

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