

Emmanuel Episcopal Church

THE EPISTLE

Sharing the Joy and Power of Life in Christ

March 15-22-29, 2020



CHANGE IS IN THE AIR...

We all approach change differently: some embrace it, some avoid it, some push back, some jump right in. But no matter our reaction, change happens! And it's coming to the Church Office: beginning May 1, the office will be open from 9am-2pm Monday through Thursday. Fridays from September through May it will be open 9am-noon; and on Fridays during June, July, and August the office will be closed. And I'm guessing that your first question is: why the change? And the answer is threefold:

- First and foremost, Donna has requested it. She would like to transition to full retirement gradually, and going part time is the perfect way to do that. Following her lead, we are working together to suit her needs.
- Secondly, this position was planned to eventually revert to a part time status (as it once was)—we had come to the realization that having an all-day administrator was no longer necessary, and figured that we would change the position when Donna retired.
- And third, we also agreed to the arrangement at this time in order to ease the challenges to our finances. You might recall that we had to cut the budget in multiple places in order to have it balance for 2020.

As you might expect, some other changes come with this. Even though Nancy and I are often in the church office until later in the afternoon, it would be best if you checked with us before coming over after 2:00pm. Also, the Epistle will come out once a month instead of twice: we found that much of what made up the second Epistle was a repeat from the first of the month anyway, so that will change beginning with the month of June...which means gathering your information and getting it in to Donna in a timely manner. We have learned that most people get their information from the E-blast; that will continue to be sent out at the end of every week, and the Refrigerator Page and announcements are always available as well.

Anytime things change we're never sure how it will ultimately work out, so we are aware that we may have to make adjustments down the road. So please work with us as things change, give us feedback if you'd like, and help us to keep Emmanuel going strong! And see me or the wardens (Donna Lewis or Laurry Rodman) if you have any questions.

Faithfully,
Mimi+

UPCOMING EPISTLE DUE DATES: March 30, April 13 and 27, May 11 and 26. ***Once we switch to once/month, the due date will be the 25th of the month for publication on the 1st of the following month.*** So articles will be due May 25 for June, June 25 for July, July 25 for August, etc

BEST CHURCH PRACTICES for the Prevention of Illness

*Due to flu season and the possibility of the spread of COVID-19,
we will follow the guidelines below until further notice!*

1. First, don't ever feel that you have to attend church, or a meeting at the church, if you are not well.
2. Those administering communion will faithfully use copious amounts of hand sanitizer after the peace. Hand sanitizer is available for everyone at the front row of each section of pews in the church (some are hanging in a brown cloth bag).
3. Lay Eucharistic Ministers will continue to wipe and rotate the chalice between communicants.
4. Studies show that there is actually less contagion when one drinks from the chalice, rather than using intinction! This is because too often people mistakenly dip their fingers along with their bread into the cup.
5. If you decide to intinct, then please allow the Lay Eucharistic Minister to do that for you, holding the bread in the palm of your hand until the chalice approaches. The LEM will dip the bread for you and place it on your tongue.
6. Please keep in mind that you can fully participate in the Eucharist by consuming only the bread. It is not necessary to consume both!
7. In sharing the Peace, waving is perfectly acceptable, as would be a fist bump or elbow bump. Bowing your head while crossing your hand over your heart also works well! In reality, it is the words "the Peace of Christ" that truly matter, not the motion.
8. Wash your hands. Wash Your Hands. WASH YOUR HANDS.
9. Do not touch your face, especially around your eyes, nose and mouth.

LENTEN REMINDERS

- The liturgy is very different during Lent—particularly the Penitential Order at the beginning of the service, the lack of flowers, the glass at the altar, and the more somber tone. More details may be found in the last Epistle.
- You can experience the Holy Eucharist, Rite I, at the 8:00 Sunday morning service.
- The Stations of the Cross are offered every Friday at 6:00pm.
- The Wednesday night program is open to everyone, and you can attend all OR just part of the evening! Soup and Salad at 5:30, a Lenten study at 6:10, and the celebration of the Eucharist at 7:00pm.

WILL YOU KEEP WATCH?

