnuts to sustain us, and we will return before lunch.

The boardwalk is very easily accessible; if you can walk 30 feet you can enjoy the marsh. Or, if you are able, you may choose to walk the length of the boardwalk (1.5 miles round trip). Either way, you will be treated to the beauty of late summer flowers and many birds.

Our van will leave Zabriskie parking lot at 8:00am, stopping at Goodwin House-Alexandria. We will plan to return to Zabriskie via Goodwin House, arriving no later than noon. There will be a \$20 copay to ride in the van, no cost for the park or for breakfast. RSVP to Karen Besser at <u>karen.besser@gmail.com</u>.

<u>October 18 — THIRD WEDNESDAY LUNCH AT GOODWIN HOUSE</u>. Please join us for luncheon and conversation in the Fillmore Room at Goodwin House-Alexandria. We gather at noon on the third Wednesday of the month, which will be October 18. Please RSVP to Rev. Susan if you are not a resident of Goodwin House and to Susan Kernan if you are a resident.

MONTHLY SATURDAY BREAKFAST BIBLE STUDY OCTOBER 21st @ 8:00 AM Held

Online via Zoom: Join Immanuel's monthly Saturday morning Breakfast Bible Study on Saturday, September 16th, the THIRD Saturday of the month. We will meet via Zoom (find this bulletin on our website under the "Worship" tab, then click on the link below) beginning at 8 AM. Our theme this year is *Freedom*; this month we will read **Psalm 146** "*How blessed is he who has...God to help him... Yahweh sets prisoners free*" using the African Model of Reflection. For more information, please visit our webpage "Breakfast Bible Study", or contact Chrissie Crosby at <u>cmcfaddencrosby@gmail.com</u>.

Join Zoom Saturday Breakfast Bible Study Meeting / Meeting ID: 959 5450 6553 /Passcode: 027913

EASY WAY TO SIGN UP: OCTOBER 2023 Sign up to Serve in our Sunday Services ONLINE via Our New SignUp Genius Button

Would you like to serve as a lay minister? If so, please sign up to serve as a Reader, Intercessor, Usher, Acolyte, Altar Guild, Crucifer and/or Chalice Bearer online via <u>SignUp Genius</u> for Immanuel by visiting the landing page of our website at <u>www.ICOH.net</u> and clicking on the red button at right.



If you are a first-timer and need training, please contact Agnes at the office on Wednesdays from 10:30 a.m. -1:30 p.m. (ext. #206), or via email at <u>asoos@icoh.net</u>. Finally, if you need training for a particular ministry, please send a request to <u>sparsons@icoh.net</u> or indicate so next to your name on the sheet. Thank you!

CLERGY AND STAFF

The Rev. J. Randolph Alexander, Jr. (ralexander@icoh.net)	Rector
The Rev. Susan D. Parsons (sparsons@icoh.net)	
The Rev. Sarah Spurlock Biggs (sspurlockbiggs@icoh.net)	Assistant Rector
Reggie Hayes (r.hayes9@me.com)	Postulant Intern
Daisy Colón (dcolon@vts.edu)	Seminarian
Dr. Jane Tavernier (jtavernier@icoh.net)	Director of Music
Tom Hewson (thewson@icoh.net)	Treasurer
Sughra Bakhtiari (sbakhtiari@icoh.net)	Bookkeeper
Aleta Y. Powell (apowell@icoh.net)	Parish Administrator
Tamika Martin (tmartin@icoh.net)	Audio Visual Technician
Gilma Balcarcel	
Stuart Dahlinger	Sexton

THE VESTRY

	Senior Warden
	Junior Warden: Building and Grounds, Creation Care
Peter Kent	Junior Warden: Administration
Amy Thomas	Adult Formation and Discipleship
Brad Ashton	Stewardship and Planned Giving
	Outreach
Kathy Lloyd	Senior Ministry
	Children Youth and Family Ministries
Julie Bruns	Pastoral Care
David Atwood	Social Justice
Taylor Houck	Communications
Caroline Bergmark	Evangelism and Newcomers
Matt Haskin	Worship
	Fellowship
Caroline Bergmark	

SCHEDULE OF SUNDAY WORSHIP SERVICES

8:00 a.m. Holy Eucharist Rite I, Zabriskie Chapel9:00 a.m. Holy Eucharist Rite II, Zabriskie Chapel3606 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

Immanuel's YouTube channel

PRIESTS ASSOCIATE

The Rev. Dr. J. Barney Hawkins, IV 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, Fax: 703-370-0837 www.icoh.net



