



The Weekly

Immanuel Anglican Church
Prince William County

March 3, 2024

Pastor's Corner "Deeply Leaning into God"

One of the spiritual disciplines I'm recommending for Lent 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).

I encourage you to try the examen a few times this Lent. One form of the examen is included in our [Lenten Guide](#), available on our website. You can also google the practice to find a number of other variations, including apps for your phone.

May you also discover how even headaches and heartaches can “take their place as a possible way of more deeply leaning into God.”

Your Pastor in Christ,

Travis +

INFORMATION

March 3, 2024

Third Sunday of Lent

Worship

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

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

Visit iachurch.org/worship for more details.

February 21 – March 28 (Every Wed. of Lent season onsite)

- 7:00pm - Lectio Divina & Compline

February 23 – March 22 (Every Fri. of Lent season via [Zoom](#))

- 7:00pm - Lectio Divina & Compline

Midday Prayer – Tuesday – Friday during Lent season.

WEEKLY ANNOUNCEMENTS

This Lent you are encouraged to choose spiritual practices that will help you Listen to Jesus as we walk with him to the cross and into resurrection. [Click here](#) to download the pdf with the recommended practices.” And link “here to download” to where Irwin posts the pdf on the website.

Ladies Dinner: The next dinner will be at the House of Chou on Tuesday, March 19th at 5:00pm. We get together to enjoy a meal monthly on the third Tuesday of the month. Please rsvp to tyrah@comcast.net so a seat is reserved for you.

Men’s Monday Dinner: What are you doing Monday? If you have no other vital plans why not come and join us at 5:00 pm Monday, March 4th at Red Robin (2544 Prince William Pkwy). Come eat and fellowship. Share stories. Bring a friend if you would like.

Backpacks For Kids: Backpacks For Kids is back at King Elementary School for the 2023-24 school year! Each week Immanuel will provide weekend food to 40 kids in need. You can help by donating food from the [Amazon Wish List](#), bringing food to Worship on Sunday mornings (the collection box is to the left when you walk in the front door) or writing a check and including Backpacks For Kids in the memo. See iachurch.org/backpacks for details. We also need help packing bags and delivering food each month. If you are interested in helping pack or deliver food, contact mbyers@iachurch.org.

Women’s Book Club: The next Women’s Book Club will be on Tuesday, March 12th at 7 PM. We will meet at Kathy Wescott’s home, 3708 Beaver Ford Road in Woodbridge. The book is The Cruellest Miles by Gay and Laney Salisbury. Please call me at 703-851-0908 with any questions. Kathy’s email is ktwescott@gmail.com. Looking forward to seeing everyone.

Save the Date for VBS: We have exciting news! We have set dates for VBS 2024! Monday, July 29- Friday, August 2 from 9-12 with lunch afterward, we will host VBS here at Immanuel Anglican Church. Save the date if you'd like to volunteer or invite kids/grandkids. More information to come.

Immanuel 2024 Women's Retreat: The Women's Retreat is scheduled for April 26-28 at the White Sulphur Springs Christian Retreat Center in Mann's Choice, PA, where the Reverend Doctor Erika Moore will be leading us in a study of the Book of Ruth.

Final payments are requested by Easter Sunday, March 31. For questions about the Women's Retreat, please contact Barbara Finney at 703-405-2651 or Jean Albert at 571-265-7628. We are looking forward to a weekend filled with teaching, fellowship, and God's love.

PROGRAMS

Immanuel Kids: In the dark, a world of neon colors comes to life. Whether it's the soft green of glow-in-the-dark stars or the bright colors of bioluminescent creatures, light can break through the darkness. When the world needed some light, God sent Jesus because he glows in the dark, and he can teach us how to shine with God's light, too! In this five-week series through the Gospels, we'll follow Jesus' life leading up to Easter to see some of the ways he can shine bright in our lives. As we explore, we'll see Jesus is the light in the darkness. We'll also learn how we can choose Jesus and know God hears our cries while celebrating how Jesus died and rose again!

Women's Monday Night Bible Study: Our Bible Study did not meet on February 26, so we will meet on March 4 to continue our study of *Bad Girls of the Bible*, on Zoom at 7pm, discussing the lesson "Jezebel: Bad to the Bone." We welcome new members to our Bible Study. For more information about the Women's Monday Night Bible Study, please contact Deb Tomchek at dtomchek@aol.com or by phone at (703) 597-4136.

Tuesday Morning Women's Bible Study: Join us as we follow Fred Affeldt's expository teaching on the **Book of Revelation**. Did you know that it's the only book of the Bible that promises a blessing to the reader (1:3)? Fred's style of teaching is relatable and 100% steeped in scripture. Bring your Bible and there is no homework! Please contact Barbara Finney at 703-405-2651 or blynn56@verizon.net if you have any questions. We would love for you to join us!

Saturday Morning Men's Discussion Group: The IAC men will meet at 8 am. in Classroom 4 to begin a study of Genesis utilizing DR. WARREN WIERSBE'S Commentary "BE BASIC". This study promises to be instructive, fascinating, challenging, and a revelation to those who have an "assumed knowledge" of this essential introduction to the Word of God. Dr. Wiersbe has had a

distinguished career as a church pastor, a radio broadcaster, and an author of more than 150 books. In preparation, read the Introduction by Ken Baugh (pp,7-10) and Chapter 1 "BC: Before Creation", (pp.15-24), and ponder the probing questions on pp.25 and 26. CAUTION - Not as easy as it seems! Books are available for \$15 from Alan Clark (703) 627-4725 mobile, (703) 791-0675 home, or alan.clark1@verizon.net. Scholarships are available. Join the group on Saturday mornings; it is a great time of learning, sharing and growing - bring a friend. Coffee and donuts!!!

You can join here: <https://iachurch.us7.list-manage.com/track/click?u=7c748aaa4c951466365758f50&id=cae94f72bc&e=69440a42ed>

NEEDS AND OPPORTUNITIES

- Grace and Norm Pollack have moved to Fredericksburg, and their kids are asking for help in cleaning up their yard in Woodbridge. If you'd be willing to help clean their yard in late February. Please get in touch with Fr. Travis or Pastor Sallie.

LOST AND FOUND

