

Immanuel Church-on-the-Hill

Episcopal/Anglican Alexandria, Virginia



THE FIFTH SUNDAY AFTER THE EPIPHANY

February 4, 2024

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

Page references are for The Book of Common Prayer.

Prelude: Moderato Johann Christian Heinrich Rinck

Processional Hymn 450: "All hail the power of Jesus' Name!" verses 1,2, and 6 *Coronation*

found in The Hymnal 1982

THE WORD OF GOD

Opening Acclamation p. 355

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. 355

Trisagion S102 found in the front of The Hymnal 1982 Alexander Archangelsky

The Collect for the Day

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen*.

The First Lesson: Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

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

Psalm 147:1-12, 21c Laudate Dominum

- 1 Hallelujah!
 How good it is to sing praises to our God! *
 how pleasant it is to honor him with praise!
- The Lord rebuilds Jerusalem; * he gathers the exiles of Israel.
- 3 He heals the brokenhearted * and binds up their wounds.
- 4 He counts the number of the stars * and calls them all by their names.
- 5 Great is our Lord and mighty in power; * there is no limit to his wisdom.
- 6 The Lord lifts up the lowly, * but casts the wicked to the ground.
- 7 Sing to the Lord with thanksgiving; * make music to our God upon the harp.
- 8 He covers the heavens with clouds * and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains * and green plants to serve mankind.
- He provides food for flocks and herds * and for the young ravens when they cry.
- He is not impressed by the might of a horse; * he has no pleasure in the strength of a man;
- But the Lord has pleasure in those who fear him, * in those who await his gracious favor.
- 21 Hallelujah!

The Holy Gospel: Mark 1:29-39

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

Response: Glory to you, Lord Christ.

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

The Gospel of the Lord

Response: Praise to you, Lord Christ.

The Sermon: The Rev. Susan D. Parsons

The Nicene Creed p. 358

The Prayers of the People

Confession of Sin and Absolution

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

The Peace

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

People: And also with you.

Welcome and Announcements

THE HOLY COMMUNION

Offertory Hymn 383: "Fairest Lord Jesus"

St. Elizabeth

Doxology: Hymn 380 (verse 3)

found in The Hymnal 1982

Old 100th

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 B

p. 367

Celebrant: The Lord be with you.

People: And also with you.

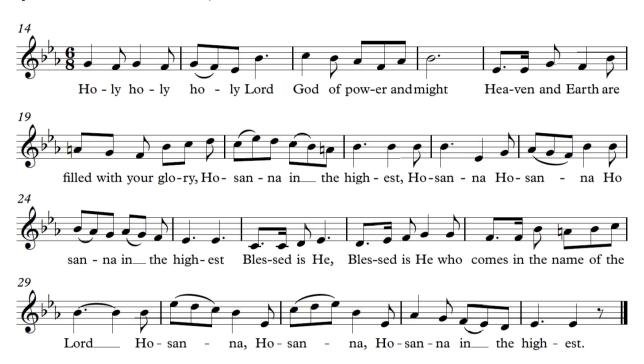
Celebrant: Lift up your hearts.

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)

Jane Tavernier



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The Lord's Prayer p. 364

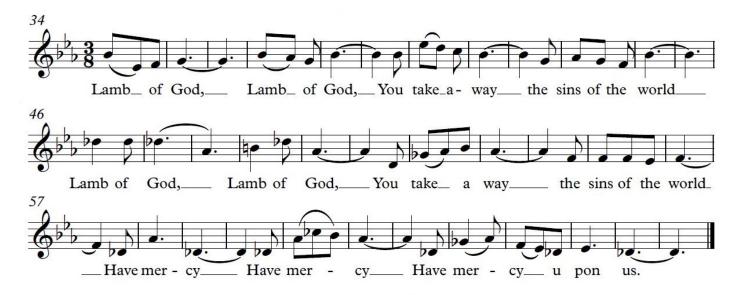
Celebrant: Alleluia, Christ our Passover is sacrificed for us

Response: Therefore let us keep the feast, Alleluia.

The Breaking of the Bread

Agnus Dei (from A Mass for Immanuel)

Jane Tavernier



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

We will receive Communion in a circle around the Altar, symbolizing our oneness in Christ as a community. Please follow the directions of the ushers, and remain in the circle after you have received until everyone has received. The group will then leave the circle together.

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.

Our Bishop has issued a new policy discouraging communicants who wish to intinct (dip) the consecrated Bread from doing the intincting themselves. The goal is to avoid the many fingers and fingernails that can find their way into the Wine of the chalice.



Receive the consecrated Bread as usual.



If you plan to drink from the chalice please consume the Bread, as usual, and then move to the chalice to drink.



