



The Weekly

Immanuel Anglican Church
Prince William County

March 1, 2026

Pastor's Corner "The Examen"

One of the spiritual disciplines in our [Lenten guide](#), "A Long Walk with Jesus," is the ancient practice of "The Examen." Adele Calhoun provides a helpful summary of this practice in her *Spiritual Disciplines Handbook*:

*The examen provides a way of noticing where God shows up in our day. It is a practice that attends to what we might otherwise miss in the press of duties and busyness. The questions of the examen open our attention to how God's internal movement is present in our external comings and goings. They lead us to listen deeply to the data of our lives. These questions help us pay attention to our mental state, our body responses and our emotional baggage. Our insomnia, nervous stomach, difficult interaction and headache can **all take their place as a possible way of more deeply leaning into God.** The examen helps us recognize the things that bring us death and life. Once these things are known, they become part of our ongoing interaction with God in prayer.*

This is a very practical way of growing in Paul's direction to "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18).

The Lenten guide refers to class on the examen this Sunday. That class has been cancelled. The guide itself, however, provides a clear explanation for how to engage in this practice. Be sure to [download](#) it or pick up a hard copy on Sunday so you can participate in the weekly opportunities for prayer, Scripture-reading, alms-giving, and fasting. As part of the inner circle of Jesus, this is an important way for us together be with Jesus, awaken to his reality, listen to him, and walk with him into the arms of our Father.

We have an additional gift this upcoming second Sunday of Lent. **At both services our youth are going to share their experiences of encountering God during their retreat.** I've given them the sermon time so that the Spirit's work in them can overflow into our lives to encourage and form us as well.

Your Pastor in Christ,

Travis +

Worship

Please join us, each Sunday at 8:00am or 10:30am at 7075 Hoadly Road, Manassas, VA. You may also join us at 10:30am via [livestream](#).

Morning Prayer is offered via [Zoom](#) every Thursday at 8am.

<https://us06web.zoom.us/j/85934655171>

Meeting ID: 859 3465 5171

Morning Prayer is offered at Immanuel Tuesday - Friday, in the Nave from 8:30am - 9:30am.

Midday prayer is offered Tuesday – Friday in the Nave at noon. Visit iachurch.org/worship for more details.

IMPORTANT DATES

Feb 28	Realm Training	10-11:30 and 1-2:30 Nave
Mar 1-29	Baby Bottle Campaign	9-10:30 & 11:45-1 Narthex
Mar 1	Women's Retreat Registration	
Mar 1	Cruciform Vision Meeting	5-7pm Nave
Mar 3	Prayer and Praise	7-8:30 pm Nave
Mar 4	Compline	8:00-8:30 pm Nave
Mar 6-7	Vestry Retreat	CR1, CR4 Nave
March 8	Music Interest Meeting	12:15 pm Nave
	Youth Second Sunday	6-8:00 PM Nave
Mar 11	Compline	8:00-8:30 pm Nave
Mar 11&12	Hilda Barg	
March 15	Realm Training	9:15-10:30 CR4 12:15-1:45PM Nave
Mar 18	Compline	8:00-8:30 pm Nave
Mar 25	Compline	8:00-8:30 pm Nave
March 29	Palm Sunday	

WEEKLY ANNOUNCEMENTS

Thank you from Immanuel's High Schoolers: Thank you for making the high school retreat possible! Your prayers, encouragement, and financial support allowed our 9 high schoolers to worship, connect in small groups, and have fun while growing closer to Jesus. Because of you, they were able to build community and deepen their faith. We're excited for you to hear from the youth this Sunday as they share what God did during the retreat. Your support truly made it all possible.

Baby Bottle Campaign: As an Abundant Life Church that supports Life First in rescuing babies from abortion and spreading the Gospel to the parents, we annually participate in the Baby Bottle Campaign. Because of Immanuel's generous giving, loving and compassionate heart and through your joyful offerings last year we finished 3rd amongst all the Abundant Life Churches. We ask you to stop by the Baby Bottle Campaign station in the Narthex to sign up and take a baby bottle (or 2). Place your spare change inside (dollars and checks are OK too!). Please return the baby bottle (empty or full) anytime. The Baby Bottle Campaign "officially" ends on Palm Sunday, March 29th. If you have any questions please contact Paul Giannini, pjgiannini13@gmail.com.

BP4 KIDS (Backpacks for Kids): This ministry provides weekend bags of food placed in the backpacks of children in cooperation with school guidance counselors at ML King Elementary. Hard to get items: Personal size boxes of cereal and individual cartons of shelf milk. Thank you for all your generous help. You make a difference in the lives of children! To be informed about our next packing event and/or for more information, please contact Dean or Pat Tony patbtony@gmail.com

The Food Cupboard Ministry: For the month of March, we are collecting 2-pound bags (no larger) of flour and sugar. Many families in PWC are struggling and your support for this ministry can make all the difference. Every donation helps restore dignity,

hope, and stability. The food cupboard is to the left as you enter the storage room located between classrooms 1 & 2.

Meals for Hilda Barg: Immanuel Anglican Church will be providing meals to the Hilda Barg Homeless Prevention Center on March 11th & 12th. Please sign up to prepare and deliver one or more of the menu items by clicking [here](#) or by visiting our website. Delivery instructions are on the sign-up page. Your generosity helps shine the light of Jesus for those in need.