On the night before he died, Jesus prayed in the Garden of Gethsemane, and during that time he asked his disciples to pray with him...but they fell asleep! We now have the opportunity to "keep watch" and pray with Jesus that night from 8:30—12 midnight. We need at least one person for each shift, but as many as want to be there are welcome! The "Altar of Repose" will be set up in the Narthex with books for prayer and reflection. Access to the church will be through the office door, and a vestry person will be on duty until midnight. **We particularly need night owls to take the later times**—try it with a friend! *Please sign up in the Narthex to take part in this sacred time of prayer.*

EASTER FLOWERS



While it seems that we have just started Lent it's time to start planning for Easter flowers. Sign-ups will be in the parish hall and narthex Sunday March 15 – April 5. Please remember your flowers will be available for pick up after services on **Sunday, April 19 (the Sunday after Easter)**.



BELLS OF REMEMBRANCE AND HOPE 2020

One again, we at Emmanuel will be participating in Bells of Remembrance and Hope. Like last year, we will exit the church (weather permitting) and ring bells outside for each child lost in the Hampton Roads area. (Note that the scheduled date is Palm Sunday.) The following information is from their email:

Champions for Children is planning for our second year of **Bells of Remembrance and Hope!** Bells of Remembrance and Hope is a project of **Champions For Children: Prevent Child Abuse Hampton Roads**. Last year, 18 faith organizations participated in remembering the 14 children lost to abuse in Hampton Roads in 2018 and sharing the message of prevention and hope. With each coming year, we hope to increase participation in this project to spread the critical message of prevention as well as remember those precious children lost. We invite you to participate in Bells of Remembrance and Hope this year by ringing your church bells on **Sunday, April 5th, 2020**. This is a no cost opportunity to spread awareness, stand with your community, and foster hope through prayer.

GRILL GUIDELINES

Over the past several years, our kitchen griddle has had a lot of use and was getting very discolored. Greg Goodman did online research and learned how to clean the griddle properly. It is now shiny and looks great, and directions are in place for its cleaning and care. Anyone who uses it must do their part in caring for it, so the following guidelines are now in place:



- Do not use high heat! Instead, use the new flat surface grill temperature readers to monitor your needs. Higher temperatures burn the food and make it difficult to clean; instead turn up the heat a little at a time until the desired level is reached.
- Recommended temperatures:
 - Eggs -- 170 degrees
 - Potatoes – 325 degrees
 - Pancakes, bacon, hamburgers etc: 375 degrees
- Clean the grill before you leave! (*Instructions posted near oven.*) The grill cleaning supplies are in a box in the pantry.
 - Scrape griddle with a metal spatula to remove loose food debris.
 - Apply Scotch-Brite liquid packet to hot grill (300-350 degrees)
 - Attach the griddle pad to the pad holder.
 - Immediately spread the liquid around the griddle using the pad.
 - Use moderate pressure to scour away burnt-on food.
 - Use the squeegee to move liquid into the grease trap.
 - Turn off the griddle, put a damp cloth on the pad holder and wipe the surface clean.
 - After cleaning, season the griddle with a thin coating (3-4 oz.) of Avocado Oil. The griddle must still be hot
 - when the oil is applied. (*Avocado oil is used because it has a high smoke point!*)
 - Wash the tools in hot soapy water so they are ready for the next group.
 - Be sure the stove top is also clean—wipe carefully around all the burners.

REMEMBER: You and your group are responsible for cleaning the kitchen after you use it! ***It is neither Greg's nor the cleaning crew's responsibility to clean up after your group!*** So please be considerate and clean thoroughly—particularly around the top of the stove and the burners. Thanks!

RISE AGAINST HUNGER UPDATE

In December of 2019 we gathered in the Parish Hall and packaged 10,000 for Rise Against Hunger—an organization that enables groups to help fight hunger all over the world. We recently received an email from them which tells us where our meals were sent:

We are delighted to announce that the meals from your Rise Against Hunger Experience on 12/7/2019 have been shipped in a container totaling 285,120 meals from our Richmond warehouse. The meals will be received by our in-country partner ARAHA - American Relief Agency for the Horn of Africa in Somalia.

ARAHA - American Relief Agency for the Horn of Africa is an organization that nourishes lives through food assistance and other services in Somalia. To learn more, please visit our partner/country spotlight on the Impact Stories tab and click and drag on our World Aid Map at <https://www.riseagainsthunger.org/global-impact/>. As the meals you packaged reach the hands of those in need, we invite you to continue your impact by [donating today](#). Every contribution enables people in need around the globe to rise!