If you plan to intinct, please leave the Bread in your hand, and the Chalicist will intinct for you and then place the intincted Bread back on your hand (or on your tongue, for those who prefer).

Music During Communion:

Communion Anthem: "Taste and see"

Kievan Chant

THE IMMANUEL CHOIR

Taste and see, taste and see, that the Lord is good.

Communion Hymn 679: "Surely it is God who saves me" found in The Hymnal 1982 Thomas Merton

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.

The Blessing

Closing Hymn 411: "O bless the Lord, my soul" verses 1,2, and 6 St. Thomas (Williams)

found in The Hymnal 1982

The Dismissal

Clergy: Go in peace, to love and serve the Lord.

People: Thanks be to God.

SERVING AT THIS EUCHARIST: *Reader*: Sudie McGahuey

Intercessor: Julie Bruns

Musicians: Dr. Jane Tavernier, The Immanuel Choir

Flower Guild: Karen Besser

Ushers: Caroline Bergmark, Lisa Frye Godly Play: Sarah Glassco, Tom Shimkin Vestry Greeter/Counter: Caroline Bergmark

Coffee Hour Host: Mave Milligan *Celebrant*: The Rev. Susan D. Parsons

Immanuel Church-on-the-Hill Parish Notes February 4, 2024

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: Natalie Doyle Hennin, Rollin Huntington, Marianne Ingold, Doug John, Joseph, Kenny, Susan Kernan, Ann MacNamara, Cynthia Morton, Linda and Cy Murphy, Tony and Patsy Rogers, Catherine Sinclair, John Smucker, Norma Taliaferro, Francine Wargo, Zuzanna and Spencer Wise.

PRAY FOR OUR FRIENDS AND FAMILY: Alice, Jack Allen, Kathryn Anschutz, Dave and Betsy Fox Berry, Peter Blackledge, David Craig, Justine Claypoole, Jean Couban, The Most Rev. Michael Curry, Cynthia, Steve Davis, Dana DeCecco, Joseph Fabian, Cathy Fick, Gerald, Linda Gill, Gladys, Betty Harris, Betty Hicks, Louise Jackson, Peter and Joanne, John, Katja, Tom Kellner, Charlotte Kellogg, Joseph and Elaine Kelly, Winnie Kidd, Lillian Kozuma, Mike Krieger, Ann Langdon-Days, Marcia MacDonald, Marge McGoff, Joe Miceli, Michael, Stephen Miller, McQuade Milligan, Mary Muniz, Lysbeth, Jessi Napolitano, Carol Ording, Shelby Ochs Owen, Paul, Lilly Pinner, Sarah Pollach, Jennie Rae, Michael Rathsack, Rebecca, Sue Rehnke, Larry Rhoades, Roger, George Rustigian, Brian Tolson, Graham Tomlinson, Fred Vipperman, Mark Vipperman, Rosemary Wensing, Ryan Willis, and Richard Zitelli.

Pray for those who are celebrating birthdays this week: John Wagner III, Tom Cuddy Jr., Susan Kernan, Diana Page, and Aggie Fortune.

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: Frances Johnson, wife of Gordon Johnson and mother of Susan J. Gildersleeve; and Geraldine Johns, mother of Kevin Johns (Committee Chair of Scout Troop 131); and the U.S. Army soldiers killed in Jordan: Sergeants William Jerome Rivers, Kennedy Ladon Sanders, and Breonna Alexsondria Moffett. *Rest eternal grant to them*, *O Lord, and let light perpetual shine upon them*.



JOIN US AT 10:00 A.M. TODAY IN THE ZABRISKIE PARISH HALL

FOR A SPECIAL FORUM HOUR: *The Culmore Clinic* Special Guest Presenter Lynette Sappe-Watkins, Executive Director

Culmore Clinic is a story of faith in action. The Immanuel community is part of that story. Come and enjoy this opportunity to hear Lynette Sappe-Watkins share the Culmore Clinic story and celebrate how the support of Immanuel Parish is touching and changing the lives of so many.

All children are invited to attend Children's Chapel, 10:00 a.m., the Oratory, the side chapel in Immanuel Chapel. The service ends at 10:25, so that the children can join their parents for the 10:30 a.m. Eucharist. This will be a great opportunity for children's Christian formation, while also giving parents a few quiet minutes to socialize with other parents and to prepare for worship.

Announcements

WEEKDAY WORSHIP AND STUDY OPPORTUNITIES

Morning Prayer @ 10:00, Tuesday, February 6th, Zabriskie Chapel

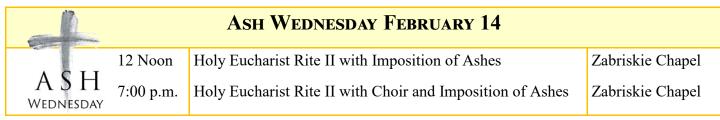
Wednesday Holy Eucharist Rite II , February 7th @ 12 Noon, Zabriskie Chapel

Bible Study "The Gospel of Matthew: Book of the Messiah", Thursday, February 8th @10:30 a.m. online via Zoom. Look for login details in your weekly eBlast email.