Blessing Bags: What are Blessing Bags? They are donated purses given to women in need at the ACTS Women's Shelter in Dumfries, VA. All necessary items can be found on a list on the side of the collection box, along with tags of Immediate needs required to complete unfinished purses. If you have questions, would like to help, or your small group would like to assemble purses, please contact Lee or/ and Jennifer at Lee: Home- 703) 590-7918 or Cell- 703) 298-5240. Jennifer: Cell- 571) 427- 8713

COMMUNITY GATHERINGS

Register now for Immanuel's Women's Retreat! April 24-26 at White Sulfur Springs, Mann's Choice, PA. Our speaker, Dr. Erika Moore, will lead us through Ezekiel's four visions, offering us reasons for hope, reassuring us of God's power, presence, and faithfulness to his promises, even in the most disappointing and confusing circumstances. Paperless (and SIMPLE) registration is available on Realm. Feel free to bring guests! As always, single occupancy rooms are VERY limited and will be first come, first served. Questions or help registering can be directed to Barbara Finney: 703-405-2651 blynn56@verizon.net or Taira Oravetz: 703-963-8812 tairaorevetz@gmail.com. Reservation deposits (\$100.00) are due by March 15.

Immanuel Kids: Getting invited to a party is one of the best feelings, and being left out is one of the worst. But there's good news, Jesus never leaves anyone out! He invites everyone to spend

time with him, experience his love, and share it with others. This series will remind kids that Jesus' invitation is always open, and we're never too far away to join the party! In this 5-week series, kids will learn that I'm invited to believe in Jesus, love like Jesus does, experience Jesus' miracles, ask Jesus for help, and worship Jesus.

Youth Group: Middle and high school students are invited to Youth Group each week. We meet on Second Sundays at 6:00 PM, and on all other Sundays from 12:00- 1:30 PM. For more information, contact mbyers@iachurch.org.

Sunday Night Men's Bible Study: The men will meet March 1, 2026, to continue their study of Genesis. They meet from 7-8:30 pm in classroom 4. If you have any questions, see or email Bob Mann (mannrm@comcast.net) or Mike Harpster (MikeHarpster@comcast.net).

Men's Dinner: All Immanuel men and their guests are invited to join us for some fellowship and conversation at our weekly Monday Men's Dinner. The next dinner will be on March 2, 2026 at Mission BBQ located at 13890 Shoppers Best Way, Woodbridge. New attendees are always welcome so come and join us and bring someone with you.

Women's Monday Night Bible Study: We are starting a new Bible Study, "Cold-Case Christianity" by J. Warner Wallace. The participants' guide can be found here [Cold-Case Christianity Participant's Guide: A Homicide Detective Investigates the Claims of the Gospels: Wallace, J. Warner: 9781434711441:](#) [Amazon.com: Books](#) Monday evenings at 7 p.m. via ZOOM Please contact Kathy Oravetz at 571-334-8786 or koravetzdpt@gmail.com for more information and the ZOOM link.

Tuesday Morning Ladies Bible Study: Join this lovely, caring group at 10:00 am in Classroom #1 as we dive into Isaiah using

the Melissa Spoelstra book and video: "Isaiah: Striving Less and Trusting God More". We'll unpack Isaiah's words to reveal that you can trust God more than your own human effort or the counterfeits the world suggests. You won't be striving harder but instead trusting more deeply in the Faithful One who is so worthy of our utter dependence. In Him you'll find the comfort and peace you need to sustain you. Contact Barbara Finney at blynn56@verizon.net or 703-405-2651 for workbooks or more information.

Tuesday Ladies Dinner: The next dinner will be at Gorgios located at 4394 Kevin Walker Dr., Montclair, on March 17, 2026 at 5:00 pm. Please RSVP to Teharpster@comcast.net, so reservations can be made.

Saturday Morning Men's Discussion:

2/28/26 Read Chapter Ten in the commentary, "The Good Shepard and His Sheep", pp 153-165, and study the questions on pages 166 and 167. Read John 10 in your bibles.

Books are available for \$10 from Alan Clark at (703)627-4725 or alan.clark1@verizon.net. Coffee and donuts are provided. Join us and bring a friend or join us via [ZOOM](#). Meeting ID:827 91399156.

Women's Book Club: The next Women's Book Club meeting will be on Tuesday, March 10th at the home of Kathy Westcott. The meeting starts at 7 pm. Kathy's address is 3708 Beaver Ford Rd, Woodbridge. We are reading, WE BEGIN AT THE END by Chris Whittaker. Please call Cathleen Giannini at 703-851-0908 or email at cragchat1@gmail.com with any questions. Let Kathy know if you will be attending at 703-987-5206 or ktwestcott@gmail.com

Men's Breakfast: The men will meet March 21, for the monthly breakfast at 8:00am. Come join in for a hot breakfast and fellowship.

County Community Activities

Put your notice here

Not receiving The Weekly? You can sign up on the IAC website by going to [here](#). Scroll to the bottom of the page and complete the subscribe form. If you need help, contact the Parish Administrator at office@iachurch.org.

Lost and Found

The found items are on the Usher's Table.

Building Usage

If you or your group would like to use a room at the church, please contact the office at office@iachurch.org or tharpster@iachurch.org to schedule the date, time and room. Unscheduled meetings cannot always be accommodated. Please note the configuration pictures in each room on the wall near the light switch. After your meeting, please return the room to the arrangement in the picture without exception. All rooms are used for many different activities.

Parking Lot

If you or your group need to leave vehicles in the parking lot overnight during an activity, please contact the Parish Administrator before leaving. You will be asked to leave the make, model and license number of the vehicle, your departure and return dates and times. Any vehicles left in the parking lot without notification are subject to towing at the owner's expense.