Thank you for generously giving your time as a volunteer with Rise Against Hunger. We are sincerely grateful for your dedication and for sharing our vision of a world without hunger.

On the email we received a picture and quote from a 12 year old boy who said this:

Now that I benefit from Rise Against Hunger meals, I eat lunch at school and no longer feel hungry during classes. Eating meals at school is also joyful because I can sit with my friends and talk about funny things while eating.

Isn't that wonderful to know that our support has done so much? Thanks be to God!

ALL HANDS ON DECK!

We will gather at the church at 9:00am on Saturday March 28th for a general clean up of the church and grounds. Help us beautify our campus prior to Holy Week!



FORMATION



WEDNESDAY NIGHT LENTEN PROGRAM

Make plans to join us for the Lenten series, *Signs of Life*, every Wednesday. Come to any or all parts of the evening! The study segments stand alone, so you can attend even if you've missed a few.

Dinner starts @ 5:30

Program starts @ 6:10

Eucharist starts @ 7:00

This series comes right from the heart of the lives of the monks at Society of Saint John the Evangelist, as it takes up the signs and symbols of our shared Christian worship. This is an opportunity for participants to engage with elemental aspects of liturgy and scripture: Light, Water, Food, Shelter, and Community. Each session will help participants connect the Sign of Life to their own spirituality, Christian worship, and a spiritual practice. If you'd like to enhance your series experience OR if you can't participate in the Wednesday evening group, please be sure to join the [Lent 2020 – Signs of Life – Why Church Matters Facebook group](#). Here we will post daily practices, the weekly videos (perfect for previewing before Wednesday), Facebook live discussions on Tuesday evenings, and ongoing discussion throughout the season of Lent. Sign up for Wednesday evening in the Parish Hall.

ADULT FORUM

Once again, we have a great group of folks who have agreed to present in Adult Forum. Please join us from 9:00-9:45 on Sundays for discussions and presentations on varying topics throughout the year. Contact Melissa Thomas if you have any questions.

Upcoming Adult Forum Sessions

DATE	PRESENTER	SUBJECT
March 15	Bill Bosies	A Study of St. Augustine
March 22 & 29	Tom Lacy	An examination of the Book of Mark

THE TREE HOUSE



The Tree House is for children K to 3rd grade and will meet in Classroom 1. We use a customized curriculum centered on prayer, friendship, Bible Study, and fun activities.

BE BOLD!

Grab a bean bag and bring your friends!



Welcoming all 4th, 5th, and 6th graders. A fearless preteen curriculum focused on This program will enrich your spiritual life while interacting with our preteens. It's a win-win! Contact Misty to get a look at the material.

misty8thomas@gmail.com

Children's Chapel is at 10 a.m. Chapel follows the liturgical calendar with fun activities and music. Ages 4+

YOUTH FORMATION



In the ever changing world of youth ministry, it is important to reflect on what works and what falls flat about programming. One of the most challenging parts of youth ministry is scheduling and timing. In a time youth's lives are packed to the brim with activities and families are struggling to find time when all members can eat a meal together, we recognize the traditional youth ministry model no longer works. So, we're making a change that we hope will help families balance the importance of Sunday morning formation and EYC, and also not feel like we are contributing to the over scheduling of our youth. Downtime is important for everyone. Please see the schedule in the chart below. The Formation curriculum is called FaithLens, which is a blog written by youth formation leaders across the country using the Revised Common Lectionary (weekly schedule of readings you hear in the services). The blog takes the lectionary readings and relates them to something that's happened in the last

week...sometimes it pulls from the biggest headlines, sometimes it pulls from the news you didn't hear. It's free and you are welcome to Google it any time! As for EYC, we recognize the importance of being social with each other, while also balancing that with learning what it means to be a Christian in this current national climate. We will strive to provide the tools and experiences for both. We hope the new schedule means we get to see more youth. It is important to examine where Christian Formation falls on your family's priority list. Emmanuel provides formation for all ages, so the whole family can participate on Sunday mornings! Please contact Melissa Thomas if you have any questions or suggestions for programming!