Evening Compline, Friday, February 9th, 8:30 p.m., Online via Zoom

Lenten Forum Hour Series Begins: "Praying Day by Day"

February 11th, 11:45 a.m., The Welcome Center



TODAY: YOUTH CONFIRMATION CLASS FOR THOSE IN 7th-12th grades, 4:00 p.m., The Fairchild Room

All interested in being confirmed are invited to attend our first confirmation class this afternoon from 4-5:30 p.m., in the Fairchild Room, Zabriskie Chapel. Those in EYC are encouraged to stay for dinner at 5:30 p.m., followed by fellowship. To register, please scan the QR code at right; for questions, reach out to the Rev. Sarah Spurlock Biggs at sspurlockbiggs@icoh.net.



EYC Confirmation

ALIVE! Food Drive Extended for SOUP-ER Bowl: Thanks to all who have contributed to the January food drive for Alive! If you haven't had a chance to donate, it's not too late! We will continue the drive for 2 weeks for the SOUP-er Bowl!

The collection bins will be separated into two sides-one for the San Francisco 49'ers and the other for the Kansas City Chiefs. Who will win the Super Bowl on Sunday, February 11th? Let's see if we can accurately predict the winner! A Grand Total of donated pounds will be announced after our Soup-er Bowl!

SENIOR ADULT MINISTRY EVENTS -FEBRUARY

February 12: FORD's THEATER on PRESIDENT LINOLN'S BIRTHDAY Washington, DC:

For Lincoln's birthday we will visit historic Ford's Theater, where the President and his wife went to watch Our American Cousin. We will have time in the theater's museum, a ranger presentation in the theater, and entry to Peterson House, where Lincoln was taken after being shot and where he died.

Our van will leave Zabriskie parking lot at 9:30am, stopping at Goodwin House-Alexandria. We will plan to return to the Parish Hall to have lunch together and then folks who boarded the bus at Goodwin House will head home on the van, arriving by 1:30pm. The copay to ride in the van is \$20. Tickets for the museum are \$3.50, so a \$5 contribution towards ticket and lunch will be gratefully accepted. RSVP to Karen Besser at karen.besser@gmail.com or SeniorMinistry@icoh.net.

EASY WAY TO SIGN UP: FEBRUARY -MARCH

Sign up to Serve in our Sunday Services for February and <u>March — through Lent</u> <u>and Easter — ONLINE via Our Red SignUp Genius Button</u>

Sign-up to Serve on Sundays

Lay Ministry

SignUp Genius

Would consider serving 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 SignUp Genius for Immanuel by visiting the landing page of our website at www.ICOH.net and clicking on the red button at left. If you're a student — or planning Summer travel—feel free to sign-up for the Lenten season and Easter only.

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 asoos@icoh.net. Finally, if you need training for a particular ministry, please send a request to Mother Susan at sparsons@icoh.net or indicate so in the comments box under your name on the online form. Thank you!

ALL ARE INVITED to Immanuel's SHROVE TUESDAY
PANCAKE SUPPER Tuesday, February 13th, Zabriskie Parish
Hall: We are planning a choice of 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.



Monthly Saturday Breakfast Bible Study February 17th @ 8:00 AM Held Online via Zoom: Join Immanuel's monthly Saturday morning Breakfast Bible Study on Saturday, January 20th 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 43 "Send out your light and your truth; they shall be my guide... Why so downcast, why all these sighs? Hope in God!" 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 Zoom Saturday Breakfast Bible Study Meeting / Meeting ID: 959 5450 6553 /Passcode: 027913



A Liturgy in Thanksgiving for the Life of

FRANCES JOHNSON

Saturday, February 24, 2024 12 Noon, Zabriskie Chapel

Funeral immediately followed by reception in the Parish Hall.



CPR TRAINING CLASS MARCH 9th: From teens needing a CPR card for summer jobs to ushers at church to grandparents watching their grandchildren! Actually, great for everyone and anyone over the age of 15! Immanuel will offer an in-person CPR class in the Zabriskie Parish Hall on March 9, from 1-5pm. We need a minimum of six participants. Suggested cost is \$100 but partial scholarships are available. Contact Lisa Clausen at <u>Lisa.clausen@verizon.net</u> to sign up.