Sunday AM Formation	Grades 6-12	9:00am-9:45am	Every Week
Middle School EYC	Grades 6-8	11:30am-1:00pm	2 nd & 4 th Sunday
High School EYC	Grades 9-12	1:30pm-3:30pm	4 th Sunday only

ANNUAL PARISH WEEKEND IS ON! – MAY 8-10:

“Caring for Creation, Ourselves, and our Community”

Thank you to everyone who submitted survey responses. Your feedback was used to determine our path forward for this year and beyond. The general tone was that folks were not ready to see this weekend fade away in to Emmanuel's past, but are open to some changes that will conserve resources, including funding, and continue to create an event where we come together in celebration of our community. That said, this year's Parish Weekend will be a hybrid format:

- Friday evening will kick off at Emmanuel with dinner provided, lots of singing and fellowship, and an evening program for all ages (including child care).
- We will gather at Chanco on the James at 9:30am on Saturday and stay through LUNCH on Sunday! (Rates below includes overnight accommodations, lunch and dinner Saturday, breakfast and lunch Sunday, plus program costs)
- Workshop rotations throughout the weekend, free time Saturday afternoon, Eucharist, campfire on the bluff, lots of singing and fellowship!
- Teen's and children's workshops and programs
- Friday only option is available, and as usual, participate in as much or as little as you feel comfortable with throughout the weekend
- Payment plan available; registration required for any part

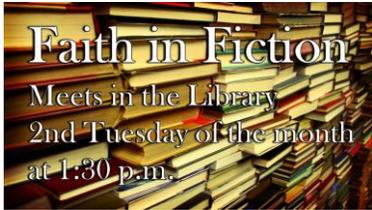


Registration forms are available in the parish hall, or [register online by clicking here](#). Please contact Melissa Thomas if you have any questions (757.439.3749; melbell30@gmail.com).

	Price	Deposit	April 1 Payment	May 1 Payment
Single Room	\$160	\$30	\$65	\$65
Double Room	\$210	\$30	\$90	\$90
Triple Room	\$260	\$50	\$105	\$105
Quad Room	\$310	\$50	\$130	\$130
Chalet* per person	\$65	\$15	\$20	\$20
*Chalets are raised, screened in cabins with beds & mattresses; bathhouse w/ hot water				
Friday Only	\$10 each; \$30 max per household	Friday begins at 5:30 – no need to bring anything! <i>Perfect for folks who don't want to drive at night, struggle to get to Chanco on time after work, or can't attend the whole weekend.</i>		

ELLOWSHIP

FAITH IN FICTION



Next meeting: Tuesday, April 14, 2020

1:00 p.m. in the Library.

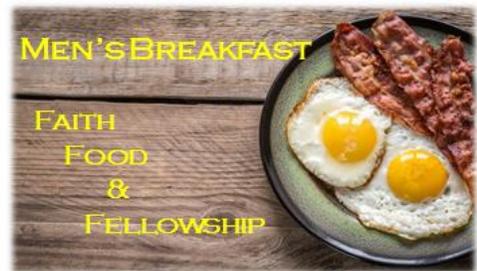
Faith in Fiction is a group that enjoys reading and discussing novels. We focus on the spiritual thread and/or social consciousness running through the story line of a novel. Anyone who has read the book is welcome. Our book for April is *Hidden Among the Stars* by Melanie Dobson. Please join us!

Our May selection: *The Tubman Command* by Elizabeth Cobbs.

MEN'S BREAKFAST MARCH 28

SIGN UP IN THE PARISH HALL.

All men are welcome to come in for a hearty breakfast and discussion.



MUSIC

JAM (JESUS AND MUSIC) CHILDREN'S CHOIR: JOIN US!



All children ages 6-12 are welcome at 11:30 am in the Choir Room. We look forward to working with our parish children in music, music theory, and learning how music enhances our liturgy. "Mighty oaks from little acorns grow" as Chaucer opined in the 14th century. The same is true of our future adult choirs of all denominations; a significant number of adult choir members in churches today had

their first positive experience in a children's church choir. Studies have repeatedly and consistently prove that children who participate in a church choir, a band, or an orchestra improves the development of language skills, reasoning, and memorization, cultivates a sense of community, contribution, and belonging; and, with a church children's choir, they have the opportunity to grow into a faithful and loving followers of Jesus Christ.