Christmas Families 2023 Final Report We brought the love of Christ to many families

We provided a small gift for 123 parents and a substantial gift, a stocking stuffer, and 2-3 books (for a **record total 900 books**) for each of 237 children and a bicycle for some (total 40 provided by the Velocity cooperative and parishioners). Behind every one of these numbers is a child or youth engaged in building a castle or an airplane, or painting a flower, or practicing social skills while playing with a doll, or doing a science experiment, or gaining self-esteem from looking good in a new jacket or costume jewelry, or getting exercise and getting places riding a bicycle, and in reading books.

In addition, we gave **250 blankets** for children who received holiday gifts through the Lazarus ministry and **300 books to Child and Family Network Centers** (CFNC, started by Immanuel in 1985). Each of the 150 preschool children received *A nno's Counting Book* and *500 Palabras (Spanish and English)*.

We also endeavor to **find a home for good used items** — clothing, books, toys — which we organize in a "boutique" so social workers can pick up things for their clients. We match larger items with the right person. A teenager wished for an electric guitar, a parishioner had a used one to give that the teenager now plays. A parent needed bunkbeds and a dresser. A parishioner donated the bunkbeds, so now the children have a comfortable place to sleep. ALIVE! provided a dresser.

The office received this message from a social worker:

Subject: Grateful heart

I work for CPS [Child Protective Services] in Alexandria. I want to thank you for the gifts you gave to my clients. Thanks for the detail of wrapping them. Thanks for every detail. My heart rejoices to know that there are people who follow our Lord's commandment and put it into practice "You shall love your neighbor as yourself." I could see with each gift that there was someone who chose it and wrapped it saying, "I do it as if it were for myself." My families are so happy for the help you gave them in this difficult time they are experiencing.

Thank you very much from all my heart. Merry Christmas and Happy New Year!

Here is how we got there

Parishioners signing up

of families referred by the **D**ept. of **C**ommunity and **H**uman **S**ervices, the Lazarus Ministry (Episcopal Region IV), and New Hope Housing. Strong sign-up, exceeding last year.

Special collection

The special collection came close to matching expenses, better than last year. Also the toy expense includes Lego sets for next year, sets normally beyond our price range but available this year with a 40% discount.

Income		Expenses	
Special Collection	13,300	Toys and other gifts	11,000
Withdrawn from Christmas Families Fund	2,400	Bicycle helmets and locks	700
		Books	4,000
Total	15,70 0	Total	15,7 00

There is a lot of work behind

the scenes. This is a whole-parish effort. Thanks to all! Special thanks go to the core team. For many years Connie Kurz and Laura Snow have been buying excellent books at excellent discounts of 50% - 80% and have managed the assignment of books to children. Linda Serabian has brought a systematic team approach, dividing up the work of dealing with toys and parent gifts as follows: Modernizing the software: Dennis Bruns.

Collecting family data and preparing sign-up boards	Dorothy Kellogg	 Main XFAM weekend: setting up the parish hall, tagging the gifts at the Andy and Alisa Biache with so many helpers
Shopping for gifts	Katherine Maas and Kathryn Jackson Haskin	 workshop transporting gifts to the church, wrapping, organizing and
Assigning gifts	Phyllis Sims, Diana Walker and Linda Donohue	delivering the gifts to Human Services on Monday.

For the whole team Dagobert Soergel ds@dsoergel.com> and Linda Serabian serabian@somaarchitects.com>

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
The Rev. Deacon Lo Selles (cselles@vts.edu)	Seminarian
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
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

	Senior Warden
Gerry Anderson	Junior Warden: Building and Grounds, Creation Care
Peter Kent	Junior Warden: Administration
Amy Thomas	
Brad Ashton	Stewardship and Planned Giving
	Outreach
Kathy Lloyd	Senior Ministry
Kristi Kubista-Hovis and Kathy Lloyd	
Julie Bruns	Pastoral Care
David Atwood	Social Justice
Taylor Houck	
	Evangelism and Newcomers
Matt Haskin	Worship
Caroline Bergmark and Taylor Houck	Fellowship
	Youth Representative (nonvoting member)
	Registrar

SCHEDULE OF SUNDAY WORSHIP SERVICES

8:00 a.m. Holy Eucharist Rite I, Zabriskie Chapel 9:00 a.m. Holy Eucharist Rite II, Zabriskie Chapel 3606 Seminary Road, Alexandria, VA

10:30 a.m. Holy Eucharist Rite II, Immanuel Chapel 3737 Seminary Road, Alexandria, VA

Online

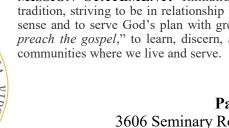
www.immanuel-on-the-hill.org Immanuel's YouTube channel

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

3606 Seminary Road, Alexandria, VA 22304 Telephone: 703-370-6555, Fax: 703-370-0837

www.icoh.net



Ways to GIVE