THE ADULT AND HANDBELL CHOIRS: JOIN US!



Rehearsals are on Thursday evenings at 6:30

in the Church and the Adult Choir at 7:30 in the Choir Room. We are always looking for new members who wish to support the music of Emmanuel. Auditions not required (nor do you need to read music or carry a tune). Please consider joining in the fun!



OUTREACH

MISSION TRIP TO OCRACOKE ISLAND



Volunteers are needed for a Faith Works Coalition disaster relief mission to Ocracoke Island to assist in the recovery from last fall's Hurricane Dorian. No experience is needed. Faith Works will provide project managers for supervision.

When: Monday May 11-Friday May 15. Option to arrive Sunday in order to start work early Monday morning.

What: Rebuilding damaged homes, primarily drywall, painting, flooring, carpentry and perhaps roofing. Also, licensed electricians are urgently needed.

Who: Local coordination is provided by United Methodist Commission on Relief (UMCOR)

Shorter stay: Volunteers have the option to shorten their stay on Ocracoke and just work part of the week.

Important! The UMCOR project manager suggests that this mission trip is not for anyone unable to easily climb stairs or with any serious underlying medical condition. It is a \$10,000 helicopter ride from Ocracoke to a mainland hospital. Contact Mike Nickelsburg, 757-647-0853 or ybnickels17@gmail.com if you are interested in joining the team or just want more information.

BEACH BAGS UPDATE



We're still packing 40 bags per week for kids at Arrowhead Elementary. Helping hands are always welcome. We have plenty of storage space so keep the donations coming!

STEWARDSHIP

God-Centered Stewardship – *“Everyone who drinks of this water will be thirsty again.”* John 4:13

Jesus reminds us that material things, even something as basic as water, can never satisfy us for long. When we build our lives around material possessions we always want more. True joy and peace only comes when we follow Jesus; when we become his stewards we become more “God-centered” and less “self-centered”.

True Stewardship– *“...for the LORD does not see as mortals see, they look on the outward appearance, but the LORD looks on the heart.”* 1Samuel 16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, cars and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how much we showed that love by the way we used our time, talent and treasure to live Stewardship here on earth.

CANCER SUPPORT GROUP

The group meets on the 4th Tuesday of each month, at 7:00 PM in the Library. If you or someone close to you has been touched by this disease, please come and add your voice to the discussions of how we (and the congregation) might provide support for each other. Any questions contact Marty Basden - 286-7441.



NEED A RIDE?



There are several volunteers at Emmanuel who are willing to help out with rides: to the doctor, to church, or anywhere nearby. If you anticipate needing transportation somewhere, please call the office at 499-1271 and we'll try to match you up with a driver!

MEALS AVAILABLE!



There are 4 ministry teams willing to provide individuals or families with a meal! So if you are ill, just getting out of the hospital, or going through a time when a meal would be a big help, call the office and Donna will let that week's meal team know. Someone will then contact you about your needs.

DAY SCHOOL NEWS



What a busy month as the Day School celebrated "Things that Go" our transportation unit! We introduced the numbers 10, 11, and our older students are counting to 70. Our 100th day of school included lots of fun activities, a special treat, and a visit by Sky from Paw Patrol. Most of our students took advantage of Kempsville Lions Club's vision screening during February and Beach Kids Dentistry gave a special presentation to promote healthy habits for healthy smiles and bodies. In-house registration and community registration are well underway and for fall 2020 we are offering optional extended hours beginning at 8:00 am and ending at 2:00 pm. I

know February was an unusual month with spring-like weather followed by freezing temperatures but the way the children make the staff feel so special certainly warms our hearts!

In His Service,

Carla

Please pray for:

Peace in the world; Mimi our Rector and Carter our Deacon in their daily life and work.

Our Parish family: Loretta, Ted, Maggie, Herb, Bennett, Janie, Dorothy, Martha, Dave, Al, Mary, Edward, Joey, Alaina, Bonnie, Pat, David, Liz, Kelly, Chris, James, Kana, Erin, Diane, May, Debby, Charlotte, Paul, Ryk, Erica, Stephen, Stacy, Jesse, Patty, Joe, Maxine, Curt, Carol, Marty, Maureen, Don, and Nancy.

All those in our armed forces and their families: We remember those on deployment especially: Brandon, Scott, Andrew, and Josh.

Those in prison: Jeff, Ricky, and Samantha.

PLEASE NOTE: *We occasionally try to pare down the prayer list and often don't have any information on those being prayed for. So please contact the office if you have any questions or additions.*

Emmanuel Clergy & Staff

Rector: The Rev. Mary C. (Mimi) Lacy, Email mimilacy@gmail.com

Deacon: The Rev. Carter Sinclair, Email sinclair.carter@gmail.com

Parish Administrator: Donna Clark

Day School Director: Carla Harrison

Music Director: Bob Sullivan

Technology Coordinator: Virginia Everett

Custodian: Greg Goodman

Bookkeeper: Nancy Newhams

Christian Formation: Melissa Thomas (Adults and Teens) Misty Thomas (Children)

Phone: 757-499-1271; Fax: 757-499-4953; Day School: 499-7393

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The Epistle

A bi-weekly publication

Emmanuel Episcopal Church

5181 Singleton Way

Virginia Beach, VA 23462

Schedule March 15

8:00 a.m.

LAY READER: Virginia Everett

USHERS: Kathryn & Steve Whitten

COFFEE HOUR HOST: Ken Eastwood

VESTRY GREETER: Jeff Peters

WELCOMERS: Chris & Crystal Pate

10:00 a.m.

LAY READERS: Shawn & Jeanette Duesberry,
Phil Slough

USHERS: Laurry Rodman, Jim & Becky Maxey

PRAYER MINISTERS: Donna Lewis, Art Mann

VESTRY GREETER: Linda Deviney

COFFEE HOUR HOSTS: Darla & Steve Furman

WELCOMERS: Patricia Young, Lori Brashears

EUCCHARISTIC VISITOR: Curt Womble

COUNTING TEAM: 3/16 Jim O'Meara, Carole Seal,
Ray Lewis, Dave Boehmer

ALTAR GUILD: 3/14-3/27 Marti & Dave Mansfield,
Beth Orr, Pam Abadie

BREAD MAKER: Karen Mancone

Schedule March 22

8:00 a.m.

LAY READER: Cindy Barnhurst

USHER: Bob Gerling

COFFEE HOUR HOST:

VESTRY GREETER: Marty Basden

WELCOMER: Jeff & Kathy Peters

10:00 a.m.

LAY READERS: Joe Jerauld, Loretta Mann

USHERS: Mike & Diann Nickelsburg, Dolly Holland

PRAYER MINISTERS: Pam Abadie, Bob Paull

VESTRY GREETER: Steve Furman

COFFEE HOUR HOSTS: Pam & Jacques Abadie

WELCOMERS: Mary Fanshaw, Susan Etheredge

EUCCHARISTIC VISITOR: Walt Altice

COUNTING TEAM: 3/23 Mary Lynn & Phil Slough,
Rick Keuhne, Steve Furman

ALTAR GUILD: 3/14-3/27 Marti & Dave Mansfield,
Beth Orr, Pam Abadie

BREAD MAKER: Bob Roberts

Schedule March 29

8:00 a.m.

LAY READER: Bill Bosies

USHER: Dave Brown

COFFEE HOUR HOST: Mary Fanshaw

VESTRY GREETER: Donna Lewis

WELCOMERS: Nemo & Stacey Larmore

10:00 a.m.

LAY READERS: Nina Joyner, Diann Nickelsburg

USHERS: Nina Joyner, Savannah & Adam Martin

PRAYER MINISTERS: Lynne Coates, Elaine Shrader

VESTRY GREETER: Donna Lewis

COFFEE HOUR HOSTS: Phyllis & Jim Johnson

WELCOMERS: Jim & Phyllis Johnson

EUCCHARISTIC VISITOR: Alison Leclaire

COUNTING TEAM: 3/30 Martha Hufford,

Lynne Coates, Bob Burdette, Doug Lewis

ALTAR GUILD: 3/28-4/10 Lisa Hahn, Gloria White,

Paul & Camile Peter

BREAD MAKER: Carolyn Bosies

